

High School Track Update (updated 04/17/23)

Week of April 17th - 27th, 2023

Congratulations: The following athletes qualified for the regional track meet in San Marco at Texas State University, next Thursday April 27th. If track is over, please **return your uniform** in a large zip lock bag with name on it, to the coaches office.

1. Teni placed 2nd in the discus, 91' 1"
2. Allie placed 2nd in the shot put, 29' 3.5"
3. Desi placed 4th in the 400m race, 1:10.03
4. Zach placed 3rd in the mile run, 5:02.37

If you cannot compete at the Regional track meet, you must notify the coach ASAP. The deadline is 12 noon on Friday, April 27th.

Your coach (McKenzie, Adams or Heiser) will let you know practice days and times!!

Monday - District Championship

Tuesday - Practice

Wednesday - Practice

Thursday - Practice

Friday - No Practice

Saturday - Practice at Katy JH

Sunday - No Practice

Monday - Practice

Tuesday - Practice

Wednesday - No Practice. Leave in a van with C Heiser at 4:00 pm to San Marcos.

Thursday - *

Note: The above weekly calendar always "trumps" the monthly calendar (dated 3/19/23) below.

2023 2A/3A SOUTH REGIONAL TRACK INFORMATION

***Date:**

April 27, 2022

Location:

Texas State Track and Field Complex

1100 Aquarena Springs Drive

San Marcos, Texas

[Map to Facility](#)

Hotel Staying at:

Fairfield Inn & Suites

1250 North IH-35, San Marcos, Texas 78666

-We have a coaches room and a girls hotel room - The girls need to bring a \$56 check to FWA, athletic office, to Jamie Powers for the room.

Schedule of Events:

7:30 am	Implement Check In Opens (2A-3A)
8:00 am	Officials Meeting
8:30 am	First Call - Block 1 Field Events
8:30 am	Implement Check In Closes (2A-3A)
8:45 am	Field Events - Block 1 (Girls 3A Discus) Teni Block 3 (Girls 3A Shot) Allie
2:00 pm	First call for running events
2:15 pm	Running Finals begin

Running order for all running events

1A Girls | 2A Girls | 3A Girls | 1A Boys | 2A Boys | 3A Boys

400 Meter Relay

800 Meter Run

100 / 110 Meter Hurdles

100 Meter Dash

800 Meter Relay

400 Meter Dash, **Desi**

300 Meter Hurdles

200 Meter Dash

1600 Meter Run, **Zach**

1600 Meter Relay

Your Athlete is in these Events on xx/xx/xx (Tentative)

Athletic.Net Results (Season best times):

<https://www.athletic.net/TrackAndField/EventRecords.aspx?SchoolID=4774>

Announcements:

Most track meets **charge spectators** a couple of bucks to enter the Stadium.

High School Pictures - Online Ordering - Friday March 3rd

<https://image2c.hhimagehost.com/FaithWestAcademyJuniorHighTrackandBaseball2023>

Only Coaches are allowed on field at Track Meets! Parents are in the bleachers!

Athletes know to text parents **30 minutes before arriving back home** from a track meet.

Regarding Rain Days - We will do our best to notify you by 1 PM, if your athlete needs to be picked up during carpool that day. A "Remind" text will be sent. Please make sure you are on that communication "system, per below.

Pick-Up - By parking lot gym door or possibly out at lake. At 5:30 pm all athletes will be sent to the "after school care" area for pickup.

Warmup Suit - To stay warm HS will be issued a warm-up suit. They will also be required to wear them over their uniform, to track meets. NO PAJAMAs! Navy blue leggings are recommended on cold days.

You can also purchase a FWA hoodie if desired:

<https://www.faithwestabc.org/product/faith-west-logo-hoodie/124>

and navy blue leggings from Amazon:

https://www.amazon.com/dp/B0BN1NF6QH?ref=cm_sw_r_apin_dp_2NRV23JDMDFHC8G2SK6Y

2023 Calendar is subject to changes each week (if unclear, click here)

https://drive.google.com/file/d/1Dxlvk_S_FcXpdAkuVGV4LOyE9bbs-DLP/view?usp=sharing

Track Practice Schedule & Track Meet Schedule								as of 3/19/2023
Parent Meeting 6pm Thursday								
WEEK		February-02	Annex	February-09	Zoom			
	HS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January / February	HS	30 x	31 START JH Practice	1 x	2 x	3 x	4 X	5 x
February	HS	6 x	7 x	8 x	9 x	10 x	11 HS TIME TRIAL	12 x
February	HS	13 x	14 START HS Practice	15 HS Practice	16 HS Practice	17 HS Practice	18 Track KJH	19 x
February	HS	20 Holiday - Optional Practice 4pm	21 HS Practice	22 HS Practice	23 HS Practice	24 HS Practice	25 HS Track Meet RCS #1	26 x
February / March	HS	27 Track KJH	28 HS Practice	1 HS Practice	2 HS Track Meet Yochum #2	3 HS Practice	4 x Bike Ride	5 x
March	HS	6 Track KJH	7 HS Practice	8 HS Practice	9 HS Track Meet RCS #3	10 HS Practice	11 x	12 x
March	HS	13 Spring Break	14 Spring Break Optional Practice	15 Spring Break	16 Spring Break Optional Practice	17 Spring Break	18 Spring Break Optional Practice	19 x
March 21st - 27th	HS	20 Track KJH	21 HS Practice	22 HS Practice	23 HS Practice	24 HS Practice	25 HS Track Meet St Agnes #4	26 x
WEEK		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March / April	HS	27 Track KJH	28 HS Practice	29 HS Practice	30 HS Track Meet LSA #5	31 HS Practice	1 Track KJH	2 x
April	HS	3 Track KJH	4 HS Practice	5 HS Practice	6 HS Practice	7 Easter Holiday	8	9 Easter
April FINISH	JH	10 Easter Holiday Optional	11 HS Practice (JH District)	12 HS Practice	13 HS Practice (JH District)	14 HS Practice	15 Track KJH	16 x
April	HS	17 HS District Track RCS	18 Track KJH	19 Track KJH	20 Track KJH	21 Track KJH	22 Track KJH	23 x
April	HS	24 Track KJH	25 Track KJH	26 X	27 Regional Track	28 x	29 Track KJH	30 x
May	HS	1 Track KJH	2 Track KJH	3 Track KJH	4 x	5 HS State Field - Waco	6 HS State - Waco	7 x
Green KJH Track								
HS Meets								
Holiday								

Normal High School Practice Times	High School Practice Format
Monday 3:45-5:15 pm at Faith West; till 5:30 pm when we go to TRACK - Pickup here	3:45 PM Warm-up Team
Tuesday 3:45-5:15 pm at Faith West	
Wednesday 3:45-5:00 pm at Faith West Fine Arts Day	4:15 PM Workouts Runners, Throwers (4:45-5:15 pm I)
Thursday 3:45-5:15 pm at Faith West	
Friday 3:45-4:30 pm at Faith West	4:45 PM Jumps Jumpers (2x wk)
Saturdays 8:00-10:00 am at Katy JH Track	4:55 PM Warm-down Runners
	5:15 PM Ends Team

Communications:

www.RankOneSport.com - Schedule and Maps

https://www.rankone.com/Schedules/View_Schedule_Web.aspx?P=0&D=F101E050-79B8-4638-88F8-1CACDCAF77FB&S=2246&Sp=189&Tm=73132&L=1&Mt=0

www.Faithwest.org - Track Information, Fees etc.

Remind Communications Setup

HS ----Text ---- "81010" this message "@hs-track"

Shared Google.doc

<https://docs.google.com/document/d/1ACVVYF7T8RjyC1BAj3D6JSA8jDrkf5S/edit?usp=sharing&oid=105561985668278556892&rtpof=true&sd=true>

Pre-Season Track starts November 14th, 2022.

Monday - 3:30 pm - 4:30 pm at FWA, **Run**

Tuesday NA* - 3:30-4:30 pm, **Weights**

Wednesday Practice - - 3:30 pm - 4:30 pm at FWA, **Run**

Thursday NA* - 3:30-4:30 pm, **Weights**

Tentative Pre Season Schedule:

November 14 – 19 (Mon – Sat)

Thanksgiving Week

Nov 28 – Dec 3 (Mon – Sat)

Dec 5 - 10 (Mon – Sat),

Dec 12 - 17 (Mon – Sat)

Christmas Week

Christmas Week

Jan 2 – 7 (Mon – Sat)

Jan 9 – 14 (Mon – Sat)

Canceled!

Jan 16 -21 (Mon – Sat)

Jan 23 -28 (Mon – Sat)

Jan 30 – Feb 4 (Mon – Sat) JH Starts

Feb 6 – 11 (Mon – Sat)

Feb 14 HS Starts

www.RankOneSport.com - Schedule and Maps

https://www.rankone.com/Schedules/View_Schedule_Web.aspx?P=0&D=E101E050-79B8-4638-88F8-1CACDCAEF7FB&S=2247&Sp=189&Tm=73143&L=15&Mt=0

www.Athletic.Net - <https://www.athletic.net/TrackAndField/EventRecords.aspx?SchoolID=20406>

Results are posted

www.Faithwest.org - Track Information, Fees etc.

Remind Communications Setup

JH ----Text ---- "81010" this message "@jh-track"

Shared Google.doc

https://docs.google.com/document/d/18P5hMqQ4VzZ_bm5vcRNq6icvtIsHcTTn/edit?usp=sharing&ouid=105561985668278556892&rtpof=true&sd=true

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Jan 30 – Feb 4 (Mon – Sat) JH Starts

Feb 6 – 11 (Mon – Sat)

Feb 14 HS Starts

<https://www.athletic.net/TrackAndField/meet/480726/info>

MASTER CALENDAR - USED BY JH/HS COACHES ONLY

Track Practice Schedule & Track Meet Schedule								.. of 5/23/2023	Parent Meeting
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
January / February	JH	Sat Jan 20th JH TIME TRIAL	31 START JH Practice	1 JH Practice	2 JH Practice	3 JH Practice	4 JH KJH Track	5 x	
	HS	x	x	x	x	HS Practice	x	x	
February	JH	6 JH Practice	7 JH Practice	8 JH Practice	9 JH Practice	10 JH Practice	11 JH KJH Track	12 x	
	HS	x	x	x	x	HS Practice	HS TIME TRIAL KJH	x	

February-02 Annex
February-03 Zoom
*Mandatory Parents Meeting Before Track Starts, T

