

# **NORTH GWINNETT**



**BULLDOGS**

# **TRACK & FIELD**



**2023 PARENT-ATHLETE  
HANDBOOK**

## 2023 TRACK & FIELD SCHEDULE

<b>Date</b>	<b>Meet</b>	<b>Location</b>	<b>Who Competes</b>
2/11	Gary Billion Invitational	North Gwinnett High School	All
2/16- 2/20	Winter Break		
2/24- 2/25	Archer Invitational	Archer High School	Varsity
3/4	Longhorn Stampede Invitational	Lambert High School	Varsity
3/8	Lambert Wednesday Night #3	Lambert High School	JV
3/10- 3/11	Big Orange Relays Invitational	Parkview High School	Varsity
3/17	North Gwinnett Twilight	North Gwinnett High School	All
3/22	Mill Creek JV	Mill Creek High School	JV
3/25 & 3/27	Gwinnett County Championship	Peachtree Ridge High School	Varsity
3/28	Mill Creek All-Comers	Mill Creek High School	Athletes not competing in V or JV County
3/30	JV County Championship	Parkview High School	Top JV
4/3-4/7	Spring Break		
4/14	GAC Classic Invitational	Greater Atlanta Christian	Varsity & select Top JV
4/15	McEachern Invitational	McEachern High School	Varsity
TBD	Region 7-7A Championship	Peachtree Ridge High School	Varsity
5/6	Sectional	Archer High School	Sectional Qualifiers
5/11- 5/13	7A State Championship	McEachern High School	State Qualifiers

## COACHING STAFF:

Head Coach – Chris Carter (Distance) [Chris.Carter@gcpsk12.org](mailto:Chris.Carter@gcpsk12.org)

Bobby Anderson (Hurdles, Sprints)

Zach Luna (Pole Vault)

Bryan Mergenthal (High Jump, Horizontal Jumps)

Amy Morton (Distance)

James Primus (Sprints)

Joel Reid (Sprints, Hurdles, Horizontal Jumps)

Heather Stanfield (Sprints)

Eddison Toby (Throws, Sprints, Hurdles, Horizontal Jumps)

Bob Whitfield (Throws)

**COMMUNICATION & TEAM INFO:** Team Website – [www.northtfxc.com](http://www.northtfxc.com)  
Remind – text “@northtfxc” to 81010  
Twitter & Instagram - @northtfxc

## PARTICIPATION REQUIREMENTS:

- Meet all school, GCPS, & GHSA eligibility requirements
- Complete all info on Rank One (including current physical & insurance)
  - Rank One instructions can be found on the “Team Info” page of our website

## WHAT IS TRACK & FIELD?

- Traditional Order of Events (may vary at some meets):
  - FIELD EVENTS:
    - Pole Vault
    - Shot Put
    - Discus
    - High Jump
    - Long Jump
    - Triple Jump
  - RUNNING EVENTS:
    - 4x800m Relay
    - 100m/110m Hurdles
    - 100m
    - 4x200m Relay
    - 1600m
    - 4x100m Relay
    - 400m
    - 300m Hurdles
    - 800m
    - 200m
    - 3200m
    - 4x400m Relay
- Running events are usually divided into “heats” based on previous performance (seed time). Final results combine performances from all heats in that event.
- Pole Vault and High Jump are contested based on entry height, with each athlete choosing the height at which they enter the competition. Each athlete has 3 attempts to clear a height. Once they clear a height they move on to the next height, where they will have 3 more attempts at that height.
- Shot Put, Discus, Long Jump, and Triple Jump may be contested in “flights” based on previous performance. Athletes have 3 attempts, with the best attempt determining overall finish order. Some meets (invitationals & championships) may take the athletes with the best marks from the first 3 attempts to finals, where they will get 3 more attempts.
- Team scores are determined by adding up the points scored by that team’s individuals & relays, with the team with the highest point total winning.
- Invitationals & Championships meets are usually larger, with teams being limited to the top 2 or 3 performers in each event. JV & other weekday meets usually allow unlimited entries for each team. Varsity athletes may or may not race in JV & weekday meets as they prepare for Invitationals & Championships.

## CORE TEAM VALUES

- **Integrity**
  - What you do when no one else is watching
  - We must be whole in our pursuit of excellence. Even a small crack can sink the entire ship.
- **Sacrifice**
  - Giving up something good for something better
- **Practice = Performance**
  - The Process: effort, focus, attendance, sleep, nutrition, stretching, strengthening, off-season training
  - Take care of the process at practice and meet results will take care of themselves.
- **Consistency**
  - The consistent pursuit of excellence brings success: day after day, week after week, month after month, year after year.
- **Team**
  - You are an important part of the team.
  - The team always comes first.

## TEAM RULES & EXPECTATIONS:

- **Coaches' Discretion**
  - Situations may arise that require altering or that are not covered by team policies. Coaches have the authority & discretion to alter team policies when appropriate. Alterations will be rare and may apply to an individual athlete or the entire team at the discretion of the coaching staff.
- **Athlete Expectations**
  - Athletes will be respectful toward teammates, coaches, meet officials, parents, & other teams.
  - Athletes are expected to always be good representatives of North Gwinnett High School. This includes showing good sportsmanship, only being in allowed areas at meets, and giving full effort at practices and meets.
  - Profanity and inappropriate language will not be tolerated.
- **Practice Expectations**
  - **We will practice every day after school, this includes Digital Learning Days.**
  - We will have optional practices over Winter & Spring Break. This will be communicated in advance. Eventually, this may be an expectation for Varsity athletes.
  - Practice starts at 2:30 and will end around 4:30 (depending on your individual event)
  - Athletes must have appropriate attire & shoes for practice and should be prepared to practice in any weather. Athletes who are unprepared for practice will be sent home and counted absent (this includes medical devices – inhalers, etc.).
  - Athletes are expected to attend ALL practices in their entirety unless:
    - the athlete was absent from school
    - the athlete's parent obtained prior permission from both their event coach & the head coach (this includes absences for doctor's visits, etc.)
    - **Missed practices may result in athlete being removed from meets and/or relay teams, being ineligible to letter/banquet/awards, being ineligible for varsity competition, and/or dismissal from the team. Track is a TEAM sport. Your attendance at practice is an important part of our team success!**

- **Meet Expectations**
  - Athletes must come to meets prepared with appropriate uniform and shoes. Athletes can compete in regular running shoes, but most athletes choose to compete in spikes or event-specific shoes. See a coach for help choosing shoes.
  - Athletes must arrive to meets on time to allow for check-in, warm-up, etc. (as determined by event coach & head coach). Meet schedules will be sent via e-mail and posted on our team website in advance of the meet.
  - Athletes should bring proper hydration & nutrition to meets. See a coach for help with this.
  - At Invitationals, Championships, & Home Meets: Athletes competing in running events must stay until all of their teammates are finished competing unless permission is given by event coach & head coach. Athletes competing in field events must stay until all athletes in their event(s) are finished competing unless permission is given by event coach & head coach.
  - Athletes are expected to attend ALL meets and compete in ALL events in which they are entered
    - **Missed meets may result in athlete being removed from future meets and/or relay teams, being ineligible to letter/banquet/awards, being ineligible for varsity competition, and/or dismissal from the team.**
- **Unexcused Absences**
  - athlete misses practice or meet without permission from event coach & the head coach (includes missing without notification, missing for invalid reasons, etc.)
  - **Practice: 1<sup>st</sup> unexcused practice absence = warning; 2<sup>nd</sup> unexcused practice absence = dismissal from the team**
  - **Meets: 1<sup>st</sup> unexcused meet absence = dismissal from the team**

## **PARENT HELP – WHAT CAN YOU DO?**

- A successful season requires a lot of help from parents! We need help with the following:
  - volunteering at our home meets
    - concession stand
    - tickets/gate
    - clerk/checking in athletes
    - athlete entry/exit to the track
    - getting hurdles & blocks to designated areas
    - set up before & clean up after meets
  - booster club officers & volunteers
  - banquet help
  - pictures & social media

## **TEAM DUES & FUNDRAISER:**

- Team dues pay for equipment, meet entry fees, team t-shirts, assistant coach stipends
- Costs:
  - Team Dues: \$200 (\$100 each additional sibling)
  - Uniform: \$60 (top - \$35; shorts - \$25)
  - Checks (“NGHS Track & Field Booster Club”)
  - Venmo (@NGHSTrack-and-Field):
- Team Fundraiser (Double Good Popcorn)
  - 1/26 through 1/30
  - All online
  - Details to come in January



## LETTERING CRITERIA

- To earn a Varsity Letter:
  - Participate in the Varsity County Meet (individual or relay)
  - Compete in Track & Field for 3+ years and end each season in good standing
  - Meet one of the Lettering Standards below
- To Letter with Recognition (plaque):
  - Score in the Varsity County Meet (individual or relay)
  - Place top 4 in the Varsity Region Meet (individual or relay)
- To Letter with Recognition (large plaque):
  - Break a School Record (individual or relay)
  - Score at the State Championship Meet (individual or relay)

### Men's Lettering Standards

	<b>9<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b>
100	11.8	11.6	11.4	11.2
200	24.5	24.0	23.5	23.0
400	56.0	55.0	54.0	53.0
800	2:15	2:10	2:07	2:05
1600	5:10	5:00	4:50	4:45
3200	11:20	11:00	10:50	10:40
110h	18.5	17.5	17.0	16.5
300h	47.0	46.0	45.0	44.0
Shot Put	35'	37'	39'	40'
Discus	90'	100'	110'	115'
Long Jump	17'	18'	19'	20'
Triple Jump	35'	37'	39'	40'
High Jump	5'6"	5'8"	5'10"	6'0"
Pole Vault	9'	10'	11'	12'

### Women's Lettering Standards

	<b>9<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b>
100	13.6	13.4	13.2	13.0
200	28.0	27.0	27.5	27.0
400	66.0	64.0	63.0	62.0
800	2:50	2:45	2:40	2:37
1600	6:10	6:00	5:50	5:45
3200	13:30	13:10	12:50	12:40
110h	18.5	18.0	17.5	17.0
300h	54.0	52.0	50.0	49.0
Shot Put	25'	27'	29'	31'
Discus	70'	80'	85'	90'
Long Jump	14'6"	15'	15'6"	16'
Triple Jump	28'	30'	32'	33'
High Jump	4'4"	4'6"	4'8"	4'10"
Pole Vault	7'	8'	9'	10'