Kingston Junior High Track 2024

(6th-8th grade students)



Practice starts Tuesday, April 2, 2024 from 3:00-4:30.

Sports Physicals <u>MUST</u> be turned into the office before participation.

<u>Boys Coach:</u> Matt Kiley <u>Girls Coach:</u> Crystal Kiley

Thank you for your interest in being a part of the Kingston Junior High Track Team. Please review this information as a family to help decide if you would like to be a part of our team.

Why join the JH Track Team?

- have fun, make friends
- try new things
- improve physical fitness
- exposure to new events and gain experience
- set and achieve goals

- earn medals/ribbons
- win meets/team trophies
- break school records
- represent your school in a positive way
- be a part of a successful program
- be a part of a positive, family atmosphere

Step 1: Order the Team Uniform

• <u>T-shirt:</u>-6th graders and new 7th or 8th grade members <u>MUST</u> order a team uniform <u>(T-shirt)</u> on our online store before the deadline, <u>Sunday, March 31st at 11:59pm</u>.

*** If you do not order your uniform by this date, you cannot participate on the team. ***

-Returning 7th and 8th grade team members can wear last year's uniform and DO NOT need to order a new one this year if it still fits and is in good condition.

- -GIRLS will need to order a RED shirt
- -BOYS will need to order a BLACK shirt
- Shorts: Shorts must be SOLID BLACK with NO STRIPES or PATTERNS. If your athlete already has a pair of shorts at home that fit that description then there is no need to buy anything extra. Our online store does offer shorts with our school logo on them but this is NOT A REQUIRED PURCHASE.
- **Shoes:** The only requirement for footwear is to wear comfortable running shoes. Basketball shoes are not designed for running and could cause blisters or other injury.
 - -Spikes are NOT necessary at the JH level. If you are thinking about buying a pair of spikes, please meet with your coaches to help point you in the right direction. There are certain types of spikes designed for certain events.
 - -The online store will also have other OPTIONAL items available, but the T-shirt is MANDATORY.



*** Uniforms MUST be ordered online by Sunday, March 31st at 11:59pm ***

Step 2: Complete and turn in a Sports Physical

If your athlete has not turned in a physical to the HS office for a Fall or Winter Sport this school year, they <u>MUST</u> do so by the first day of practice.

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)

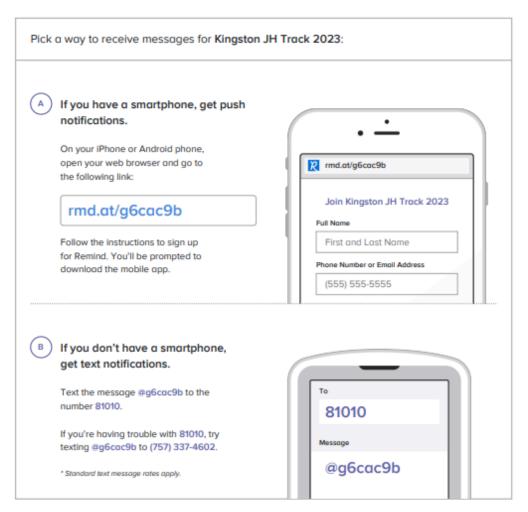
A. Semester Eligibility - If a student has not passed at least six (6) of seven (7) classes at the end of the semester, they will be ineligible for the entire following semester.

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

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



Don't have a mobile phone? Go to rmd.at/q6cac9b on a desktop computer to sign up for email notifications.

<u>-Athletic.net</u>: 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



2024 MID MICHIGAN MEGASTAR ENTRY STANDARDS

Small School

Event	Boys	<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...