

WESTMINSTER TRACK and FIELD PRACTICE SCHEDULE

	Monday	Wednesday	Thursday (for Athletes Registered in Upcoming Meet)
6:30 – 6:35	Welcome Remarks and Team Warm Up Lap		
Field Events Session 1 6:35 – 7:15 (*) Sprints / Distance / Hurdles 6:35 - 8:00 (Sprinting and Distance Practice will run continuously but will pause to excuse athletes to Field Events Session 2 – join when not in a Field Event) Hurdles Practice is a mid-season addition that will be open-join until we get a feel for interest level	Long Jump (Age 13+) High Jump (Ages 9-12) Shotput: (Ages 13+) Turbo Javelin: 12 & Under (12 & Under) Discus: 11+ (Age 11-12)	Long Jump (Age 13+) High Jump (Ages 9-12) Shotput: (Ages 13+) Turbo Javelin: 12 & Under (12 & Under) Discus: 11+ (Age 11-12)	Long Jump (Age 13+) High Jump (Ages 9-12) Shotput: (Ages 13+) Turbo Javelin: 12 & Under (12 & Under) Discus: 11+ (Age 11-12) <i>Athletes rotate to events registered in upcoming meet.</i>
Field Events Session 2 7:20 – 8:00 (*) Sprints / Distance / Hurdles 6:35 - 8:00 (Sprinting and Distance Practice will run continuously but will pause to welcome athletes from Field Events Session 1 – join when not in a Field Event) Hurdles Practice is a mid-season addition that will be open-join until we get a feel for interest level	Long Jump: 12 and under (Ages 12 and under) High Jump (Age 13+) Shotput: (Ages 12 and under) Discus: (Age 13+)	Long Jump: 12 and under (Ages 12 and under) High Jump (Age 13+) Shotput: (Ages 12 and under) Discus: (Age 13+)	Long Jump: 12 and under (Ages 12 and under) High Jump (Age 13+) Shotput: (Ages 12 and under) Discus: (Age 13+) <i>Athletes rotate to events registered in upcoming meet.</i>

Monday/Wednesday

Athletes choose which events (within their age group) to practice. For example, athletes 13 and over will need to select either Distance, Long Jump, or Shotput in Session 1

Thursday

Athletes choose which **registered** events to practice for upcoming meet.

Sprinting and Distance practices will run the full session, but athletes can leave these practices to practice their field events if they choose to do so. All coaches should include a warmup, event specific drills and actual execution of event during each session.

When there is a WHS athletic event in Ruby Field, we will move Sprinting, Distance, and Jumping practice to Winters Mill High School, while the Throwing practice will continue at Westminster High School/Ruby Field. Athletes who do both must choose to go to either Winters Mill or to Westminster for their practice that day.

- Practice days M/W/TH; however, (if there is a meet the following Sunday) Thursday is for athletes registered in Sunday's meet to allow for additional coaching in the registered events. If there is no meet, all athletes may attend Thursday's practice.
- Restrooms will be accessible during practice – the Track Club has rented a port-a-pot for use near the entrance of Ruby Field. This facility is for our track club's use only and will be locked and unlocked at the beginning and end of each practice. It will be cleaned weekly.
- Meet payment (**\$10 per athlete**) Events and payment **MUST** be submitted to our club (Venmo @WestminsterTFC – last 4 digits of the phone number is 3158) no later than Wednesday practice. Parents are strongly encouraged to use VENMO as this is how payments are transferred between teams and is auditable. Cash will be reluctantly accepted only after discussing with the head coach. Parents should pay per meet unless discussing in advance with the head coach. Meet fees are NOT refundable once athlete is registered for the upcoming meet. This is an ENTRY fee, not a participation fee.
- Athletes cannot change their events on meet day unless to scratch. Athletes will be HEATED in advance.
- Number of MAX events athletes may participate in meets (12 and under-(3); 13 and up-(4)) relays WILL count towards # of events
- Westminster Track and Field Club will host a meet this season, scheduled for Sunday, May 18, 2025, **parent volunteers are required to assist and lead events during our home meet only**. Additional volunteers (siblings, team alums, high school students) are encouraged and welcome to assist. Student volunteer hours may be provided
- Track Club coaches may not be available at all meets.

**** Individuals should NOT jump/play on High Jump or Pole Vault mats or play in Long Jump sand pits. No one is permitted on WHS infield in stadium. ****