

White Lake Track and Field 2025

Warrior Pride 1977-2025

WELCOME TO THE 49th SEASON OF TRACK AND FIELD AT White Lake!!

Practice Begins on Monday, March 17th

Coaches:

Mr. Howe, Mrs. Johns Mrs. Cartwright

What you need for track practice: PACK YOUR STUFF THE NIGHT BEFORE

Practice sweats

Shorts/shirt

Running shoes and socks

A hard working attitude

Make sure that you bring more to wear at practice than you will need. It is better to take sweats off then to freeze at practice. Hats and gloves are good to bring also!

Answers to most of the questions asked about Track and Field

1. **You must have a physical (dated after April 15, 2024) to participate.** If you have played any sports this year and you needed a physical that will work.
2. Everybody runs in the dual meets. Certain individuals will participate in the invitational meets.
3. Your attendance at practice is expected.
Please communicate with us if you have to miss practice.
4. Practice will be over at 4:30 (before Spring Break) and 4:45 (after Spring Break) The kids will be picked up at White Lake Middle School. Please have your kids picked up by 5:00.
5. The coaches will decide what events that you will participate in.
6. You are not allowed to participate in more than three (3) events in a meet.
7. Buses are provided to take the team to our meets. There are no return busses. The kids need to be picked up after the meets. Parents can take athletes from meets when the meet is finished. Athletes will need to check out with Coach Cartwright.
8. Dual meets that begin at 4:00 will usually finish between 6:30-7:00.
The invitational meets will end later and I will let you know the approximate finish time for each meet on our lineup sheets.
9. **All team members are expected to stay until the end of the meets.**
This is a team sport and those who run at the end should be supported by their teammates. If you need to leave early you will need to clear it with me.
10. If you are involved in another sport during the season **we want you to still run track.** Please see me to go over your schedule for the other sport and we will see what can be worked out.

Meet Information

SCORING IN A DUAL MEET

77 points win a dual meet

Individual events:

1st—5 points 2nd—3 points 3rd—2 points 4th—1 point

Relays:

1st—5 points 2nd—0 points

Events:

Field Events:

High Jump (3 jumps per height)

Shot Put (3 attempts per meet)

Long Jump (3 attempts per meet)

Running Events:

3200 meter Relay (4 runners each running 2 laps with a baton)

55 meter Hurdles

100 meter Dash

800 meter Relay (4 runners each running 200 meters with a baton)

1600 meter Run (4 laps)

400 meter Relay (4 runners each running 100 meters with a baton)

400 meter Run (1 lap)

70 meter Dash

800 meter Run (2 laps)

200 meter Hurdles

200 meter Dash (1/2 lap)

3200 meter run (8 laps)

1600 meter Relay (4 runners each running 1 lap with a baton)

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Any questions? Please email Mr. Howe brian.howe@hvs.org

Final Form questions? Please email Mrs. Johns Christin.johns@hvs.org