



# Oregon Middle School

## 2026 Track Information

Head Coach - Kevin Gasner (kag@oregonsd.net)

Welcome to the 2026 Track Season at Oregon Middle School. Your coaches are excited for the season! We hope that you push yourself to become a better athlete, to do your personal best, to learn something new about track and field and to have fun!

### School Wide Policies:

- **YOU MUST HAVE THE FOLLOWING FORMS TURNED IN TO THE OMS OFFICE TO PARTICIPATE IN PRACTICE:**
  - Physical or Alternate Year Form (Online)
  - Insurance Waiver (Online)
  - OMS Athletic Code of Conduct (Online)
- Track is an **EXTRACURRICULAR ACTIVITY** ([2025-26 OSD Athletics Code of Conduct Information](#)) and you are a **STUDENT ATHLETE**. School should and must come first. This is the expectation at the high school and will be on the middle school track team. If this is something we need to work on, please see Mr. Gasner and/or your teachers to create a plan to correct this if needed so you are eligible ASAP.
- Students with missing work will be given a [Missing Assignment Report](#) on Monday (or the first day of the week for practice). They must complete their assignments or have teachers sign off on missing work to participate in the meet in the following week (they have one week to correct their missing work).
- Student athletes are expected to attend class and be positive members of the classroom and school community.
- In order to participate in a meet, you must not be unexcused from the practice before the meet.
- Your parents/guardians must sign you out with the coaches if you are not going to ride the bus home from **away meets**. (This does not apply to home meets.)

### Team Policies:

- **Practice Starts On: Tuesday, April 7, 2026**
- Please see the detailed calendar ([2026 OMS Track Schedule](#)) for practices and meets. You need to have transportation home at the end of practices (at the OMS & OHS).
- **THE PRIMARY COMMUNICATOR SHOULD BE THE STUDENT ATHLETES THAT ARE IN TRACK.** We go through announcements every day at practice so they should know what is going on and can give that feedback to you. Please check with them as there is no way to keep up with daily emails from over 100 families.

- *If an athlete/family has a question, the athlete should directly communicate with a coach or try to locate the information. It is our attempt to build independence to prepare for high school athletics... .*
- Athletes need to be at all practices unless excused by one of the coaches. **In order to participate in a meet, you must attend the last practice before the meet unless excused by the head coach.**
- Transportation home after practice can be provided by the OSD Late Bus for those who are eligible. The late bus picks up from the OMS at 5:15 PM.
- Practice to the best of your ability every day.

### **Track Meet Information:**

- We have 5 scheduled full team meets this year. If there is a cancellation, it is rare that we are able to make it up, but we do try! This will be communicated to you if we are able to reschedule.
- Meet sign-ups will be done at practice, they need to come from the athletes, please do not send me events that you would like to have your student athlete do, they will request events directly with me.
- Meets will often have signup limits (usually 8) for some events.... The math doesn't work out well for us with 100+ students signed up. I will do my best but not everyone will be able to compete in the events that they pick as their primary events. We, as a coaching staff, will be encouraging student athletes to try multiple events in middle school.
- The coaching staff will determine meet sign ups based on many factors including:
  - Practice Attendance
  - Attitude and Effort in Practice
  - Timings and Current Ability Levels
- Information on meets will be sent out as host schools provide it and as the meets get closer. Results will be sent out when they are received from the host schools.

### **Clothing:**

- **YOU WILL NOT PRACTICE UNLESS YOU ARE WEARING APPROPRIATE RUNNING SHOES!**
- Athletes need to wear clothing that is appropriate for the weather and that is appropriate to be running in. Running gear must also follow the school dress code.
- **2026 OMS Track Spirit Wear Order - Order Deadline = Tuesday, March 24th!**
- **Track Uniform** - In the clothing order you will see the black t-shirt or tank top is our uniform and is a required purchase. Athletes should also have black running shorts for meets. These will be needed to participate in meets. If a scholarship is needed for this purchase, please let Coach Gasner know.
- Items from the order will be distributed as soon as they are received.
- The Oregon High School Athletic Department does have a spirit wear order that is ongoing and can be found here: [OHS Panther Apparel Online Store](#)

### **Events @ Meets:**

**Track Events Are:**

100 Meter Hurdles  
100 Meter Dash  
1600 Meters (1 mile)  
4x200 Meter Relay  
400 meter  
4x100 meter relays  
800 meter  
200 meter  
4x400 meter relay

**Field Events Are:**

Long Jump  
High Jump  
Shot-Put  
Discus

- **MIDDLE SCHOOL TRACK IS AN INTRODUCTION TO THE SPORT AND WE ENCOURAGE STUDENTS TO HAVE FUN AND PARTICIPATE IN MULTIPLE EVENTS THROUGHOUT THE SEASON!**

**Other Important Info:**

- Please make sure that you drink plenty of fluids and eat lunch before practice so you are hydrated and have energy!
- You will want to bring a water bottle to practice as we are usually outside and there are not always drinking fountains available to us.
- Please inform a coach of any muscle pain, aches, or injuries. If you are injured, you are still expected to attend practice and participate in an alternate workout, unless arrangements have been made with a coach ahead of time or a doctor has excused you from practice.
- Many track athletes also participate in other sports. We are willing to work around other sports schedules. **Open communication is the key to making this work between all parties!**
- Please come see a coach if you have any questions, comments, or concerns.

**PRACTICE HARD! PLAY HARD! HAVE FUN!**