

Step 3: Practice

-First Day of Practice: Tuesday, April 2nd, 2024 from 3:00-4:30

- Practice will be held every weekday that we do not have a meet scheduled.
- Practice attendance is mandatory unless there is a doctor's note excusing the athlete from participating.
- Athletes must arrive to practice on time and be fully prepared to participate.
- Athletes must be dressed appropriately according to the weather for practice.
- Most practices will be held at the high school track. However, coaches may switch practice to the Elementary Gym if weather conditions are poor. When practice is at the High School, 6th graders will get dressed for practice before the 3:00 bell and ride a designated bus to the HS for each practice. If practice is switched to the Elementary, 7th and 8th graders will ride a designated bus to the Elementary where they will get dressed for practice.
- Distance runners may also have workouts during practice that leave the HS campus, but remain on our designated Cross Country course.

Dual Sport Athletes

If your athlete is also participating in another sport or extracurricular activity during the Spring and will not be able to attend practice or a meet, please let us know as soon as possible. We are willing to be flexible with your schedule and needs.

Track Meets

- Meets are held on Mondays and Wednesdays. Please refer to the attached schedule for exact dates.
- Athletes are required to ride the bus from school to each away meet.
- Athletes **MUST** stay for the ENTIRE track meet even if they do not compete in the final events. If you have a situation that requires your athlete to leave a track meet before its conclusion, please contact the coaches ASAP.
- A parent, guardian or a non-student adult may sign out their athlete **with a coach at the END of the track meet** and take them home but must make arrangements with the High School office 24 hours prior to the meet.
- If arrangements are not made with the office 24 hours in advance the athlete **MUST** ride the bus back to the HS.
- Coaches will use the REMIND app to give an anticipated arrival time that the bus will arrive back to the HS for parents to pick up their athletes.

Academic Eligibility Regulations: (From KHS Student Handbook)

- A.** Semester Eligibility - If a student has not passed at least six (6) of seven (7) classes at the end of the semester, they will be ineligible for the entire following semester.
- B.** For both Junior and Senior High School athletes, academic eligibility checks will be done **weekly**, starting with a warning report on the third Friday of each marking period. **If a student is not passing at least six (6) of seven (7) classes when checked, he/she is ineligible for any extracurricular activities and competition until the next weekly check, but not less than for the next Monday through Sunday.** Ineligibility will continue until the student is passing six of seven classes from the start of the semester through the most recent eligibility check. Coaches shall receive a list of ineligible and "in danger of being ineligible" students weekly.
- C.** Students who are ineligible **WILL NOT** travel to away games with the team.
- D.** The first eligibility report will be checked on the fourth Friday of each marking period and checked on every Friday for the remainder of the marking period. If a student has not passed at least six (6) of seven (7) classes at the end of a marking period, this student will remain ineligible for at least the first 3 weeks of the next marking period and may regain eligibility if they are passing six (6) of seven (7) classes.

Team Communication

-Remind: To get all important information and updates from coaches, please follow the instructions below to join our team thread on the REMIND app:

Pick a way to receive messages for Kingston JH Track 2023:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/g6cac9b

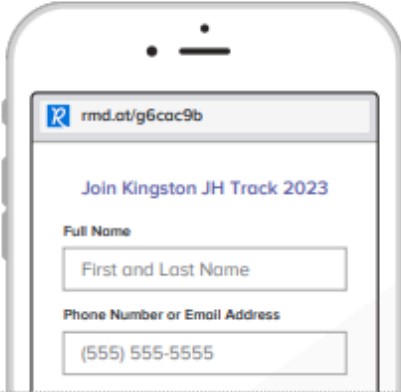
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

B If you don't have a smartphone, get text notifications.

Text the message @g6cac9b to the number 81010.

If you're having trouble with 81010, try texting @g6cac9b to (757) 337-4602.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/g6cac9b on a desktop computer to sign up for email notifications.

-Athletic.net: Scan the QR code below to access team information, including your athlete's records and results from each meet.

Join Kingston on AthleticAPP

Download AthleticAPP to stay in touch with athletes, coaches, and parents on **Kingston Track & Field Outdoor** (MS).

Scan Code



or go to anet.io/PL4G8CQUV to get started



Junior High Track Order of Events

Each individual athlete can compete in up to 3 events per meet

Coaches can only select 3 athletes per event each meet

Running Events

*Boys events will run first in 2024

4X800m Relay

55m Low Hurdles

100m Dash

4X200m Relay

1600m Run

4X100m Relay

400m Dash

70m Dash

800m Run

200m Hurdles

200m Dash

3200m Run

4X400m Relay

Field Events

*Girls Long Jump and Pole Vault first in 2024

*Boys High Jump and Shot Put first in 2024

Pole Vault

Shot put

High Jump

Long Jump



2024 MID MICHIGAN MEGASTAR ENTRY STANDARDS

Small School

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
3200m Relay	10:12.99	11:25.99
55m Hurdles	9.74	10.32
100m Dash	12.56	13.95
800m Relay	1:46.07	2:01.29
1600m Run	5:17.99	5:59.99
400m Relay	49.99	56.39
400m Dash	59.49	1:07.19
70m Dash	9.27	10.17
800m Run	2:21.29	2:40.99
200m Hurdles	30.09	33.69
200m Dash	26.49	29.29
3200m Run	11:37.99	13:02.99
1600m Relay	4:06.39	4:44.39
High Jump	5' 3"	4' 7"
Pole Vault	8'	7'
Long Jump	16' 9"	13' 10"
Shot Put	37' 0"	30' 4"

* Small Schools are Middle Schools that feed to Division 3 & 4 High Schools



2024 Kingston Jr High Track Schedule



Coming Soon...