



NORTH POINT HIGH SCHOOL

Track & Field

ACTIVITIES HANDBOOK ADDENDUM

2026-2027

Athletes,

Welcome to the North Point High School Track & Field program. This document serves as your guide to our program, outlining the principles, policies, and commitments that define us. We ask that you read it carefully and commit to upholding the standards within.

Participation in this program is a privilege that carries significant responsibility. You represent not only yourself, but also your family, your teammates, North Point High School, and the Wentzville community. We expect you to embrace this responsibility with pride and to conduct yourself in a positive manner.

Mission, Vision & Values

Whether you are lacing up your spikes for the very first time, looking to build explosive speed for the football field, or chasing a state medal, there is a place for you here. NPHS Track & Field is the premier off-season training ground for fall and winter sports. However, make no mistake: we are a highly competitive program with our eyes set on winning Conference, District, and State Championships every single year.

This program is built on a culture of unconditional belonging. When we step onto the track, we train with relentless intensity. But the moment the race is over, we demand humility and character. Being a part of this program means committing to the Grizzly B.E.A.R standard every single day:

- **Belonging:** Everyone belongs. NPHS Track & Field is a no-cut program. We will always do our best to create a space where every athlete feels included and a part of something larger than themselves.
- **Effort:** Our athletes are expected and coached to give their very best effort, not only in the competition arena, but also in the classroom.
- **Attitude (Positive):** We will consciously choose positivity over negativity in all situations. We will reject complaining and comparison, recognizing that they are the ultimate thieves of joy and detrimental to our shared goals.
- **Respect:** We will represent ourselves, our families, and our program with uncompromising pride. We will demonstrate absolute respect for our school, our team, our facilities, our opponents, our bus drivers, officials etc. at all times.



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GENERAL PRACTICE INFORMATION

PRACTICE TIME

The Track and Field practice structure is different from many other sports. The sport of Track and Field is made up of various specialty/event groups. The coaching and training demands of these groups can make starting and ending practice at a set time daily near impossible. Our general practice window is from 3:00 PM - 5:30 PM. While event group start times may vary, no event group will start before 3:00 PM and no group will end training after 5:30 PM. Dismissal times are based on the daily training demand of each event group.

PUNCTUALITY

Track practice begins at 3:00 PM. Student-athletes are provided a 30+ minute window after school to complete homework, socialize, change clothes etc..

ATTENDANCE

Track and Field athletes are required to be at practice on-time every day. If the student-athlete can't be at practice, it is their responsibility to contact Coach Tripp and/or Coach Heflin ahead of time (when possible) to communicate the absence.

WINTER SEASON

Track and Field athletes are highly encouraged to participate in winter sports at North Point High School. For athletes not participating in winter sports, the winter season starts our general preparation training phase. Athletes are encouraged to attend Out of Season Sports Conditioning and Out of Season Sports-Specific Practices.

- **OUT OF SEASON STRENGTH & CONDITIONING (OOSC):** Activities will be limited to running, weight training, plyometrics, etc. Specific equipment pertaining to a given sport may not be used. This includes, but is not limited to hurdles, shots, discus, javelins, high jump/pole vault standards or landing pits and other similar equipment. OOSC is a Strength & Conditioning opportunity, open to all athletes at NPHS. **Winter Conditioning Begins on the first day that school returns from winter break in January.**
- **OUT OF SEASON SPORT SPECIFIC PRACTICE (OOSP):** Students will receive instructional interaction with approved school coaches for up to 3 hours per week. Group and individual player skill development, drills, and instruction, are permissible during this time.



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SPRING SEASON

The official MSHSAA Sanctioned Track and Field season starts in the spring.

14 DAY CONDITIONING PERIOD

Each athlete must have participated in 14 school conditioning practices on 14 different days prior to the date of the first interscholastic contest in all sports. *(Winter Sport Athletes) This requirement shall be met if a student has been member of another school sports team immediately preceding the sport season, has been actively practicing with the sport team, has had 14 days of physical conditioning and begins physical conditioning practice with the new sport team with no more than seven calendar days having passed between the two sports before beginning practice.*

SPRING BREAK PRACTICES & COMPETITIONS

We will practice and compete during spring break. Spring Break practice times will be scheduled and communicated by each event coach. Ex. Distance may practice at 9:00 AM, Throwers may practice at 3:00 PM. Athletes who miss practice and/or competitions for Spring Break will not be penalized. However, the natural result of missing practice during spring break is derailed training/development and missed competition opportunities.



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TRY-OUT INFORMATION

Track and Field at North Point operates as a **"no cut"** program. While we do not cut athletes based on performance standards, athletes can and will be removed from the team if they fail to meet WSD & MSHSAA academic eligibility, standards and/or any instances in which behavioral conduct is deemed detrimental to the team.

The track and field tryout window consists of the first 14 days of the Spring Sport season.

Our program takes great pride in our "no-cut" philosophy. We firmly believe that any student-athlete willing to put in the time, effort, and dedication deserves the opportunity to be part of our team, develop their athletic abilities, and compete. However, to ensure the safety and development of our athletes, we want to clarify how this philosophy applies to specific event groups.

TECHNICAL EVENT ROSTER LIMITS

While we do not make cuts from the *team* based on performance, we must place roster limits on our highly technical event groups: Sprints, Jumps, Hurdles, and Throws.

These limits are strictly based on safe and effective coach-to-athlete ratios. Technical events require highly individualized instruction, specific equipment, and closely monitored repetitions. If these event groups become too large, our coaches can no longer effectively *coach* mechanics and technique; they are forced to become supervisors and crowd managers. To maintain a safe environment and a high standard of instruction, spots in these technical groups are limited and competitive.

THE D-CREW = NO ROSTER LIMITS

If an athlete does not secure a spot in a technical event group, they are not cut from the team. Instead, athletes who do not make the cut as a sprinter, jumper, hurdler, or thrower are highly encouraged to join our D-Crew (Distance Runners). The D-Crew is our dedicated, absolute no-cut event group. Distance running allows us to safely accommodate a much larger group of athletes while still providing excellent training, team camaraderie, and the opportunity to compete at a high level.

Our ultimate goal is to build great athletes and even better people. Whether an athlete is sprinting over hurdles, throwing the shot put, or logging miles with the D-Crew, they are an equally valued member of this program.



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COMPETITION BENCHMARK INFORMATION

Our [competition benchmarks](#) are not just numbers on a page; they are the objective roadmap for our program. They establish clear, measurable expectations for every athlete, ensuring that our daily training translates directly into meet readiness. By setting these standards, we remove the guesswork from roster decisions and give every athlete a concrete target to direct their Effort and Attitude toward throughout the season.

Why We Use Benchmarks

- **Objective Evaluation:** Benchmarks provide a transparent, performance-based metric for earning a spot in specific meets or events. This eliminates bias and ensures that the athletes representing North Point have proven their readiness on the track or in the ring.
- **Historical Context:** Our highest standards (All-GAC, All-District, All-State) are not arbitrary. They are calculated directly from the historical data of the top-performing athletes in our region and state since 2021. This ensures our targets are grounded in the reality of championship-level competition.
- **Safety and Progression:** Track and field demands physical readiness. Setting minimum standards for technical events ensures that athletes possess the necessary strength, speed, and coordination to compete safely and effectively before they are placed in high-leverage situations.

How We Apply the Benchmark Tiers

We use a tiered system to manage our roster and meet entries, guiding athletes from their first day of practice through the championship season.

1. Try-Out Benchmarks

- **The Purpose:** This tier establishes the absolute minimum performance required to compete in technical events, which include sprints, jumps, and throws.
- **The Process:** Athletes must hit these marks in either of our timed-trials to be considered for these specific event groups. If an athlete does not meet the technical event benchmark, they still have a place in our program by joining the D-Crew. This ensures that everyone finds a role where they can contribute and develop, reinforcing our core value of Belonging.



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2. JV Invitational Benchmarks

- **The Purpose:** This is the target standard for our underclassmen to be competitive at the Junior Varsity level.
- **The Process:** These benchmarks are strictly reserved for Freshmen and Sophomore athletes. It provides our younger athletes with a realistic, developmental goal to strive for as they adapt to the high school training regimen and prepare for future varsity competition.

3. Varsity Invitational Benchmarks

- **The Purpose:** These are the minimum standards required to step onto the track, ring or runway at a Varsity Invitational.
- **The Process:** Earning a varsity entry is highly competitive. To race or throw at this level, an athlete must not only hit the established benchmark time or mark, but they must also secure their position as one of the Top 2 performers in that event on our roster.

4. Championship Benchmarks (All-GAC, All-District, All-State)

- **The Purpose:** These are the ultimate targets for our Varsity athletes, representing the times and marks necessary to advance through the postseason and earn medals.
- **The Process:**
 - **All-GAC:** Reflects the top 2 performances in the conference since 2021.
 - **All-District:** Reflects the top 4 performances at the district level since 2021, representing the cut-off to advance.
 - **All-State:** Reflects the top 8 performances at the state meet since 2021, representing the podium standard.



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GENERAL TRACK MEET INFORMATION

OPEN MEETS: Most student-athletes will have an opportunity to compete at these meets. These meets are usually not scored and do not provide medals/awards. These meets typically last 3 - 4 hours.

INVITATIONALS: Most invitationals limit student-athlete entries to 2 athletes per event. These meets are typically held on either a Friday night or Saturday morning. Everyone will not compete in these competitions. The top 2 - 4 student-athletes at the Varsity and/or JV level in each event group will compete in invitationals. These competitions typically last 4 - 5 hours.

CHAMPIONSHIP MEETS: Our championship series consists of Conference, Districts, Sectionals & State. These meets, with the exception of the GAC Conference Meet are all held on Saturdays. The State Meet is actually Thursday - Saturday. The championship series starts each year in May. There are no more Dual/Tri/Quad meets once the Championship series begins. Our JV season concludes with the GAC Championships.

Standard Order of Events

1. 3200m Relays (4x800)
2. 100m Hurdles - Girls
3. 110m Hurdles - Boys
4. 100m Dash
5. 800m Relay (4x200)
6. 1600m Run
7. 400m Relay (4x100)
8. 400m Dash
9. 300m Hurdles
10. 800m Dash/Run
11. 200m Dash
12. 3200m Run
13. 1600m Relay (4x400)

Field Events (In No Particular Order)

1. Long Jump
2. Triple Jump
3. High Jump
4. Pole Vault
5. Shot Put
6. Discus
7. Javelin

ENTRIES: Meet entries are due days before the competition. Coaches usually have until the night before to make changes or edits. If for any reason an athlete can not participate in a meet and/or event, please notify Coach Tripp as soon as possible. We are not able to make last minute changes at the meet. If we have to scratch an athlete, we are not able to replace that athlete with another competitor.



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TRANSPORTATION

All students will be transported to and from extra-curricular activities using district transportation unless prior arrangements have been made. Prior arrangements must be approved by the activities director and/or the principal.

Students will be allowed to ride with their parents to and from contests with prior approval from the activities director and/or principal. If parents wish to give permission for their child to ride in the personal vehicle of another person providing transportation, then they must complete the Consent to Release - Transportation form available on the WSD Operations website.

Change for 2026-27 School Year

It is no longer viewed as appropriate for an athlete or parent to notify the coach during competition that an athlete is leaving early.

All students are expected to travel to and from competitions with the team using district transportation unless approved by the activities director and/or the principal prior to the date of competition.



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VARSITY LETTERING INFORMATION

The team banquet and awards ceremony will take place on the Wednesday prior to leaving for the State Championship meet. All student-athletes (9th - 12th) are invited and encouraged to attend. Each year we hope to have parents take the lead and coordinate this event whether it be through volunteer and/or booster club.

In order to be awarded a varsity letter in track and field, the student-athlete **MUST** remain in good academic and team standing **AND** achieve one or more of the following qualifications:

1. Score a minimum of **(20) points** in varsity-level competition. Individuals scoring points as participants on a relay team will receive credit for exactly half of the point value earned by that team.
2. Establish a new **school record** mark in any individual event or participate on a relay team that establishes a new school record mark.
3. Compete at the **Varsity level in the GAC Conference Championship** meet.
4. Compete at the **Varsity level in the MSHSAA District, Sectional or State Championship** meet.
5. Compete at the **Varsity level in the Sectional or State Championship** meet.

All registered athletes that do not receive a varsity letter yet compete in at least one meet/competition will receive a junior/sub varsity letter for participation.



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ATHLETIC AWARDS

An athletic award is a symbol of athletic accomplishment, good sportsmanship, and observance of athletic policies. Student-athletes, managers, trainers, and cheerleaders are eligible to earn awards. No student-athlete may receive an award in a sport for which he/she is academically ineligible after the season or if under suspension for an athletic violation. Candidates must complete the season's play; however, this requirement may be waived in cases of physical injury. No awards will be issued to an athlete until all equipment for his/her sport is turned in to the coach.

FRESHMAN AWARDS:

- **First Year Letterman:** Participation Award & Graduating Class Numbers
- **Grizzly B.E.A.R.S Character Award(s)** (*Voted on by peers for each of our pillars*)
- **Top Performer - Track Events** (Overall point leader on the track)
- **Top Performer - Field Events** (Overall point leader in the field)
- **Top Performer - Track & Field** (Overall point leader: Must have track AND field points)

SOPHOMORE AWARDS:

- **Second Year Letterman:** Participation Award & Grizzly Patch
- **Grizzly B.E.A.R.S Character Award(s)** (*Voted on by peers for each of our pillars*)
- **Top Performer - Track Events** (Overall point leader on the track)
- **Top Performer - Field Events** (Overall point leader in the field)
- **Top Performer - Track & Field** (Overall point leader: Must have track AND field points)

JUNIOR AWARDS:

- **Third Year Letterman:** Participation Award, NP Letter & Varsity Sport Pin/Patch
- **Grizzly B.E.A.R.S Character Award(s)** (*Voted on by peers for each of our pillars*)
- **Top Performer - Track Events** (Overall point leader on the track)
- **Top Performer - Field Events** (Overall point leader in the field)
- **Top Performer - Track & Field** (Overall point leader: Must have track AND field points)



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SENIOR AWARDS:

- **Fourth Year Letterman:** Participation Award, NP Letter & Varsity Sport Pin/Patch and Bar.
- **Grizzly B.E.A.R.S Character Award(s)** (*Voted on by peers for each of our pillars*)
- **Top Performer - Track Events** (Overall point leader on the track)
- **Top Performer - Field Events** (Overall point leader in the field)
- **Top Performer - Track & Field** (Overall point leader: Must have track AND field points)

VARSITY AWARDS:

- **All-Conference Team** (1st place = 1st team; 2nd place = 2nd team)
- **Academic All-Conference** (Varsity athletes with a 3.25 GPA prior to the GAC Championship)
- **All-District Team** (1st - 4th place at the District Championship)
- **Next Level Grizzlies** (Acknowledging Seniors who've committed to competing in college)
- **Academic All-State** (Athletes with a 3.25 GPA that competed at Districts, Sectionals or State)
- **State Qualifiers** (Acknowledging our athletes who qualified for the State Championship)
- **All-State** (1st - 8th at the State Championship *Will not be acknowledged until next season)
- **Hall of Honor Recognition** (Athletes who meet the criteria, will be recognized)

HALL OF HONOR:

In order for an athlete to gain entry into the North Point Track & Field Hall of Honor they must have maintained a positive academic & disciplinary record during their tenure at North Point High School (no periods of academic ineligibility or disciplinary probation). Additionally, once an athlete begins his track & field career, he must have completed his track participation with no interruptions (i.e. quitting, taking a year off, not competing in a postseason meet for which he qualified, etc.).

In addition to the above-mentioned criteria, the athlete must acquire **200 points** in order to be considered for entrance to the Hall of Honor. Points towards Hall of Honor induction can be earned in the following ways:

- * Missouri State Meet Champion in an individual event: **Automatic Qualifier as an individual**
- * Missouri State Meet Champion on a relay team: **Automatic Qualifier as a relay team**



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- * Missouri All-State Athlete in an individual event and/or relay: **25 points**
- * Missouri State Meet qualifier in an individual event and/or relay: **25 points**
- * Missouri District Meet Champion in an individual event and/or relay: **25 points**
- * Gateway Athletic Conference Champion in an individual event and/or relay: **25 points**
- * School Record holder at the conclusion of the season: **15 points**

Scoring: Each point total is based upon the individual accomplishment. The highest score possible in a single season is 115 points.

FREQUENTLY ASKED QUESTIONS

WHAT TIME DOES PRACTICE START & END?



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The Track and Field practice structure is different from many other sports. The sport of Track and Field is made up of various specialty/event groups. The coaching and training demands of these groups can make starting and ending practice at a set time daily near impossible. Our general practice window is from 3:00 PM - 5:00 PM. While event group start times may vary, no event group will start before 2:30 PM and no group will end after 5:30 PM.

ARE STUDENT-ATHLETES REQUIRED TO STAY FOR THE ENTIRE MEET?

Competing athletes are highly encouraged and expected to stay for the entire meet. If this is not feasible for the family, the athlete may need to be scratched from this particular meet.

If a student-athlete leaves early, he/she and the parent/guardian must check-out with their event coach and/or Head Coach. However, it is still best practice and HIGHLY ENCOURAGED for the student-athlete to stay for the duration of the competition. **A football game typically lasts 3-4 hours and athletes aren't typically leaving at half-time; even the kid who dresses and does not play much. JV players usually have to attend two games per week. **Our goal is to have the same TEAM buy-in as football, basketball, baseball etc.***

WHAT CAN I DO AS A PARENT TO BETTER PREPARE MY CHILD?

Due to the limited time athletes have with their coaches, there are several key elements needed to be done that's hard for coaches to control:

Sleep/Rest. The suggested amount of time for the average high school athlete to sleep is 9-11 hours. Sleep cleans the brain of toxins, helps muscles heal, and lets oxygen and water flow through the body. Athletes who are involved in too many activities/clubs/sports/video games etc. don't rest/sleep as much as they should.

Diet. Runners need complex carbs, clean protein, fatty acids, and plenty of water, vitamin A,C,D, K along with potassium, calcium and iron. Too many student-athletes eat garbage daily and do not drink enough water. Eating Flaming Hot Cheetos and Pizza all week, then eating Pasta and guzzling water the day before the meet does not help.

Trust The Process. Please let the coach, coach. Contradicting the coach removes that credibility the athlete needs to have in the program. **The more the parent/athlete believes in the program, the success will follow.** Please let the coach work in the manner they know best- even if you were taught differently. **Example: Our sprinters will "Rest" a lot. A lot of training before the 2010s focused on volume, hard-work & "GRINDING" mentality. Successful athletes today are being trained differently. Their bodies are lasting longer and they are being injured less. Quality work is more valuable than quantity. We understand that there are private*



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coaches and people that are PAID to tell you that you NEED MORE. This has proven time and time again to not be true. For the best results...the student-athlete's workday should end at the conclusion of practice.

WHAT KIND OF SHOES SHOULD I BUY?

High quality running shoes and spikes are critical to the health and success of the athlete. Athletes who pronate could do harm to themselves wearing neutral or minimalist shoes. Those neutral runners may feel discomfort wearing shoes that offer rigidity and support. Buying a beginner runner, or even a novice scholastic athlete, cheap shoes, is not a good idea.

Now, that doesn't mean that the athlete needs the latest and greatest model- those shoes can get expensive. If price is an issue, there are many 1st and 2nd generation shoes that are very affordable and will support the running style and comfort of the athlete.

Whether you participate in track events or field events, there are different shoes for each discipline. Shoes meant to be worn on the track are specially referred to as track or running spikes, whereas shoes for field events can be separated into "jumping spikes" and "throwing shoes".

TRACK EVENTS

Sprints – Usually anywhere from 200-400m where there are either one or no turns. While sprinting, you are encouraged to run on the ball of your forefoot. That's why most sprinting spikes only have spikes in the very front of the outsole with very little padding. They also tend to have the most amount of holes to house spikes. Most sprinting spikes have stiff plates in order to provide a more responsive and springy feel. If you're sprinting closer to 400m, it might be wise to find spikes that are a little more flexible. Sprint spikes will often have the words FLY or SPRINT in the name.

"Middle-distance" – Anywhere from 800-5000m, middle-distance spikes will help you run fast while remaining comfortable for longer distances. They have some attributes of both sprinting and long-distance spikes, such as a balance of flexibility and rigidity, some cushioning, and torsion so that turning will be easier. These spikes will often have the letters MD in the name.

Long-distance – Long-distance events are anything over 5,000m. Spikes for these types of events will be light, flexible, and durable. In fact, long-distance spikes will be the most flexible while featuring lots of cushioning to keep you pain-free and comfy.



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Hurdles – Most hurdlers look for either a flexible sprint spike or "middle-distance" spike since there is some heel cushioning to prevent injuries.

JUMP EVENTS

The triple jump, long jump, and pole vault are very similar, and you can see it in the similarity of the shoes (most resembling sprint spikes where you run on the ball of your forefoot). Spikes for these three events will have a thin, full-length midsole for support, stability, and comfort while planting. The high jump spikes are a bit different, however.

Long jump – Spikes are labeled LJ, there should be ample amounts of padding in the heel to provide cushioning when landing.

Triple jump – Spikes are labeled TJ, and may have a slightly different heel than LJ spikes with lots of cushioning to prevent heel bruises.

Pole vault – Often labeled PV but can also be LJ/TJ spikes since they are very similar. Features a heel-to-toe offset to help make the transition from running to vaulting easier.

High jump – Similar to the javelin boots where spikes can be found on the front and heel of the shoe. A strap is very common to provide lockdown/support of either the forefoot or midfoot.

THROWING EVENTS

Most throwing shoes will be flexible with a wide, flat-bottom outsole (with the exception of the javelin throw). Categorized as either rotational shoes for better spin, OR glide shoes with a textured outsole for grip (again, with the exception of the javelin throw).

Javelin throw – Most commonly known as javelin boots, which are bigger, heavier, and offer more support (especially around the ankle). Comes in either low-top, mid-top, or high-tops. Features spikes unlike other throwing shoes.

Hammer throw – Features a smooth and slightly rounded outsole to allow for natural rotation. Some brands label these shoes as rotational or hammer/discus.

Discus throw – Often has a flat, wide base and a smooth, rounded outsole as well. Some brands label these shoes as rotational or hammer/discus.

Shot put – Should be slightly curved with a wide, flat heel and slightly textured outsole for more lateral stability. Some brands label these shoes as SD or shot put.



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