



# Cedar Hills Rec Center

## **MIDDLE SCHOOL TRACK & FIELD**

*2024 HANDBOOK*

Cedar Hills Recreation Center

11640 SW Park Way

Portland, OR 97225

(503) 629 -- 6340



## PROGRAM DATES:

February 29th - May 9th ( No Practice 3/26, 3/28 or 4/9)

Tuesdays and Thursdays 4:15-5:30 pm (ISB 2:30-3:45)



## ***THPRD Track & Field Mission Statement:***

THPRD's Track & Field program aims to introduce and nurture the sport of track & field among Beaverton school youth. Our primary goal is to highlight the value of teamwork, fostering friendships, and cultivating good sportsmanship throughout the track and field journey. We wholeheartedly welcome students of all ability levels, and our program is designed with a strong focus on recreation and enjoyment. Join us in experiencing the world of track & field!

## PRACTICES:

Practices are held on each school's campus unless your school's schedule shows an off-site practice. Practices take place on Tuesdays and Thursdays from 4:15-5:30pm. [2:30 – 3:45pm for ISB]

Unless otherwise indicated on your school's schedule, teams meet outside, under the covered area at their school.

There is no practice if there is no school for any reason (holidays, conferences, weather).

## PICK UP:

We understand that not only are athletes busy people, but adults are busy as well. As such, we consistently finish practice and have students ready for pick-up at the scheduled time. 5:30pm /3:30pm for ISB. We require that parents be prompt. Please consider carpooling if this might be an issue.

## PROGRAM LOCATIONS:

Middle School program locations: Cedar Park, Conestoga, Five Oaks, Highland Park, ISB, Meadow Park, Mt. View, Stoller, Tumwater, and Whitford. (Practices are on campus- meets are held off campus)

## REGISTRATION INFO:

Registration for Cross Country is open on the **first day of Winter class registration. December 9th**

Online: [www.thprd.org](http://www.thprd.org), by phone: 503-629-6340 or walk into any THPRD recreation facility. \*You must have a THPRD account to register.

## EMERGENCY INFORMATION:

**Emergency Forms and Emails:** You **must** have a current emergency contact information form on file for your child, you can access this in your THPRD account online.

Your THPRD account also has an email associated to it.

Cedar Park	CH39100
Conestoga	CH39101
Five Oaks	CH39102
Highland Park	CH39103
Meadow Park	CH32904
Mt. View	CH39105
Stoller	CH39106
Tumwater	CH39107
Whitford	CH39108
ISB	CH39109

**This is the email you will receive updates and important notices throughout the season from us.**

*\* Please make sure your email, and your phone number is current.*

## INCLEMENT WEATHER:

We run and practice in all conditions, hot and cold, wet and dry—but not in thunder and lightning. THPRD will follow the Beaverton School District closures. Therefore, when schools close, practices onsite at schools and meets off-site are also canceled.



## STUDENT CODE OF CONDUCT:

Three strike policy: To hold athletes accountable for their actions there will be a 3-strike policy put in place.

Warning – 1st offense.

Strike 1 – Warning and call or email home.

Strike 2 – Adult will be contacted and Athlete will sit out one practice.

Strike 3 – Athlete will be suspended for one meet, adult will be contacted by THPRD Management staff and a meeting will be scheduled to discuss appropriate action.



## INAPPROPRIATE ATTITUDE:

Disruptive behavior and disrespect for coaches, property or other athletes will not be tolerated. Child will sit out the remainder of practice and adult will be notified at pick up.

Interrupting or talking when a coach is addressing the team will receive an initial warning first then if continues will be considered one strike.

## ELECTRONIC DEVICES:

- Cell phones are only to be used to call for a ride before or after practice.
- MP3 and iPods or any other similar electronic equipment may not be used while at practice.
- All athletes will sign out with a coach before leaving practice and after meets. Failure to do so is one strike.

## END OF PRACTICE:

- Practice is officially over at 5:30/3:45pm ISB. Please pick your child up on time.

## SCHEDULE FOR MEET DAYS:

On meet dates: Coaches will be with athletes from regular practice time through the end of the meet for parent pickup. (Supervision is provided throughout.) Buses should arrive at meet venue between 4:40-5 pm. Meet schedule may change depending on bus arrivals.

**5:10pm - 6th, 7th and 8th grade girls 3,000 meters**

**5:35pm - 6th, 7th and 8th grade boys 3,000 meters**

## MEET VENUES:

*More venue information will become available when finalized*

## TRANSPORTATION:

THPRD will provide bus transportation from schools to meets, via Beaverton Transportation buses. Parents must arrange to pick up their child from the meet location by the posted event finish time. (Typically 7:30 pm. An email will be sent out the week of the meet confirming schedule.) (**Please make sure your THPRD account has a current email address.**)

## VOLUNTEERING:

It takes a significant number of people to conduct a track meet efficiently and successfully. We appreciate volunteers.

**At meets:** Please apply through volunteer services to help at meets of your choice on the schedule. We normally have a link posted early in the season online.

**At practices:** We ask that you fill out a THPRD general volunteer application.

These can be found online here: <http://www.thprd.org/connect/volunteer>

## MEET INFO:

THPRD meets take place on Tuesdays and Thursdays at area high schools. Students meet with coaches like a regular practice day for roll call and instructions. Bus transportation (one way) is provided to the meet location.

## 6th, 7th, 8th Boys and Girls Track Meets

### Starting times 5:00 Field Events and Running Events

1. Except as otherwise provided by League Best Practices, the official rule book will be the N.A.S.F. rules for track and field.
2. All participants need be entered into meets by their coaches, on Athletic.net prior to the scheduled day of the meet. (Coaches will be given a deadline.)
3. Individual athletes will have an entry limitation. Generally 3, but that number will be given to coaches before entries are due on Athletic.net.

#### **PLEASE NOTE: Running events take precedence over field events.**

Any participant called to a running event must first check-in with the official at the current field event. At the completion of the participant's running event, the participant will be allowed to re-enter the field event (i.e. allowed to re-enter at the same height, throw, attempt, etc. where the participant left) It must be done in a timely manner—no later than 10 minutes after the completion of that event.

The athlete MUST communicate with the clerk or they will not be able to complete all their attempts.

Coaches help as much as possible but ultimately it is the responsibility of the athlete to be aware of the meet order of events.

*The athlete should note the race that is prior to your race and stay near start area during that prior race to be in earshot of officials when called to start.*

### TRACK MEET EVENT SCHEDULE

*(All times are subject to change)*

#### **RUNNING EVENTS**

**Running Order For All Events-- Girls first, followed by Boys Events**

*\*Times not exact, meet runs on a rolling basis*

*Schedule will vary depending on number of heats and efficiency. It is very important athletes know the order of events and are prepared to report to the start of their race before at least 5 minutes before it starts.*

**5:10pm 4 x 100m relay**

**5:25pm 1500 meter +see additional notes below**

**5:45m 100 meter**

**6:10pm 400 meter**

**6:35pm 800 meter**

**6:55pm 200 meter**

**7:20pm 4x400 relay**

#### **FIELD EVENTS**

\*RUNNING EVENTS TAKE PRIORITY OVER FIELD EVENTS\*

**5:00 - 6:10 pm**

Boys High Jump

Girls Shot Put

Girls Long Jump (\*and Boys, if two pits)

Girls Finn Flyer Javelin

Boys Discus

**6:10 - 7:15 pm**

Girls High Jump

Boys Shot Put

Boys Long Jump

Boys Finn Flyer Javelin

Girls Discus

*Additional notes:*

+Director may choose to combine gender and grade for 1500m races if needed.

## Spectators:

-Parents and spectators are expected to stay off the infield. **Please watch from the stands.**

-Some schools have field events held on the outskirts of the field. **Please watch at an appropriate distance/area from throwing areas.** All athletes should use extreme caution when crossing the track and warming up around the facilities.

-Keep in mind others are racing, throwing, jumping all around the facility. It is very important to the safety of yourselves and others and for the sake of optimal competition to be respectful and aware of competition in progress.

## Results:

We do not use fully automatic timing. We use a hand timing system.  
Results will be posted on [athletic.net](http://athletic.net). Search by meet date or team name.

Expect the hand timed results we post to be converted to FAT timing by athletic.net. Here is how that works:

Round mark up to nearest 10th/second (as is standard procedure with hand times)  
add 0.24s for races less than 300m  
add 0.14s for races 300m to 400m

Our timers are volunteers. We do our best for accuracy. Expect occasional human error and/or equipment failure.

