

Track & Field Team 2015



1. REQUIRED FORMS & FEES:

- A. Signed Permission Form
- B. Signed Team Contract
- C. \$5 League Fee (pays for entry into our Middle School league and championship awards)
- D. Completed Uniform Order (same as XC...please see coaches if there are any questions/concerns)

2. TEAM WEBSITE & EMAIL SIGN-UP:

- A. <http://fairfieldschools.org/schools/tms/activity/cross-country-track-field/> (can also be accessed via TMS Home Page > Activities > Cross Country / Track & Field > Read More)
- B. To subscribe to the team news update email list, please...
 - a. Click the link in the **Team Email List Sign-Up** section
 - b. Complete the form with accurate information

3. PRACTICE INFO:

- A. Days → Mondays & Thursdays (see back for **tentative meet schedule**)
- B. Time → 3:00 - 4:15 (students who need the late bus may leave at 3:50)
- C. Location:
 - a. Change in the **locker rooms** at the end of the school day and find the coaches
 - b. Practice starts and finishes on the turf field
- D. Inclement Weather → **we will practice**...unless it is raining heavily or thunder/lightening

4. GEAR / SUPPLIES:

- A. Running/workout attire...dry-fit material and layers highly recommended for spring weather!
 - a. Running Shoes
 - b. Athletic Wear (socks, shorts, pants, long/short sleeve shirts)
 - c. Hat/gloves (as needed)
 - d. Light Jacket or other water proof/resistant clothing

Tentative 2015 Meet Schedule

Please arrive 40 minutes before race start for team warm up

Most meets will start around 4:00 - 4:15 and will end around 7:00 - 7:30

DATE	DAY	LOCATION	TRANSPORTATION
4/23	Thursday	Roger Ludlowe MS (open to all)	Parent Drop Off & Pick Up
5/5	Tuesday	Roger Ludlowe MS (open to all)	Parent Drop Off & Pick Up
5/7	Thursday	Fairfield Warde HS (open to all)	Parent Drop Off & Pick Up
5/14	Thursday	Roger Ludlowe MS (open to all)	Parent Drop Off & Pick Up
Week of 5/16?	???	Away Meet?? (hopefully open to all)	School Bus (pick up / drop off at TMS bus loop)??
5/30	Saturday	CT Middle School Champs (*need qualifying time*)	Parent Drop Off & Pick Up
Early June	???	WCC League Meet (*need qualifying time*)	Parent Drop Off & Pick Up

Events Offered

Listed below are the typical events offered at most meets

We will practice for as many of the below events as possible

The coaches will recommend events & also encourage team members to try new events at the meets

Running	Jumping	Throwing
55m Hurdles 100m Sprint 200m Sprint (½ of track) 400m Sprint (1 lap on track) 800m (2 laps on track) 1600m (4 laps on track) 4 x 100m Relay 4 x 400m Relay	High Jump Long Jump Triple Jump	Shot Put Discus Javelin