



Haverford Twp. High School Track & Field Handbook

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Haverford Athletics Mission Statement

It is the mission of Haverford High School Athletics to develop the growth and character of adolescents. We believe education-based athletics are an extension of the classroom and will help facilitate a positive relationship athletes have with themselves as well as their friends, family, and community. Extracurricular activities improve our students' educational experience and help provide our students with the life skills

required to actively contribute to our global society. Through healthy competition, our student-athletes will learn communication, inclusivity, resilience, character, sportsmanship, teamwork, leadership, and cooperation.



HHS Athletic Department Values

- Journey > Winning
- Fun
- Communication
- Inclusion
- High Expectations
- TEAM is the redeeming quality (not individual accolades, social media)
- Respect- self, peers, facilities and facility workers, custodians, adults
- Resilience, grit, hard work
- Pride in your space
- Sportsmanship
- Leadership/ mentorship
 - HHS SAAC
- Multiple sport/activity student-athletes

Education Based Athletics

What we are

- We are an extension of the classroom
- We care about the student/family/community not \$\$
- We are social/emotional learning
- We are accountability and career learning
- We are character development
- We have high standards for individuals behavior and effort
- Where are a safe space for scaffolding, growth, and development
- We are “participate/play to learn”

What we are not

- Not club/AAU sports
- Recruiting is important to us but TEAM is our priority, not individuals
- Not “pay to play”
- All-Access → safety/clearances
- WIP sports radio → Phillies vs Phord

Haverford Township Cross Country / Track & Field Program

Coaching Staffs:

Track & Field

Boys Head Coach.....Ryan Comstock (Boys & Girls Distance Runners)

Girls Head Coach.....Amber Jenkins (Boys & Girls Sprints/Jumps/Hurdles)

Event Group Assistant Coaches:

Sprints/Jumps/Hurdles.....Bob Leneweaver

Sprints/Jumps/Hurdles.....Taylor Pugh

Distance (winter season).....Matt Wells

Distance (spring season).....Laura Clinton '05

Throws (spring season).....Josh Fidler

Support Staff

Athletic Trainers

Brendan Boas (bboas@haverfordsd.net)

David Androezzi (dandreozi@haverfordsd.net)

Athletic Director

Greg Decina (gdecina@haverfordsd.net)

Athletics Assistant

Michelle Romano (mdromano@haverfordsd.net)

Coaching Philosophy:

We feel it is our responsibility to teach each athlete that cross country, track and field is a great life long sport. Balancing hard work with fun is the most important aspect of obtaining success in our program. During an athlete's time on our team, we will strive to instill life-learning lessons such as responsibility, character, respect, confidence, leadership, discipline. If all these aspects are applied, the wins, medals and personal bests will come naturally. Creating a fun and positive environment is our main goal.



Cross Country / Track & Field Program

Core Values

ATTENTION TO DETAIL

"When considering the consequences of not doing the little things, you realize there are no little things."

- Brad Stevens

BODY LANGUAGE / ATTITUDE

Body language is a very powerful tool. We had body language before we had speech, and apparently, 80% of what you understand in a conversation is read through the body, not the words.

-Deborah Bull

DISCIPLINE / CHARACTER

"Discipline is the foundation upon which all success is built. Lack of discipline inevitably leads to failure."

-Tim Rohn

EFFORT

"Nothing great was ever achieved without enthusiasm."

-Ralph Waldo Emerson

GRATITUDE

"I'm grateful for what I am and have. My thanksgiving is perpetual."

-Henry David Thoreau

GRIT / TOUGHNESS

"A ship is safe in harbor, but that's not what ships are for."

-William G.T. Shedd

HUMILITY

"Being humble means recognizing that we are not on earth to see how important we can become, but to see how much difference we can make in the lives of others."

-Gordon B. Hinckley

PERSISTENCE

"It ain't about how hard you hit, it's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward."

-Rocky Balboa

RESPONSIBILITY / ACCOUNTABILITY

"Accountability separates the wishers in life from the action-takers that care enough about their future to account for their daily actions."

-John Di Lemme

SELFLESSNESS

"There is an old saying about the strength of the wolf is the pack, and I think there is a lot of truth to that."

On a team, it's not the strength of the individual, but the strength of the unit and how they all function together."

-Bill Belichick

TRUST / FAITH

Faith is taking the first step even when you can't see the whole staircase.

-Martin Luther King Jr.

Cross Country/Track & Field Team and Program Rules

1. Team members are citizens first, students second, and athletes third.
2. Treat teammates, opponents, officials, and coaches with respect.
3. Win with pride and lose without excuses; maintain good sportsmanship.
4. Under the discretion of the coaches, an individualized plan must be created for student-athletes participating in other activities/sports. (In general, no outside races during the season.)
5. No cell phones or media devices during practice or warm-up area at meets.
6. Adhere to all school and team rules because disciplinary issues, during school or during T&F, may result in suspension from team activities.
7. Adhere to the road safety protocol **listed on the back.**
8. Uniforms and equipment will be kept in good condition, cleaned, and returned.
9. Under the discretion of the coaches, all lineup decisions are based on several factors: personal bests, meet entry limits, living up to team core-values, continual improvement, etc.

Attendance

1. Attendance for the entirety of all practices and meets is mandatory (even when injured).
2. Student-athletes must physically participate in all practices and competitions unless directed otherwise by a coach/trainer or a note from a doctor or guardian.
3. An absence of any kind the day before a meet may forfeit my ability to participate.
4. Any circumstance (including receiving help from a teacher) with a note that the coach or the athletic department approves, will count as being "present" as long as the student-athlete completes an approved workout on their own.

Under the discretion of the coaches, if a student-athlete has:

- 4 unexcused absences, they will be dismissed from the team.
- 4 absences of any kind and is a captain, they will lose their captainship.
- 7 absences of any kind, they will not be considered for a varsity letter.
- 10 absences of any kind, they will not be considered for a JV letter.
- 13 absences of any kind, they will not be considered for a certificate.

PROTOCOL FOR MISSED PRACTICES

REASON FOR MISSED PRACTICE	ACTION NEEDED TO RETURN
School Sponsored Trip	None, Notify Coaches Prior To Trip
Absence From School	None, Return When Back To School
Left School With Illness	None, Return When Healthy
Went Home Sick After School Day	Email From Parent
Family Reason	Email From Parent
Transportation Related	Email From Parent
Doctor's Appointment - Injury Related	Note From Doctor
Doctor's Appointment - Non Injury Related	Note From Doctor
Excessive Homework / School Project	Email From Teacher
School Activity (Concert, NHS, Club, Etc),	Email From Teacher / Club Advisor
Work Related - Unavoidable	Email At Least 2 Days Prior To Work Day Must Have Approval From Position Coach
Unexcused Absence From Practice	Email From Parent and Head Coach Approval

VARSITY LETTER REQUIREMENTS

Athletes must meet the following requirements to earn a Varsity Certificate:

- Athletes can earn a varsity letter if they are one of the top two performers in an event (including relays) and participate in ALL scheduled meets (including the League Meet) during the season.
- A second way to earn a varsity letter is by earning 10 points during the course of the season:
 - Points will be awarded for the following: Participating in an Invitational or the Region Meet (1 point) Scoring points in any meet (The number of points awarded will equal the number of points scored. A relay team's points will be divided equally among the 4 participants.)
- Seniors who have remained in good standing with team, consistent meet participation for their sophomore, junior and senior seasons will be awarded a varsity certificate.

Athletes must meet the following requirements to earn a Junior Varsity Certificate:

- Consistent practice attendance for entire season
- Respectable work ethic at practice and meets
- Does not miss meets.
- Has earned the approval of coaching staff
- In addition, any athlete that wants to be considered for a varsity or junior varsity letter must meet all team requirements and rules – including, but not limited to:
 - Superior attendance record
 - Remaining in good standing with school administrators
 - Remaining in good standing with the coaching staff for the entire season
 - You must attend all weekday meets from start to finish. No one leaves early

CIPPE (PHYSICAL) & DASD PAPERWORK *UPLOAD TO FAMILY ID*

- a. All athletes MUST be registered on [FamilyID](#). If you played a Fall Sport, you MUST login to FamilyID and select “Track & Field” as your Spring Sport.
- b. Website:
- c. Athletes participating in their first sport of the 2023-2024 School Year:
 - i. Athletes will not be allowed to participate until these forms are completed. All forms can be downloaded from the Downingtown West Athletes page (www.downingtowntathletics.org)
 1. [Comprehensive Initial Pre-Participation Physical Evaluation Forms](#)
 2. DASD Activity Fee (www.payforit.net)

3. OFFICIAL PRACTICE START DATE

Official Practices for the Track & Field season start on **MONDAY, MARCH 4, 2024**

4. REQUIRED & SUGGESTED EQUIPMENT

a. Required Equipment

- i. **Running Shoes:** Athletes must have appropriately fitted running shoes. Please do not attempt to complete training in regular sneakers, that will almost definitely lead to injury.

- ii. **Competition Spikes:** Athletes must have spikes for Track & Field. Athletes are encouraged to visit their local running store to find appropriate spikes for their level and event.
- iii. **Watch: (*Distance Only*)** All athletes should have a watch. While we prefer athletes to have a running specific GPS watch ([Garmin](#) or [Coros](#)) a simple running watch ([timex](#)) will also work.

5. PRACTICE SCHEDULE - All times below are guidelines, not absolutes.

- a. **Monday - Friday:** 3:05 PM - 5:00 PM
- b. **Saturday Practices:** Times vary per position group and will be listed in Spond. These practices are considered Mandatory.
- c. **Two-Hour Early Dismissal:** Position coaches will decide on practice time and communicate this through Spond.
- d. **Spring Break:** We will have optional practices over break. Times of those practices will be communicated through Spond.

**Position Coaches may deviate from the schedule when necessary.*

6. MEET AVAILABILITY

- a. Athletes **MUST** respond to each event on [Spond](#).
- b. If you are unavailable to compete at an event you **MUST** provide a reason in Spond.

7. TEAM COMMUNICATION AND ANNOUNCEMENTS

- a. **SPOND App** - <https://group.spond.com/DFNVW>
This is our main source of communication and it is your responsibility to get you and your guardians signed up correctly.
- b. **SCHOOLOGY** - Join our schoology group (DTJR9-2JR8W)
- c. **INSTAGRAM** - [@dwestxctf](#)
- d. **WEBSITE** – www.WhippetsXC.com

8. PARENT SUPPORT & FUNDRAISING

- a. Facilitate athlete independence, self-discipline and taking responsibility for themselves.
- b. **Ches-Mont League Meet (Wednesday, April 3rd)**
 - i. Downingtown West will host one of our league Super Meets. In order for the meet to run efficiently the coaching staff will need parent volunteers. Sign-up information will be shared on Spond.
- c. **Whippet Invitational at Downingtown West (Saturday, April 27th)**
 - i. This is our biggest fundraiser of the Spring Season. We will need at least 20 parent volunteers to manage this invitational successfully.
 - ii. Information will be shared at the Parent Meeting and on Spond.

9. SPIRIT GEAR

- a. We will be using C&M Sporting Goods for our Spirit Gear
- b. Website: <https://cmsportinggoods.chipply.com/DOWNTOWNTRACKFIELD/>

10. TEAM UNIFORMS

All athletes competing for Downingtown West **must purchase a team singlet and black racing shorts.**
Team Singlets are available for purchase on our team spirit gear page.

Uniform bottoms should be purchased separately by parents. Bottoms must be all black. These should be

running shorts, look at the options below.

Running Warehouse Women's Options:

https://www.runningwarehouse.com/Nike_Womens_Team_Boy_Short/descpage-NWTBS.html?color=

https://www.runningwarehouse.com/New_Balance_Womens_Athletics_Boyshort_20/descpage-NBWAY2.html?color=

Running Warehouse Men's Option: 2 - 4.5 Inch Inseam

https://www.runningwarehouse.com/Nike_Mens_Team_10K_Short/descpage-NMT10K.html?color=

** PIAA and NHSF uniform rules specify that a single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top and bottom or one-piece uniform.*

[https://www.piaa.org/assets/web/documents/nfhs-tf-uniform-rule\(1\).pdf](https://www.piaa.org/assets/web/documents/nfhs-tf-uniform-rule(1).pdf)

11. END OF SEASON TRACK AWARDS PARTY – DATE TBD

At the end of the Outdoor Track & Field Season we will hold an awards party for all of our athletes at the DWest Track. A date and time will be announced towards the end of the season.

12. WHAT SHOULD I DO BEFORE THE SEASON STARTS

- a. **Sprinters, Jumpers, Hurdlers:** Keep things simple, run a lap or two on the track, stretch and run a few short sprints maybe 3 times a week to prepare yourself.
- b. **Throwers:** Lots of core and stability training.
- c. **Mid-Distance / Distance:** If you are a first time runner, start with a few easy 10 minute runs 3-4x per week. If you are a returning runner, maybe try for 20-30 minutes easy with strides at the end 4-5x per week.

13. PARENT MEETING

- a. Thursday, March 7th at 5:30 PM in the DMS Library

14. STRAVA TEAM GROUPS (www.strava.com) - DISTANCE / MID DISTANCE RUNNERS ONLY

- a. Create an account on Strava.com
- b. Join our club!
 - i. Whippets XC/TF 2023-2024: <https://www.strava.com/clubs/1150699>

Team Communication

Email Groups

The coaching staff will send out a weekly Sunday evening email. Each email wraps up the previous week's highlights as well as an outline of the coming week's plans and team happenings.

Please join the Track & Field email groups by following these links:

Winter Track & Field

- Athletes Email Group: <https://groups.google.com/g/fords-spring-tf-athletes>
- Parent Email Group: <https://groups.google.com/g/fords-spring-tf-parents>

Spring Track & Field

- Athletes Email Group:
- Parent Email Group:

Spond

Each season we will use the app ‘Spond’ for our day-to-day communication. For specific information we will also set up subgroups for our different events groups, invitational meets or other subgroups as needed.

- *Cross Country*:
- *Winter T&F*
- *Spring T&F*: <https://group.spond.com/XQGVO>

Athletic Department Guidelines:

Communication skills are the #1 thing we develop through sports. These are the conversations you can/should approach coach about

- Family needs, accommodations
- How your child’s physical and emotional
- Support

Student-Athlete Self-Advocacy (scaffolding)

- Family advocacy (every athlete/family is on a different page)

Help respect the player-coach relationship

- What messages are being reinforced at home?
 - Conversations by proxy undermine player-coach relationship
 - Fear of retribution?- We do not hire those people...
 - Monday morning quarterback? Corrodes trust in the team

24 hour rule

- Please wait 24 hours after a competition before contacting coaches (unless emergency)
- Mention of playing time (lineups) ends discussion
- Internal locus of control- mention of other kids ends discussion

Team Captains

We have an amazing team, full of amazing individuals. While being a captain is a great honor, it will not always be a fun job. These are a few of the characteristics the coaching staff will look for in our team leaders. Athletes will nominate themselves and a vote will be cast to the entire team.

These are not meant to exclude anyone, all are welcome to apply. Go Fords!

- **Experience**
The best individuals understand our coaching styles, personalities and expectations. They must also know how to teach newer teammates our routines at practice and meets.
- **Maturity**
Captains are role models not just at practice, but outside of practice as well. Prior season behavior in and out of practice is considered.
- **Initiative**
Captains are virtually an extension of our staff. Our coaches should not have to remind captains to do their job. Showing initiative in a situation requiring their help or guidance is essential to a captain's role.
- **Motivation**
A negative attitude is dangerously contagious on a young team. Our captains should possess a consistent positive outlook while motivating their teammates.

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Cross Country Season

**Review the Supplemental Cross Country Survival Guide*

Summer Expectations

Pre-Season

Regular Season

Practice Sessions

All practice information will be listed on the team calendar. Daily team practices will be held everyday Monday through Friday 2:50-5pm. Exceptions will be for our weekday league meets. Also, the sprint and distance event groups will also have one day a week devoted to cross training for select members of the team. On those days the athlete is not required to attend regular team practice, but will be required to follow and provide evidence of the prescribed training listed on the team calendar.

The final required day of practice attendance for the team will be Friday, April 28th. After this date only athletes competing in our postseason championship level meets will be required to continue attending practices.

Competitions

Central League Meets

We will have three Central League meets. Each meet will have 6 schools and will be scored. We will be limited in the number of athletes we may enter into each event. This is to help keep the meets at a reasonable time length. Sincere efforts will be made to allow for as many opportunities for our athletes to compete as possible.

Event Entry Limits: LJ/TJ/HJ/PV/3200 - 4, SP/DISC/JAV - 3, 100/200/100H - 6, 300H/400/800/1600 - 5, Relays - 2

Invitational Meets

We will have weekend Invitational meets as well. These meets will have a much larger number of schools attending and will have a higher level standard of competition. And most often will be for athletes close to achieving varsity status on the team.

Championships

For our Delaware County Championship and Central League Championship, each team will have 2 automatic entries in each event plus 1 more if all 3 have met the posted qualifying standards. The District One Championship will have standards that must be met at any point during the season. Qualification for the State Championship must be done AT the District Meet. (relay splits do not count for any championship qualification standards).

Meet Lineups

Efforts will be made to post lineups within 2-3 days before the listed competition. The coaching staff will make the final decision on all posted meet lineups. We will create an “event” on our spond app for our League and Invitational meets. This will be used to inform coaches when an athlete is unable to attend or participate in a particular meet. At times it may be impossible for us to make changes for an athlete entered in a meet who informs coaches they are unavailable after the meet online entries have closed. *Note: We do not want our athletes to cherry-pick what meets they want to attend. This is only to enhance proper communication. While exceptions may exist, not attending meets may risk not making future lineups as well.*

Relays

The coaching staff will have the final decision in how relay members are chosen and used. In essence, the fastest athletes will be chosen to represent our relays. However, we do have athletes who will compete at a high level in many different events. How we choose to manage individual events and relay events at Championship meets will be at the sole discretion of the head coaches. If a relay qualifies for a championship event, it is not a requirement that those same four athletes be used, but the athletes used must be capable of obtaining a similar performance standard.

- **Relay Alternates**

Relay alternates will be required for the Penn Relays and District/State Championships. This position must be taken seriously while expected to carry themselves at all times as if they are ready to compete. Many, many, many times we have had to call on our relay alternates to step in with limited notification, and being mentally and physically prepared is imperative.

Travel Policies

Whenever possible all athletes should always travel with the team on the bus or vans. To help enhance team connectivity, we always prefer team members to remain at our meets for its entirety. However, if an athlete needs to leave a meet early, there must be written communication from a parent/guardian to a coach.

- Students may NOT drive themselves or teammates to and from any competition.
- Parents may only drive their own child. Carpooling is not allowed unless a parent/guardian of the other teammate is present in the car as well.

Team Gear

Uniforms

Athletes competing in meets will be given a school issued uniform top. However, the athlete must provide their own shorts or spandex bottoms which must be solid black in color. Uniforms will be numbered and cataloged then returned after your final competition. If tops are not returned you will receive a School District Obligation Form.

Warmups, etc.

Each season we will provide links to a wide variety of items on our Team Store where team members and family members are encouraged to purchase our team gear.

Parent Booster Club

The coaches would like to establish parent committees to ensure that our program continues to be a positive experience for our student-athletes. Our intention is to keep these committees in place from year-to-year and season-to-season. Once the committees are established, parents will take full control over the committee duties. Below is a brief rundown of expectations for each committee.

(refer to the team website for our sign up links)

1. Banquet, Senior Gifts & Banners

- Choosing and booking a venue for the banquet
- Supplying senior banners/gifts for the banquet
- Communicating updates with coaches, parents, and athletes

2. Pasta Parties

- Establishing and communicating pasta party locations, dates, times
- Creating sign-up Genius sheets for parties
- Organizing set-up, clean-up, and food drop-off

3. Snack Shack/Concessions

- Setup the SignUp Genius for the athletes to work the snack shack
- Collect the money at the end of the day and deposit it into a Booster Club account
- Assign families to purchase items for the snack shack stand



2023 SPRING T&F TEAM CONTRACT



I, _____, understand that participation in Indoor T&F is based upon adherence to this contract.

GENERAL INFORMATION:

- Team members are students first and athletes second.
- Treat teammates, opponents, officials, and coaches with respect.
- Win with pride and lose without excuses; maintain good sportsmanship.
- Under the discretion of the coaches, an individualized plan must be created for student-athletes participating in other activities/sports. (In general, no outside races during the season.)
- No cell phones or media devices during practice or warm-up area at meets.
- Adhere to all school and team rules because disciplinary issues, during school or during track and field, may result in suspension from team activities.
- Uniforms and equipment will be kept in good condition, cleaned, and returned.
- Under the discretion of the coaches, all lineup decisions are based on several factors: personal bests, entry limits, teamwork, sportsmanship, continual improvement, etc.
- Under the discretion of the coaches: To earn a varsity letter the student athlete must meet attendance requirements and achieve the following: compete in a minimum of three varsity competitions, meet a HHS qualifying standard (on the second page), or compete at the Delaware County, Central League, District or State Championships. Additionally, a Senior who has met the qualifications to earn a third or fourth JV letter in track and field.
- Under the discretion of the coaches: If you do not qualify for a varsity letter, a JV letter is awarded if attendance requirements are met and you compete in at least two competitions.

ATTENDANCE:

- Attendance (with proper, weather appropriate gear) at all practices and meets is mandatory (even when injured).
- Student athletes must physically participate in all practices and competitions unless directed otherwise by a coach/trainer or a note from a doctor or guardian.
- An absence/tardy/early departure is excused with a guardian/doctor/teacher note. Otherwise, the absence is unexcused.
- An absence of any kind the day before a meet may forfeit my ability to participate.
- Any circumstance (including receiving help from a teacher) with a note that is approved by the coach or the athletic department, will not count as an absence as long as the student athlete completes an approved workout on their own.
- Under the discretion of the coaches, if a student athlete has:
 - 4 unexcused absences, they will be dismissed from the team.
 - 4 absences of any kind and as a captain, they will lose their captainship.
 - 7 absences of any kind, they will not be considered for a varsity letter.

- 10 absences of any kind, they will not be considered for a JV letter.
- 13 absences of any kind, they will not be considered for a certificate.

Student Athlete Name (Print)

Guardian Name (Print)

Student Athlete Signature (Date)

Guardian Signature (Date)

Varsity Standards

Track Event	Girls		Boys
100 Meter Dash	13.6		11.6
200 Meter Dash	28.5		23.8
400 Meter Dash	65.5		52.5
800 Meter Dash	2:35.0		2:05.0
1600 Meter Run	5:40.0		4:43.0
3200 Meter Run	13:00		10:30.0
110M Hurdles	17.5		16.5
300 Meter Hurdles	52.5		43.0
Field Event			
High Jump	4-8		5-7
Pole Vault	7-0		10-5
Long Jump	15-6		19-0
Triple Jump	32-0		38-0
Shot Put	29-0		41-0
Discus	85-0		115-0
Javelin	80-0		130-0



DOWNTOWN WEST TRACK & FIELD TEAM HANDBOOK

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OUTDOOR TRACK MEET SCHEDULE

DATE	MEETS	LOCATION	ADDRESS	DISMISSAL	DEPARTURE	TRAVEL TIME	TRANSPORTATION	MEET START	MEET FINISH
Tue, Mar 26, 2024	Ches Mont JV / Open Meet #1	Bishop Shanahan		1:10 PM	1:25 PM	15 Minutes	1 Bus Depart (One Way)	3:00 PM	6:30 PM
Wed, Mar 27, 2024	Rustin Invitational	Rustin		12:00 PM	12:20 PM	30 Minutes	1 Bus Depart (One Way)	2:00 PM	6:30 PM
Sat, Apr 6, 2024	Haverford Invitational	Haverford HS	 Haverford ...	-	-	40 Minutes	Parent Drivers Only (Small Group)	10:00 AM	5:00 PM
Tue, Apr 9, 2024	Ches Mont Super Meet #2	Avon Grove	 Avon Grov...	12:25 PM	12:45 PM	40 Minutes	2 Buses Depart & Return	3:00 PM	6:30 PM
Fri, Apr 12, 2024	Fords Track Classic	Haverford HS	 Haverford ...	2:10 PM	2:30 PM	40 Minutes	1 Bus Depart & Return	5:00 PM	9:30 PM
Tue, Apr 16, 2024	Ches Mont Super Meet #1	Downtown West		1:00 PM	-	-	-	3:00 PM	6:30 PM
Fri, Apr 19, 2024	Warrior Invitational	Henderson		12:45 PM	1:00 PM	15 Minutes	2 Buses Depart / NO RETURN BUS	2:30 PM	8:00 PM
Mon, Apr 22, 2024	Ches Mont JV / Open Meet #2	West Chester East		1:10 PM	1:25 PM	20 Minutes	2 Buses Depart & Return	3:00 PM	6:30 PM
Thu, Apr 25, 2024	Penn Relays (Girls)	University of Pennsylvania		Full Day	7:00 AM	1 Hour	-	9:00 AM	3:00 PM
Fri, Apr 26, 2024	Penn Relays (Boys)	University of Pennsylvania		Full Day	7:00 AM	1 Hour	-	9:00 AM	3:00 PM
Sat, Apr 27, 2024	Penn Relays (Boys)	University of Pennsylvania	 Franklin Fi...	Full Day	7:00 AM	1 Hour	-	9:00 AM	3:00 PM
Sat, Apr 27, 2024	Whippet Invitational	Downtown West		-	-	-	-	9:00 AM	4:00 PM
Tue, Apr 30, 2024	Ches Mont JV / Open Meet #3	Downtown East		1:10 PM	1:25 PM	10 Minutes	2 Buses Depart (One Way)	3:00 PM	6:00 PM
Fri, May 3, 2024	Henderson Invitational	Henderson		11:20 AM	11:40 AM	15 Minutes	2 Buses Depart (One Way)	1:00 PM	10:30 PM
Wed, May 8, 2024	Ches Mont Track & Field Championships	Coatesville		10:05 / 12:25	10:25 / 12:45 PM	15 Minutes	2 Buses Depart / 2 Buses Return at 6 PM	1:45 PM	6:30 PM

Fri, May 10, 2024	Kennett Novice Champs	Kennett		12:40 PM	1:00 PM	30 Minutes	1 Bus Depart & Return	2:45 PM	6:00 PM
Sat, May 11, 2024	Downingtown West Last Chance	Downingtown West		-	-	-	Parents	9:00 AM	10:30 PM
Fri, May 17, 2024	PIAA District 1 Track & Field Championships	Coatesville		Full Day	7:15 AM	15 Minutes	1 Bus Depart (One Way)	9:00 AM	3:30 PM
Sat, May 18, 2024	PIAA District 1 Track & Field Championships	Coatesville		-	-	15 Minutes	Parents	9:00 AM	3:30 PM
Fri, May 24, 2024	PIAA State Track & Field Championships	Shippensburg University		Full Day	-	-	2 School Vans	9:00 AM	-
Sat, May 25, 2024	PIAA State Track & Field Championships	Shippensburg University	Shippensb...	-	-	-	2 School Vans	9:00 AM	5:30 PM
Fri, May 31, 2024	John Hay PA Distance Festival	Henderson HS	B. Reed He...	-	-	15 Minutes	OYO	5:25 PM	9:00 PM

TENTATIVE SATURDAY PRACTICE SCHEDULE

SATURDAY DATE	PRACTICE TIME	LOCATION	GROUPS
3/9	9:00 AM - 11:00 AM	West Track	ALL ATHLETES
3/16	9:00 AM - 11:00 AM	West Track	ALL ATHLETES
3/23	9:00 AM - 11:00 AM	West Track	ALL ATHLETES
4/6	9:00 AM - 11:00 AM	West Track	ALL ATHLETES
4/13	9:00 AM - 11:00 AM	West Track	ALL ATHLETES
4/20	9:00 AM - 11:00 AM	West Track	ALL ATHLETES
4/27	9:00 AM - 11:00 AM	West Track	Varsity Only
5/4	9:00 AM - 11:00 AM	West Track	Varsity Only
5/11	9:00 AM - 11:00 AM	West Track	Varsity Only

** Saturday Practices are mandatory for athletes based on the guidelines set forth by their position coach.
 *** The above schedule reflects a general idea of our anticipated Saturday practice schedule.

LEAGUE MEET ESTIMATED TIME SCHEDULES / WARM-UP TIMES

3:00 PM START

3:30 PM START

RACE TIME	EVENT	WARM-UP	RACE TIME	EVENT	WARM-UP
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3:00	100 / 110 Hurdles	2:30	3:30	100 / 110 Hurdles	2:50
3:15	4 x 800m Relay	2:30	3:40	4 x 800m Relay	2:50
3:30	100m Dash	2:50	3:55	100m Dash	3:00
3:45	1600m	<i>Start of Meet</i>	4:10	1600m	3:30
4:05	4 x 100m Relay	<i>Hurdles</i>	4:30	4 x 100m Relay	<i>4x800</i>
4:20	400m	<i>100m</i>	4:45	400m	<i>1600m</i>
4:35	300m Hurdles	<i>1600m</i>	5:00	300m Hurdles	<i>400m</i>
4:55	800m	<i>4x100m</i>	5:20	800m	<i>400m</i>
5:15	200m	<i>300m Hurdles</i>	5:35	200m	<i>4x100</i>
5:35	3200m	<i>300m Hurdles</i>	5:50	3200m	<i>300H</i>
5:50	4 x 400m Relay	<i>200m</i>	6:10	4 x 400m Relay	<i>800</i>

- ** Long Jump: 90 min open pit / Triple Jump follows Long Jump
- ** Girls Pole Vault / Boys High Jump (switch when events are done)
- ** Boys Shot Put, Girls Discus (switch when events are done)
- ** Boys and Girls Javelin at the end

DOWNINGTOWN WEST WHIPPET INVITATIONAL - TRACK EVENTS
Downingtown West High School

TIME	# Heats	Gender	EVENT
1:00 PM		Female	4 x800m Relay
		Male	
		Female	100 / 110 High Hurdles
		Male	
		Female	100m Dash
		Male	
		Female	1600m
		Male	
		Female	200m
		Male	
		Female	800m
		Male	
		Female	4x100m Relay

		Male	
		Female	400m
		Male	

*** This is just an estimated time schedule. One event follows the other with no breaks in time.

DOWNTOWN WEST WHIPPET INVITATIONAL - FIELD EVENTS

Downtown West High School

JUMPING EVENTS - 3 Jumps / No Finals

2:00 – 4:00 PM	Long Jump	Open Pit
4:00 – 5:00 PM	Triple Jump	Open Pit
2:00 PM	High Jump	Boys, Then Girls
2:00 PM	Pole Vault	Girls, Then Boys

THROWING EVENTS

2:00 – 4:30 PM	Girls Shot	Boys Discus
2:00 – 4:30 PM	Boys Shot	Girls Discus
4:30 PM	Javelin	(Grass Runway)

DOWNTOWN WEST WHIPPET INVITATIONAL - EVENT ENTRY LIMITS

Unlimited athletes per running event
2 per field event
2 relays per school

WARRIOR TRACK & FIELD INVITATIONAL

Henderson High School

TIME	EVENT	WARM- UP	ENTRY LIMIT	TIME	EVENT	WARM- UP	ENTRY LIMIT
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2:40	Novice 800m	ASAP	Unlimited	5:20	400m	Boys 1600	3
3:10	Novice 100m	Start of Meet	Unlimited	5:40	300m H	400	3
3:20	100/110 H	2:15	3	5:55	800m	4x100	6
3:35	4x800m	2:30	3 Teams	6:25	200m	Boys 300	3
4:05	100m	3:00	3	6:45	3200m	Boys 200	6
4:25	1600m	4x800	6	7:25	4x400m	Girls 800	2 Teams
5:10	4x100m Relay	Girls 1600	2 Teams				

*** In all track events, the girls will compete first followed by the boys. All heats will run slow to fast.

JUMPING EVENTS (2 Athletes Per Event)

3:00 – 5:00 PM	Long Jump	Open Pit
5:30 – 7:30 PM	Triple Jump	Open Pit
3:00 PM	High Jump	Boys (OH 5'6"), Followed by Girls (OH 4'3")
3:00 PM	Pole Vault	Girls (OH 8'), Followed by Boys (OH 10')

THROWING EVENTS (2 Athletes Per Event)

3:00 PM	Girls Shot	Followed by Girls Discus
3:00 PM	Boys Shot	Followed by Boys Discus
3:00 PM	Javelin	Boys, Followed by Girls

WEST CHESTER HENDERSON INVITATIONAL Henderson High School

TIME	EVENT	Min. Standard	TIME	EVENT	WARM-UP	Min. Standard
2:00	100 / 110H Trials	17	6:10	400m	<i>B1600</i>	63.22/53.54

		9 5 / 1 6 . 9 5				
2:15	100m Dash Trials	13 . 5 0 / 1 1 . 6 5	6:40	Elite Women's 800m		
2:40	Novice 1600m	G : 1 4 5 / B : 2 : 0 : 0 0	6:45	Elite Men's 800m		
3:25	200m Dash	27 . 5 0 / 2 4 . 2 5	6:50	Wall of Fame Induction		
3:55	National Anthem		6:55	300m Hurdles		50.50/43.50
4:00	100 / 110H Finals		7:20	MS 800m		
4:10	4 x 800m Relay	G : N B 1 6 / B : 2 0	7:30	800m	G: EliteW / B:300H	2:30/2:04.5

		<i>0 n</i>				
4:35	100m Dash Finals		8:10	Girls 3200m (Fast Section)	<i>Boys 300H</i>	
4:40	1600m	<i>G : B : 2 : 0 : 0 / n / B : : B 4 x 8</i>	8:25	Boys 3200m (Fast Section)	<i>Boys MS 800m</i>	
5:30	4x100m		8:35	3200m (Girls, Boys)	<i>800m</i>	10:00/11:50
6:05	Elementary 400		9:00	4 x 400m Relay	<i>3200</i>	

*All track events are girls followed by boys. Please note the minimum standards and the standards to get more than 2 athletes into the meet. No athletes may be entered who do not meet the minimum standards. *All heats will run slow to fast. *Time schedule is just a guideline.

***** NO RETURN BUS**

WEST CHESTER HENDERSON INVITATIONAL Henderson High School

FIELD EVENTS

TIME	EVENT	NOTES	LOCATIO N	JUMPS / FINALS
2:30 - 5:45	Long Jump	Open Pit - Girls (2:30 - 4:00) Open Pit - Boys (4:15 - 5:45)	North End Zone	3 Jumps No Finals
6:00 - 9:15	Triple Jump	Open Pit - Girls (6:00 - 7:30) Open Pit - Boys (7:45 - 9:15)	North End Zone	3 Jumps No Finals
2:30	Pole Vault	Girls at 2:30, followed by Boys	North End Zone	OH - 9' OH - 12'
3:00	High Jump	Boys at 3:00, followed by Girls	South End Zone	OH - 5'10" OH - 4'10"
2:30 5:00	Shot Put	Girls, followed by Boys	Practice Fields	3 Throws 8 to Finals

2:30 5:30	Discus	Boys, followed by Girls	Penn St. Fields	3 Throws 8 to Finals
2:30 5:15	Javelin	Girls, followed by Boys	Practice Fields	3 Throws 9 to Finals

Minimum Standards:

SP-Boys-42' Girls-31'
Discus-Boys-125' Girls 90'
Javelin-Boys-140' Girls-90'
LJ-Boys-20'6" Girls-16'
TJ-Boys-40'6" Girls-32'6"
HJ-Girls-4'10" Boys-5'10"
PV-Girls-9' Boys-12'

CHAMPIONSHIP QUALIFYING STANDARDS

GIRLS			EVENT	BOYS		
CHESMONT	DISTRICT	STATE		STATE	DISTRICT	CHESMONT
13.74	12.74	12.50	100m	11.10	11.24	11.95
27.99	26.44	25.91	200m	22.50	22.84	24.44
1:06.74	1:00.24	58.80	400m	50.09	50.94	54.75
2:33.83	2:21.74	2:18.47	800m	1:57.00	1:59.64	2:07.24
5:45.24	5:16.24	5:10.00	1600m	4:24.22	4:28.24	4:50.24
12:45.84	11:30.24	11:10.00	3200m	9:31.71	9:43.24	10:40.24
19.61	16.34	15.40	100h/110h	15.10	15.54	20.06
54.04	47.74	46.25	300h	39.80	40.74	45.89
n/a	51.14	49.75	4 x 100m Relay	43.25	44.14	n/a
n/a	4:06.24	4:01.50	4 x 400m Relay	3:24.03	3:26.24	n/a
n/a	9:50.24	9:35.48	4 x 800m Relay	8:02.04	8:12.04	n/a
4'04"	5'1"	5'3"	HJ	6'5"	6'2"	5'04"
7'-06"	9'6"	11'6"	PV	14'3"	13'0"	9'-06"
14'-00"	16'10"	17'9"	LJ	22'3"	21'0"	18'-00"
29'-06"	34'8"	36'6"	TJ	45'0"	42'8"	36'-06"
25'-00"	33'6"	37'6"	SP	52'0"	48'0"	40'-00"
75'-00"	101'0"	118'0"	DIS	153'0"	135'0"	100'-00"
75'-00"	103'0"	122'0"	JAV	178'0"	160'0"	125'-00"

CHES-MONT OUTDOOR TRACK & FIELD CHAMPIONSHIP
Coatesville High School

TIME	EVENT	Order of Events - Warm-Up	TIME	EVENT	ORDER	Warm-Up
1:45	100 / 110H Trials	Girls, Then Boys	4:20	4 x 100m Relay	Girls, Then Boys	
2:00	100m Dash Trials	Girls, Then Boys	4:30	400m	Girls, Then Boys	G:G100 / B: B100
2:25	4 x 800m Relay	Girls, Then Boys	4:55	300m Hurdles	Girls, Then Boys	

2:45	200m Dash Trials	G i r l s , T h e n B o y s	5:15	800m	Girls, Then Boys	G:B800/B:4x100
20 Minute Break			5:40	200m Dash	Girls, Then Boys	
3:25	100 / 110H Finals	B o y s , T h e n G i r l s	5:50	3200m	Girls, Then Boys	G:G300H/B:B300H
3:35	100m Dash Finals	B o y s , T h e n G i r l s	6:35	4 x 400m Relay	Girls, Then Boys	
3:40	1600m Run Finals	G i r l s , T h e n B o y s	G : G 2 0 0 / B : B 2 0 0			

*All track events are girls followed by boys. Please note the minimum standards and the standards to get more than 2 athletes into the meet. No athletes may be entered who do not meet the minimum standards. *All heats will run slow to fast. *Time schedule is just a guideline.

Field Session # 1A starts at 12:45 PM. First call at 12:15 PM

Boys Shot Put, Boys Javelin, Girls Discus, Girls Long Jump (Scoreboard Pit), Boys Triple Jump (Concession Pit), Boys Pole Vault.

Field Session # 1B starts at 1:15 PM. First call at 12:45 PM

Boys Pole Vault and Girls High Jump.

Field Session # 2.

Girls Shot Put, Girls Javelin, Boys Discus, Boys Long Jump (Scoreboard Pit), Girls Triple Jump (Concession Pit), Girls Pole Vault, Boys High Jump.

Note: Each of these field events will start forty-five (45) minutes after the conclusion of the previous gender of Session 1.

KENNETT SQUARE NOVICE CHAMPIONSHIP
Kennett Square High School

TIME	EVENT	WARM-UP	ENTRY LIMIT	TIME	EVENT	WARM-UP	ENTRY LIMIT
3:30	100 / 110m Hurdles Trials		4		100m Dash Finals		Top 6 Back
	100m Dash Trials		4		800m Run		4
	Dist. Med. Relay (12-4-8-16)		1 Team		300m Hurdles		4
	1600m Run		4		4 x 200m Relay		2 Teams
	400m Dash		4		3200m Run		4
	100 / 110m Hurdles Finals		Top 6 Back	7:20	4 x 400m Relay		1 Team

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*All track events are girls followed by boys. *All heats will run slow to fast. *Time schedule is just a guideline.

*Athletes are allowed to compete in a maximum of 2 events.

FIELD EVENTS

Girls Long Jump open pit from 3:30-5:30 pm / 4 athletes per team 3 jumps no finals

Boys Long Jump open pit from 3:30-5:30 pm / 4 athletes per team 3 jumps no finals

Boys High Jump 3:30 pm (starting height at 5'-0") / 4 athletes per team

Girls High Jump follow Boys (starting height at 4'-0") / 4 athletes per team

Girls Pole Vault 3:30 pm (starting height at 6'-0") / 4 athletes per team

Boys Pole Vault follow Girls (starting height at 8'-0") / 4 athletes per team

Boys Discus follow boys Jav. / 4 athletes per team 3 throws no finals

Girls Discus follow Boys / 4 athletes per team 3 throws no finals

Girls Shot Put follows Girls Jav. / 4 athletes per team 3 throws no finals

Boys Shot Put follow Girls / 4 athletes per team 3 throws no finals

Girls Jav. 3:30pm / 4 athletes per team 3 throws no finals

Boys Jav. 3:30pm / 4 athletes per team 3 throws no finals

WARRIOR CLASSIC - LAST CHANCE MEET

Henderson High School

TIME	EVENT		TIME	EVENT		
7:55 AM	4 x 400m Relay (Girls)		8:35 AM	400m Dash		
8:00 AM	100m Hurdles (Girls)		8:45 AM	200m Dash		
8:05 AM	110m Hurdles (Boys)		8:47 AM	600m Run		
8:10 AM	100m Dash		8:50 AM	800m Run		
8:15 AM	1600m Run		9:00 AM	3200m Run		
8:30 AM	4 x 100m Relay					

*All track events are girls followed by boys. *All heats will run slow to fast. *Time schedule is just a guideline.

FIELD EVENTS

8:00 AM Discus, Followed by Shot Put, Followed by Javelin

8:00 AM Long Jump, Followed by Triple Jump

8:00 AM Pole Vault

PIAA DISTRICT 1 AAA TRACK & FIELD CHAMPIONSHIP
Coatesville High School

TIME	EVENT		Standard	TIME	EVENT		Standard
9:00	4 x 800m Relay	AA, AAA		12:40	400m Trials	AA, AAA	
9:45	100m Hurdles (Girls)	AA, AAA		1:15	300m Hurdle Trials	AA, AAA	
10:25	110m Hurdles (Boys)	AA, AAA		1:45	800m Trials	AA, AAA	
10:50	100m Dash Trials	AA, AAA		2:15	200m Trials	AA, AAA	
	BREAK				BREAK - 30 Min Minimum		
11:45	1600m Trials	AA, AAA		3:00	4 x 400m Relay Trials	AA, AAA	
12:15	4 x 100m Relay Trials	AA, AAA					

FIELD EVENTS – PRELIMINARIES/FINAL

Long Jump – Girls	AAA	9:00 am
High Jump – Boys	AAA	9:00 am
Shot Put – Girls	AAA	9:00 am
Discus – Boys	AAA	9:00 am
Pole Vault – Girls	AAA	10:00 am
Triple Jump – Boys	AAA	12:30 pm
High Jump – Girls	AAA	12:30 pm
Javelin – Girls	AAA	12:30 pm

PIAA DISTRICT 1 AAA TRACK & FIELD CHAMPIONSHIP - FINALS
Coatesville High School

TIME	EVENT		Advancement	TIME	EVENT		Advancement
9:00	3200m Run Final	AA, AAA		12:55	1600m Run Final	AA, AAA	
9:45	100m Hurdles Semi (Girls)	AA, AAA		1:20	4 x 100m Relay Final	AA, AAA	
10:00	110m Hurdles Semi (Boys)	AA, AAA		1:35	400m Dash Final	AA, AAA	
10:15	100m Dash Semi Finals	AA, AAA		1:50	300m Hurdle Final	AA, AAA	
10:30	4 x 800m Relay Finals	AA, AAA		2:05	800m Run Final	AA, AAA	
11:30	200m Dash Semi Finals	AA, AAA		2:20	200m Dash Final	AA, AAA	
	LUNCH				BREAK - 30 Min Minimum		
12:30	100m Hurdle Finals (Girls)	AA, AAA		2:50	4 x 400m Relay Final	AA, AAA	
12:40	110m Hurdle Finals (Boys)	AA, AAA					

FIELD EVENTS – PRELIMINARIES/FINAL

Triple Jump – Girls	AAA	9:00 am
Shot Put – Boys	AAA	9:00 am
Pole Vault – Boys	AAA	10:00 am
Long Jump – Boys	AAA	12:30 pm
Discus – Girls	AAA	12:30 pm
Javelin – Boys	AAA	12:30 pm

PIAA STATE AAA TRACK & FIELD CHAMPIONSHIP Shippensburg University

TIME	EVENT		Standard	TIME	EVENT		Standard
9:00	4 x 800m Relay	AA, AAA		12:40	400m Trials	AA, AAA	
9:45	100m Hurdles (Girls)	AA, AAA		1:15	300m Hurdle Trials	AA, AAA	
10:25	110m Hurdles (Boys)	AA, AAA		1:45	800m Trials	AA, AAA	
10:50	100m Dash Trials	AA, AAA		2:15	200m Trials	AA, AAA	

	BREAK			BREAK - 30 Min Minimum		
11:45	1600m Trials	AA, AAA	3:00	4 x 400m Relay Trials	AA, AAA	
12:15	4 x 100m Relay Trials	AA, AAA				

FIELD EVENTS – PRELIMINARIES/FINAL

Long Jump – Girls	AAA	9:00 am
High Jump – Boys	AAA	9:00 am
Shot Put – Girls	AAA	9:00 am
Discus – Boys	AAA	9:00 am
Pole Vault – Girls	AAA	10:00 am
Triple Jump – Boys	AAA	12:30 pm
High Jump – Girls	AAA	12:30 pm
Javelin – Girls	AAA	12:30 pm

PIAA STATE AAA TRACK & FIELD CHAMPIONSHIP - FINALS Shippensburg University

TIME	EVENT		Advancement	TIME	EVENT		Advancement
9:00	3200m Run Final	AA, AAA		12:55	1600m Run Final	AA, AAA	
9:45	100m Hurdles Semi (Girls)	AA, AAA		1:20	4 x 100m Relay Final	AA, AAA	
10:00	110m Hurdles Semi (Boys)	AA, AAA		1:35	400m Dash Final	AA, AAA	
10:15	100m Dash Semi Finals	AA, AAA		1:50	300m Hurdle Final	AA, AAA	
10:30	4 x 800m Relay Finals	AA, AAA		2:05	800m Run Final	AA, AAA	
11:30	200m Dash Semi Finals	AA, AAA		2:20	200m Dash Final	AA, AAA	
	LUNCH				BREAK - 30 Min Minimum		
12:30	100m Hurdle Finals (Girls)	AA, AAA		2:50	4 x 400m Relay Final	AA, AAA	
12:40	110m Hurdle Finals (Boys)	AA, AAA					

FIELD EVENTS – PRELIMINARIES/FINAL

Triple Jump – Girls	AAA	9:00 am
Shot Put – Boys	AAA	9:00 am
Pole Vault – Boys	AAA	10:00 am
Long Jump – Boys	AAA	12:30 pm

Discus – Girls
Javelin – Boys

AAA
AAA

12:30 pm
12:30 pm

TRACK & FIELD TEAM RULES AND GUIDELINES

The track and field team here at Downingtown West is made up of individuals like you. The team depends on you for support, and in turn, you are expected to depend on the team. This commitment to the team requires certain personal sacrifices which you must be willing to make. If you are unwilling to make such sacrifices, then track isn't for you, and you don't belong here.

You also have obligations to your family, your school, and to yourself. To help you meet these obligations, certain guidelines have been set up. Violations of these could result in suspension or expulsion from the team with almost certain loss of letter.

CONTROLLED SUBSTANCES

1. Alcohol, tobacco, and drug use has never made any athlete perform at a higher level. Rather, these substances only lead down a descending spiral that never ends happily. In short, don't mess up your life.

In practice we constantly try to build up the body. Alcohol, tobacco, and drugs only counteract what we are attempting to accomplish. Obviously then, if you are using controlled substances your goals are very different than the goals of the team, and as a team we only have room for one set of goals.

These infractions generally bring about suspension from school, which will remove your privilege of being on school grounds, attending practice, and attending home or away meets. Upon your return to a normal schedule, your position on the team will be reevaluated by the coaching staff.

ATTENDANCE

2. Be on time- whenever time is involved, whether it is practice, meets, bus departure, meetings, etc).

Warm-up (conducted by the captains) will begin every day at 3:05-no excuses. Attendance will be taken every day.

3. **YOU CANNOT BE ABSENT FROM PRACTICE, UNLESS :**

- You are absent from school. I will need an email from you before practice saying that you were absent from school.

Missing practice for routine doctor's appointments, dentist appointments, haircuts, or just cutting is not acceptable. We realize that there are only a limited number of hours in the day to get to appointments, but we only have track practice for two hours a day for ten weeks. We do not have time to waste.

In case of conflict, arrangements must be worked out with the position coach in advance. In short, the coaches need to know before you miss the practice that you are going to miss practice. If not and you do not have some kind of extenuating circumstance (my judgment), you have an unexcused absence.

The first unexcused absence you will receive a warning. The second unexcused absence make you ineligible to run in the next meet. While you might be ineligible to compete, you must attend the meet, if it is a league meet, with the team. If you have an unexcused absence from that meet in which you are ineligible for, you will most likely be removed from the team. Three unexcused absences will remove you from the squad.

All members of the track and field team are expected to attend all of the league meets whether you are ineligible, injured, etc.

Spring break: More information on practices around spring break will follow.

Athletes attending dual/tri meets will be required to stay until the end of the meet and will not simply leave with their parents early at the conclusion of their events. Rules for when a student can leave an Invitational will be discussed at practice.

We cannot work with athletes who are not here everyday. You cannot improve unless you are here. Moreover, for us to become a cohesive team, we must be together. In meets, we will compete with ***our best*** lineup, not ***line up*** the best.

4. You must be in school the day of the meet/practice to participate. Arrange dental and other appointments around the schedule of meets. If an appointment must be made on the day of the meet, remember that you must be in school a minimum of four (4) classes of the day AND be in school by 10:45AM. Also, if you are suspended (in-school or out of school) you cannot practice or attend a meet.

Remember, you are a student first, an athlete second. The odds of obtaining an academic scholarship are far greater than those of getting an athletic scholarship. Moreover, you would not believe the number of athletes of a scholarship caliber who do not get scholarships because of poor academic performance.

5. Roll will be taken by one of the coaching staff members each day. You must check in and check out with your position coach.

BEHAVIOR

6. Swearing or vulgar language will not be tolerated. Inappropriate comments or actions that are divisive towards the team are unacceptable. This reflects your character to a great degree, as well as reflects on the school district, your family, and your team. Don't let us down. Failure to adhere to this rule will result in suspension from the team or permanent removal from the squad.

7. We only have a limited time in practice. We have no time (or tolerance) for goofing off. If you want to goof off and disrupt practice, you should not be here.

When you are at practice or a meet, you are the responsibility of your coaches. You must check in and out with them each day at practice and at meets. A coach must know where you are at all times, and you should always be in the area where your coach has assigned you. Sneaking out of practice or meets for any reason will not be tolerated.

8. Initiations and hazing are strictly forbidden. Such unnecessary foolishness can lead to injury, discourage younger athletes, and give the team a bad name. Remember, we are trying to build a cohesive successful team, not tear one down.

9. Do what the coaches ask-when they ask. Do every workout to the letter. Many times, the little things may not seem important, but everything is crucial, or we would not ask you to do it at all.

Failure to adhere to the behavior rules will result in a one week suspension from the team on the first offence, and removal from the team for the second offense.

TRANSPORTATION

10. You must ride the bus to all league away meets, including the Ches-Mont Championship. You must also return on the bus, unless your parent asks, in person, at the away meet site itself, and signs a waiver for you to ride with them. Rides with anyone but your parents are strictly forbidden. In EXTENUATING CIRCUMSTANCES, coaches can make a RARE exception to this rule.

EQUIPMENT

11. You are responsible for any equipment issued to you. If you lose or damage something, you will have to pay for it. You must have clothes and equipment with you everyday. You must always be prepared for working out inside or outside, rain or shine. Long sleeves and long pants must come to practice every day. Long sleeves and long pants will be required every day at the onset of the season, and they will continue to be required until further notice by the coaches.

PROTOCOL FOR MISSED PRACTICES

REASON FOR MISSED PRACTICE	ACTION NEEDED TO RETURN
School Sponsored Trip	None, Notify Coaches Prior To Trip
Absence From School	None, Return When Back To School
Left School With Illness	None, Return When Healthy
Went Home Sick After School Day	Email From Parent
Family Reason	Email From Parent
Transportation Related	Email From Parent
Doctor's Appointment - Injury Related	Note From Doctor
Doctor's Appointment - Non Injury Related	Note From Doctor
Excessive Homework / School Project	Email From Teacher
School Activity (Concert, NHS, Club, Etc),	Email From Teacher / Club Advisor
Work Related - Unavoidable	Email At Least 2 Days Prior To Work Day Must Have Approval From Position Coach
Unexcused Absence From Practice	Email From Parent Head Coach Approval

Failure to adhere to the correctly stated action above will result in a full week suspension from the team.

Athletic Training Room	Must tell your position coach you are going and come out with a treatment plan and report directly back to your position coach.
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Varsity Letter Requirements

Athletes must meet the following requirements to earn a Varsity Certificate:

- Athletes can earn a varsity letter if they are one of the top two performers in an event (including relays) and participate in ALL scheduled meets (including the League Meet) during the season.
- A second way to earn a varsity letter is by earning 10 points during the course of the season:
 - Points will be awarded for the following: Participating in an Invitational or the Region Meet (1 point) Scoring points in any meet (The number of points awarded will equal the number of points scored. A relay team's points will be divided equally among the 4 participants.)
- Seniors who have remained in good standing with team, consistent meet participation for their sophomore, junior and senior seasons will be awarded a varsity certificate.

Athletes must meet the following requirements to earn a Junior Varsity Certificate:

- Consistent practice attendance for entire season
- Respectable work ethic at practice and meets
- Does not miss meets.
- Has earned the approval of coaching staff
- In addition, any athlete that wants to be considered for a varsity or junior varsity letter must meet all team requirements and rules – including, but not limited to:
 - Superior attendance record
 - Remaining in good standing with school administrators
 - Remaining in good standing with the coaching staff for the entire season
 - You must attend all weekday meets from start to finish. No one leaves early.
- **Practice Time is a dedicated time for the team**, therefore we ask that parents do not attend or participate in practices.

1. TRACK & FIELD COACHING STAFF

Co-Head Coach: Scott Burns (E: sburns@dasd.org / C: 215-287-4104)

Co-Head Coach: Tracey Robinson (E: coachtracyrobinson@gmail.com / C: 484-470-9305)

Assistant Coaches: Kim Dietrick Patrick Ashton
 Leslie Luton Andrew Milburn

Volunteer Coaches: Julie Lampe Kevin Kelly John Kiefel
 Kevin Long Sawyer Clarke

3. CIPPE (PHYSICAL) & DASD PAPERWORK **UPLOAD TO FAMILY ID**

- a. All athletes MUST be registered on [FamilyID](#). If you played a Fall Sport, you MUST login to FamilyID and select "Track & Field" as your Spring Sport.
- b. Website: <https://www.familyid.com/organizations/downingtown-high-school-west>
- c. Athletes participating in their first sport of the 2022-2023 School Year:

- i. Athletes will not be allowed to participate until these forms are completed. All forms can be downloaded from the Downingtown West Athletes page (www.downingtowntathletics.org)
 1. [Comprehensive Initial Pre-Participation Physical Evaluation Forms](#)
 2. DASD Activity Fee (www.payforit.net)

4. OFFICIAL PRACTICE START DATE

Official Practices for the Track & Field season start on **MONDAY, MARCH 4, 2024**

15. REQUIRED & SUGGESTED EQUIPMENT

a. Required Equipment

- i. **Running Shoes:** Athletes must have appropriately fitted running shoes. Please do not attempt to complete training in regular sneakers, that will almost definitely lead to injury.
- ii. **Competition Spikes:** Athletes must have spikes for Track & Field. Athletes are encouraged to visit their local running store to find appropriate spikes for their level and event.
- iii. **Watch: (*Distance Only*)** All athletes should have a watch. While we prefer athletes to have a running specific GPS watch ([Garmin](#) or [Coros](#)) a simple running watch ([timex](#)) will also work.

16. PRACTICE SCHEDULE - All times below are guidelines, not absolutes.

- a. Monday - Friday: 3:05 PM - 5:00 PM
- b. Saturday Practices: Times vary per position group and will be listed in Spond. These practices are considered Mandatory.
- c. Two-Hour Early Dismissal: Position coaches will decide on practice time and communicate this through Spond.
- d. Spring Break: We will have optional practices over break. Times of those practices will be communicated through Spond.

**Position Coaches may deviate from the schedule when necessary.*

17. MEET AVAILABILITY

- a. Athletes **MUST** respond to each event on [Spond](#).
- b. If you are unavailable to compete at an event you **MUST** provide a reason in Spond.

18. TEAM COMMUNICATION AND ANNOUNCEMENTS

- a. **SPOND App** - <https://group.spond.com/DFNVW>
This is our main source of communication and it is your responsibility to get you and your guardians signed up correctly.
- b. **SCHOOLGY** - Join our schoology group (DTJR9-2JR8W)
- c. **INSTAGRAM** - [@dwestxctf](#)
- d. **WEBSITE** - www.WhippetsXC.com

19. PARENT SUPPORT & FUNDRAISING

- a. Facilitate athlete independence, self-discipline and taking responsibility for themselves.
- b. **Ches-Mont League Meet (Wednesday, April 3rd)**
 - i. Downingtown West will host one of our league Super Meets. In order for the meet to run efficiently the coaching staff will need parent volunteers. Sign-up information will be shared on Spond.
- c. **Whippet Invitational at Downingtown West (Saturday, April 27th)**

- i. This is our biggest fundraiser of the Spring Season. We will need at least 20 parent volunteers to manage this invitational successfully.
- ii. Information will be shared at the Parent Meeting and on Spond.

20. SPIRIT GEAR

- a. We will be using C&M Sporting Goods for our Spirit Gear
- b. Website: <https://cmsportinggoods.chipply.com/DOWNINGTOWNTRACKFIELD/>

21. TEAM UNIFORMS

All athletes competing for Downingtown West **must purchase a team singlet and black racing shorts.** Team Singlets are available for purchase on our team spirit gear page.

Uniform bottoms should be purchased separately by parents. Bottoms must be all black. These should be running shorts, look at the options below.

Running Warehouse Women's Options:

[https://www.runningwarehouse.com/Nike Womens Team Boy Short/descpage-NWTBS.html?color=](https://www.runningwarehouse.com/Nike_Womens_Team_Boy_Short/descpage-NWTBS.html?color=)
[https://www.runningwarehouse.com/New Balance Womens Athletics Boyshort 20/descpage-NBWAY2.html?color=](https://www.runningwarehouse.com/New_Balance_Womens_Athletics_Boyshort_20/descpage-NBWAY2.html?color=)

Running Warehouse Men's Option: 2 - 4.5 Inch Inseam

[https://www.runningwarehouse.com/Nike Mens Team 10K Short/descpage-NMT10K.html?color=](https://www.runningwarehouse.com/Nike_Mens_Team_10K_Short/descpage-NMT10K.html?color=)

** PIAA and NHSF uniform rules specify that a single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top and bottom or one-piece uniform. [https://www.piaa.org/assets/web/documents/nfhs-tf-uniform-rule\(1\).pdf](https://www.piaa.org/assets/web/documents/nfhs-tf-uniform-rule(1).pdf)*

22. END OF SEASON TRACK AWARDS PARTY – DATE TBD

At the end of the Outdoor Track & Field Season we will hold an awards party for all of our athletes at the DWest Track. A date and time will be announced towards the end of the season.

23. WHAT SHOULD I DO BEFORE THE SEASON STARTS

- a. **Sprinters, Jumpers, Hurdlers:** Keep things simple, run a lap or two on the track, stretch and run a few short sprints maybe 3 times a week to prepare yourself.
- b. **Throwers:** Lots of core and stability training.
- c. **Mid-Distance / Distance:** If you are a first time runner, start with a few easy 10 minute runs 3-4x per week. If you are a returning runner, maybe try for 20-30 minutes easy with strides at the end 4-5x per week.

24. PARENT MEETING

- a. Thursday, March 7th at 5:30 PM in the DMS Library

25. STRAVA TEAM GROUPS (www.strava.com) - DISTANCE / MID DISTANCE RUNNERS ONLY

- a. Create an account on Strava.com
- b. Join our club!

- i. Whippets XC/TF 2023-2024: <https://www.strava.com/clubs/1150699>