

Indoor Track Information & Expectations

Introduction

As members of the Lyme-Old Lyme Indoor Track team, athletes are held to a high standard of expectations by the school, community, the coaches, and their fellow athletes. Athletes will be expected to be respectful of their classmates, teachers, and all coaches- of all people, at all times. We expect maximum effort and good sportsmanship at all practices and meets. These expectations align with the high school's core values and beliefs.

Practice

Athletes should be coming to practice dressed for both indoor and outdoor practice everyday. This means they are coming with shorts, t-shirts, long sleeves, sweatshirts, sweatpants/leggings, socks, hats, gloves, and sneakers. A watch is also strongly encouraged. Athletes should make sure to have a reliable way to get home, as they will NOT be allowed to take the late bus.

Meets

Please expect meets to take 6-8 hours. Come prepared with plenty of **water** and food. There may be a concession stand, but it does not offer many options. Athletes will also travel to and from meets with the team. Athletes are expected to stay with their teams for the entirety of each meet. If needed, athletes can only be released from meets if the parent/guardian fills out the release form at least 24 hours prior to the meet. Athletes need to be available to participate in ALL scheduled meets, including rescheduled ones due to weather. Missing a meet, unless for an emergency, will automatically result in having to attend, but not compete in, the next meet and could result in expulsion from the team.

Absences

One unexcused absence during the week will result in not coming to the following meet. If you plan on being late to practice or cannot come, you will have to message a coach or email them to let them know with a *valid* reason. **If you have a doctor's appointment and will miss practice, you must get a doctor's note and submit it to a head coach.** More than 2 unexcused absences will result in removal from the team.

Participation requirements

In order to participate athletes must have the following completed

1. Have submitted & signed all the online forms via Final Forms
2. Have an up-to-date physical on file with the school nurse
3. Have cleared all school obligations

Sports You

Athletes and parents-please sign up for Sports You here:



Uniforms

Uniforms will be handed out about one week before our first meet. All uniforms must be returned by the end of the season. You will be charged if you do not return it. The uniform consists of a tank top and shorts.

Spikes

If you are a runner or jumper- it is **mandatory** to get a pair of spikes. The Floyd Little Athletic Center only allows 3/16” spikes. Sound Runner is a great place to purchase them from! Throwers are also encouraged to get shop puts shoes.

Academics

You are a student-athlete. Please remember that being a student comes first. We start practice at 2:45 to allow students to meet with teachers or go to club meetings.

Injuries

While we work to prevent injuries, they do happen. If you are injured please communicate with the coaches and the athletic trainer, Sammee Piette (piettes@region18.org). To come back from an injury, you must participate in at least two full practices (or more, depending on the injury). If you cannot get through a workout because of an injury, you will not be able to participate in the following meet. We will also ask you to meet with an orthopedic if an injury occurs for more than 5 practices.

Contact Information

Head coach: Alyssa Mercaldi mercaldia@region18.org

Head coach: Jan Merrill merrillmorinj@region18.org

Assistant coach: Amy Gonsalves gonsalvesa@region18.org

Assistant coach: Jeff Moran Morin morinj@region18.org

Athletic Director: Hildie Heck heckh@region18.org

Athletic trainer: Sammee Piette peittes@region18.org

Parent Information Meeting

Tuesday, December 9th at 4:30pm in the library

Alcohol/Vaping/Drugs Policy

If you want to be a track athlete, you must make and honor a vow to abstain from drinking, vaping and drug use. Any deviation from this vow will result in immediate expulsion from the team as well as all proper administrative actions. If you cannot make this vow, **do not** join the track team. Simply put, there is **ZERO** room on our team for alcohol, vaping, or drugs.

Dangerous Activities

We do not encourage anyone to participate in dangerous activities on the weekends. Indoor track should be the priority sport and we need everyone to stay as healthy as possible.

Team Store

Our team store will be our main fundraiser for the season and will take place until 12/11/25
<https://stores.inksoft.com/WS128485/shop/home>



Important Events

First day of practice: December 4th

Niantic Jingle Bell 5K (team name- LOLHS wildcats): Saturday, December 13th at 10am

<https://runsignup.com/Race/CT/Niantic/NianticJingle5k?rsus=200-500-8794b35c-71ff-4d34-aaab-fd928695596>

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Events

Track and field is a sport that combines individual and team success. But, it is foremost a team sport, and we make our coaching decisions based on what is best for the team. We thank you and are looking forward to a great season.

ORDER OF EVENTS – COMBINED STATE CHAMPIONSHIPS (Class LL, L, M and S and Open Meets)

4 x 200m Relay	(Boys then girls)
4 x 800m Relay	(Boys then girls)
55m Hurdles – Trials	(Boys then girls)
55m Dash – Trials	(Boys then girls)
1000 Meters	(Boys then girls)
600 Meters	(Boys then girls)
55m Hurdles – Finals	(Girls then boys)
55m Dash – Finals	(Girls then boys)
1600 Meters	(Boys then girls)
1600m Sprint Medley (1-1-2-4 laps)	(Boys then girls)
300 Meters	(Boys then girls)
3200 Meters	(Boys then girls)
4 x 400m Relay	(Boys then girls)

Note: For the 3200 meter run – **It is possible that the Meet Director may combine into one heat depending on scratches.**

A 20M exchange zone will be used in all legs of all relays. Use of “fly zone” in relay races is prohibited.

FIELD EVENTS – Pole vault, shot put, long jump and high jump will be started concurrently with running events. The order is as follows:

High Jump	(Girls then boys) Five alive protocol
Long Jump	(Boys then girls)
Shot Put	(Boys then girls)
Pole Vault	(Girls then boys) Five alive protocol

Team Website

Find more information about indoor track here: <https://sites.google.com/region18.org/lolhsindoortrack/home>

CIAC Indoor Track Handbook

<https://ciac.fpsports.org/resources/Tournament%20Info/Indoor%20Track/Information%20Packet%202025-2026.pdf>