**GUIDELINES AND STANDARDS:**

Track & Field

2018 Handbook

Mountain View High School

2351 Sunny Hill Road

Lawrenceville, GA 30043

**Article I: Purpose and Philosophy**

 The purpose of this team is to provide individual skill development which will enhance overall team performance. This sport is a vital part of the school’s athletic program and provides an opportunity for students to participate in individual and team events while representing Mountain View High School at home and away meets of various competitive levels.

**Article II: Eligibility Standards**

 **Section 1-Academic Eligibility**

 A. All track and field athletes must pass five out of six subjects and be on track for

 graduation to meet eligibility requirements of the Georgia High School Association.

 B. Track is a time-consuming activity and participants are expected to meet attendance

 requirements while maintaining good grades.

 C. A track and field athlete must be enrolled as a full time student at Mountain View High School

 in order to participate on a Mountain View High School athletic team.

 **Section 2-Team Eligibility**

1. Timed trials, jumping heights, and lengths will be taken during practices and before meets to determine who will be competing in meets which restrict the number of competitors. This will also determine Junior Varsity and Varsity status.
2. Athletes must be present at all practices the week of a meet unless excused by the head

coach.

 **Section 3: Required Physical Forms**

1. Athletes must have a current physical on file with the Athletic Director.
2. When securing a physical, it should be made clear to the physician that track and field activities include distance running, sprinting, interval training, strenuous jumping, repetitive motions, as well as other conditioning.
3. No activities will be restricted unless an acute injury occurs, or there is a note stating such from a doctor or physical therapist.
4. All chronic illnesses must be reported on the physical.
5. All physical forms must be signed by a physician (**not a nurse practitioner**) and must include the physician’s address.

 **Section 4: Required Insurance**

 All athletes are required to take either the school’s insurance policy or have comparable

 personal family insurance. Proof of insurance must be documented on the physical form.

 **Section 5: Quitting a Track and Field Team**

A. **If you choose to quit the team, you forfeit all membership fees and must return your uniform and/or any other equipment** which is the property of MVHS Track and Field.

 B. The head coach must be notified in writing.

C. Only the head coach may reinstate an athlete to the team.

**Article III: Attendance Standards**

 **Section 1: Practices, Meets, Competitions, and scheduled events**

1. Attendance at all track and field events is mandatory unless otherwise specified or excused by the coach.
2. Attendance involves being prepared to begin at the designated time and remaining throughout the entire event unless excused by a coach.
3. All athletes must wear proper apparel at each practice, game, etc., as specified by the coaches.

 **Section 2: Absence Procedures**

1. If an athlete feels he/she must miss an event, the proper procedure is as follows:
	1. Contact your coach prior to the event.
	2. If an emergency arises and you cannot reach your coach, contact the school and leave a message for your coach.
2. Absences are considered excused only if you have a doctor’s note or your coach has given permission to miss a practice. Dentist and orthodontist appointments are not considered excused absences.

 **Section 3: Expectations and Consequences**

1. Unexcused absences, tardiness, or early departure will result in consequences that may

include community service, physical conditioning, benching, suspension, or dismissal.

1. If an athlete is absent for the practice immediately preceding the event for ANY reason,

they will not be able to participate in that event.

1. Athletes will not be excused from practices for other club meetings, recreational activities, or jobs unless the head coach approves such.
2. Athletes will not be excused from practices for school make-up work and /or getting help from a teacher as this work and/or extra help should be done before school, during advisement, immediately after school before practice, or on a non-practice day.

 **Section 4: School Attendance**

1. An athlete must be present at school at least three (3) periods the day of an event in order

to participate in that event.

1. If an absence occurs on Friday, the athlete will not be allowed to participate in any event

on Friday or Saturday unless approved by the head coach.

**Article IV: Conduct Standards**

1. Exemplary behavior is expected in the classroom, in the community, at school functions, and at all practices, meets, and competitions.
2. MVHS Track and Field athletes will follow the Mountain View Athletics Code of Ethics.
3. Smoking, profanity, fighting, drinking alcoholic beverages, and/or the use of drugs are

 NOT acceptable for an athlete at any time, and could result in dismissal.

1. Teachers and administrators are asked to keep coaches updated on poor behavior from

Athletes and athletes who display poor conduct will be subject to disciplinary action.

1. Consequences imposed by coaches may include community service, physical conditioning, and/or not attending a meet.

**Article V: Lettering Policy**

Gwinnett County Public Schools Lettering Award Statement: “In order to earn an award, a student athlete must remain in the sport in which he/she is participating until the entire schedule has been completed and/or until the coach has released them.”

**Section 1: Men’s Lettering Criteria**

**Option 1:**

**Event 9th 10th 11th 12th**

**100** 11.8 11.6 11.4 11.3

**200** 24.5 23.9 23.7 23.5

**400** 55.5 54.5 53.5 52.5

**800** 2:12 2:08 2:04 2:01

**1600** 5:12 5:02 4:52 4:42

**3200** 11:30 11:00 10:40 10:20

**100 hurdles** 18.00 17.0 16.50 16.0

**300 hurdles** 45.8 44.8 43.8 42.8

**Shot** 41 43 45 47

**Discus** 105 115 125 135

**Pole Vault** 9’6 10’6 11’6 12’6

**Long Jump** 16’6 17’6 18’6 19’6

**Triple Jump** 34 36’6 39 41’6

**High Jump** 5’6 5’8 5’10 6’0

**Option 2:**

 Score a total of **10** points in varsity track meets over the course of the season.

\*\*\*Automatic lettering can occur if you are one of the top two entered in the region meet in an individual event, or if you help score in the region meet in a relay.

\*\*\*Lettering can also occur if you score in the JV County or Region Meet, and have been on the team for 3 years.

\*\*\*You must be in good standing with the coaching staff, meeting all academic and team standards.

The Mountain View High School Track and Field coaches have the right to award letters or refuse to award letters at their discretion, in accordance with the criteria listed above and the guidelines of the Mountain View High School Track and Field Program. Athletes who continually create problems, either in the classroom or with the team will be ineligible for a letter. Additionally, any athlete who is suspended or removed from that program for any reason will be ineligible for a letter.

**Section 2: Women’s Lettering Criteria**

**Option 1:**

**Event 9th 10th 11th 12th**

**100** 13.2 12.9 12.8 12.7

**200** 28.00 27.8 27.6 27.2

**400** 69.9 67.5 64.5 62.5

**800** 2:44 2:42 2:39 2:34

**1600** 6:00 5:52 5:45 5:40

**3200** 13:00 12:48 12:38 12:30

**100 hurdles** 18.00 17.0 16.50 16.0

**300 hurdles** 54.00 52.00 50.00 48.00

**Shot** 27 29 31 33

**Discus** 85 90 95 100

**Pole Vault** 7’6 8’0 8’6 9’0

**Long Jump** 13 14 15 16

**Triple Jump** 28 30 32 34

**High Jump** 4’6 4’8 4’10 5’0

**Option 2:**

 Score a total of **10** points in varsity track meets over the course of the season.

\*\*\*Automatic lettering can occur if you are one of the top two entered in the region meet in an individual event, or if you help score in the region meet in a relay.

\*\*\*Lettering can also occur if you score in the JV County or Region Meet, and have been on the team for 3 years.

\*\*\*You must be in good standing with the coaching staff, meeting all academic and team standards.

The Mountain View High School Track and Field coaches have the right to award letters or refuse to award letters at their discretion, in accordance with the criteria listed above and the guidelines of the Mountain View High School Track and Field Program. Athletes who continually create problems, either in the classroom or with the team will be ineligible for a letter. Additionally, any athlete who is suspended or removed from that program for any reason will be ineligible for a letter.