

# 2008 Sehome Track & Field Schedule

Monday	Feb. 25	First day of practice ( <i>Seniors pizza dinner 5:30pm</i> )
Thursday	Feb. 28	<i>Spring Sport Parent Night, 6pm in Little Theater</i>
Week of	Mar. 10-14:	Jamboree??
Wed.	March 19	Sehome vs. Lynden & Blaine (we host at Civic)
Wed.	March 26	Sehome & Anacortes @ B.E.
Friday	March 28	Bedlington Twilight Invite (@ Lynden)
Saturday	April 5	Arnie Young Invite @ Renton (2 in each event)
	<i>Monday April 7 – Friday April 11 – Spring Break Practice (time TBD)</i>	
Saturday	April 12	Solberg Invite (we host @ Civic) – ALL MUST ATTEND
Wed.	April 16	Bellingham City Meet (@ Civic, B'ham to host)
Saturday	April 19	Eason Invite (qualifiers & top in each event)
Wed.	April 23	Sehome vs. Nooksack & Mt Baker (we host @ Civic)
Saturday	April 26	Boys to Shoreline Invite (qualifiers) Girls to Lake Washington Invite (qualifiers)
Wed.	April 30	Sehome & Meridian @ Mt Vernon
Wed.	May 7	Sub-districts @ Civic (day 1)
Thursday	May 8	JV Championships @ Civic
Friday	May 9	Sub-districts @ Civic (day 2)
Monday	May 12	<i>Turn in uniforms if not competing at Districts</i>
Wed.	May 14	Districts (day 1) @ Cedarcrest
Friday	May 16	Districts (day 2) @ Cedarcrest
Monday	May 19	<i>Turn in uniforms if not competing at State</i>
Friday	May 23	State (day 1) @ Mt Tahoma
Saturday	May 24	State (day 2) @ Mt Tahoma

League meets start at 3:30 for field events and 3:45 for running events.  
Meet line-ups issued Tuesdays for League Meets.

Invitational schedules & rosters to be distributed the Monday before the meet.

\*\* We will be posting meet results and personal best information on [www.athletic.net](http://www.athletic.net).  
Paper copies of meet results will not be distributed to athletes/parents in order to save paper.

# Sehome Track & Field Guidelines & Expectations

## Expectations

As members of the Sehome T&F team you are expected to adhere to the following guidelines:

- Attend each class every day and maintain minimum grade standards for athletic eligibility (penalty: no practice, no competition)
- Attend practice every day (Mon-Fri 2:45, Saturdays 9am) and be on time (penalty: no participation in next meet; 2+ unexcused absences → removal from team)
- Attend all league meets and all invites you qualify for (penalty: no participation in following meet)
- Take care of all equipment, uniforms, and warm-ups issued to you and return *promptly* at the conclusion of the season (penalty: fines)
  - Last time to return uniforms without incurring a \$20 late fee is the team banquet
- Treat all coaches and teammates respectfully (penalty: suspension from practice and/or competition)
- Treat all competitors, officials, and opposing coaches respectfully (penalty: disqualification from meet, no participation in next meet)
- Seniors: take an active leadership role and help to instruct newcomers
- Frosh: display a willingness to learn and try new events

## Coaches' goals for the athletes:

As coaches of Sehome T&F, we hope athletes will achieve the following by the conclusion of the season:

- Improvement in technique and marks throughout the season
- Improved health & fitness
- Increased knowledge and passion for the sport of track and field
- Making new friends throughout the season and having fun!

## Goals for the Sehome T&F team:

Items we would like to accomplish as a team:

- Have the largest T&F team roster in the Northwest Conference
  - Invite your friends to join!
- Qualify the most individuals to the sub-district, district, and state meets in the NWC
- Earn both boys/girls sub-district and district championship titles
- Defend our boys and girls 2007 state team titles

## Coaching staff for 2008:

Jen Leita (head coach; sprints/hurdles/relays) – [jenleita@hotmail.com](mailto:jenleita@hotmail.com), 510-2094

Kevin Ryan (distance)

Tim Carlson (throws)

Nic Castona (jumps/sprints)

Dick Henrie (Pole Vault)

Sean Quinn (Sprints/Relays)

Scott Grinsell (Hurdles/Javelin)

Mark Kerr (distance)

Don Kurtis (weights)

John Wilson (PV)

Megan McCluskey (distance)

Lauren Harris (distance)

## 2A Sub-District Qualifying Marks

These marks are FAT or converted hand held by the athletic.net system

<b>Men</b>	<b>Event</b>	<b>Women</b>
<b>12.00</b>	<b>100</b>	<b>13.70</b>
<b>18.10</b>	<b>110h/100h</b>	<b>18.50</b>
<b>24.50</b>	<b>200</b>	<b>28.40</b>
<b>48.00</b>	<b>300h</b>	<b>53.50</b>
<b>55.00</b>	<b>400</b>	<b>67.00</b>
<b>2:10</b>	<b>800</b>	<b>2:37</b>
<b>4:48</b>	<b>1600</b>	<b>5:50</b>
<b>10:30</b>	<b>3200</b>	<b>12:48</b>
<b>18-9</b>	<b>Long Jump</b>	<b>14-8</b>
<b>38-6</b>	<b>Triple Jump</b>	<b>29-0</b>
<b>5-6</b>	<b>High Jump</b>	<b>4-4</b>
<b>41-0</b>	<b>Shot-Put</b>	<b>29-0</b>
<b>122-0</b>	<b>Discus</b>	<b>90-0</b>
<b>135-0</b>	<b>Javelin</b>	<b>90</b>
<b>10-0</b>	<b>Pole Vault</b>	<b>8-0</b>

To qualify for sub-districts:

- Reach the qualifying standard, or
- Each school gets 1 automatic entry, or
- One of the top 16 athletes in the NWC 2A (if the combination of school's auto entries and those who have met the qualifier does not meet/exceed 16 athletes)

To qualify for districts: place in the top 8 in the sub-district meet or hit the automatic standard at the sub-district meet

To qualify for state: place in the top 4 at the district meet *or* meet the state automatic standard at the district meet

# 2008 2A State Automatic Qualifying Standards

\*\* If an athlete attains the following mark *at the district meet* but does not place in the top 4, (s)he will automatically advance to the state meet at Mt Tahoma HS.

## Boys Marks

<b>Event</b>	<b>FAT</b>	<b>Hand</b>
100	11.46	11.3
200	23.04	22.8
400	50.45	50.3
800	1:58.62	1:58.4
1600	4:26.22	4:26.0
3200	9:50.65	9:50.5
HH	15.66	15.5
IH	39.80	39.6
4x100	44.43	44.2
4x400	3:29.73	3:29.5
Shot put	50-0 3/4	
Discus	153-5	
Javelin	172-8	
Long jump	20-9 1/4	
Triple jump	42-6 3/4	
High jump	6-0	
Pole vault	13-5	

## Girls Marks

<b>Event</b>	<b>FAT</b>	<b>Hand</b>
100	12.99	12.8
200	26.27	26.1
400	59.56	59.4
800	2:20.48	2:20.3
1600	5:12.05	5:11.9
3200	11:22.21	11:22.0
HH	15.72	15.5
LH	46.33	46.1
4x100	50.62	50.4
4x200	1:47.39	1:47.2
4x400	4:06.49	4:06.3
Shot put	37-8 3/4	
Discus	122-4	
Javelin	128-6	
Long jump	16-9 1/2	
Triple jump	35-3 1/2	
High jump	5-2	
Pole vault	10-0	

# Athlete & Parent Response Sheet

I have read and understand the guidelines and expectations for Sehome Track and Field athletes and commit to abiding by them for the 2008 season.

Athlete name (printed): \_\_\_\_\_

Athlete signature: \_\_\_\_\_

Parent name (printed): \_\_\_\_\_

Parent signature: \_\_\_\_\_

Parent e-mail address: \_\_\_\_\_

- Please provide e-mail address if you would like to receive team line-ups, meet schedules, booster info, etc. sent directly to you rather than sent home with your athlete (time/paper saving option)

Parents: Please note which of the following areas you are interested in helping this season

- Booster club membership: \$35 (make checks payable to: Mariner Track Booster Club)
- I would like to help with Saturday morning waffle feeds (please circle date(s) you are available:    Mar 8            Mar 15            Mar 22            May 3
- I would like to bring cookies to the following meet (please indicate date): \_\_\_\_\_
- I would like to help as a meet worker at the following home meet (please circle date(s) you are available):    March 19    April 12    April 23    Sub-district meet
  - Generally, we need the most help in javelin, PV, hurdle crew, jumps, & data entry
- I am interested in helping out in a way not outlined above (please describe below):

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**\*\*\*\* This sheet must be returned to Coach Leita by March 17 in order for athlete to participate in meets.**

# Solberg Invite Worker Sign-up

The Solberg Invite is the Sehome T&F team's primary fundraising opportunity. In order to host this event, we need to fully staff the meet with volunteer workers. Please indicate which of the following areas you would like to help for our April 12 Solberg Invite:

Name:

Ticket Sales            10:30-12:30            12:30-2:30            2:30-4:30            4:30-6:30

Concessions            10:30-12:30            12:30-2:30            2:30-4:30            4:30-6:30

Selling ad space in meet program (contacting local businesses)

Coaches room snacks (we need some folks to contribute food for coaches & workers)

Long Jump official

Triple Jump official

High Jump official

Shot put official

Discus official

Javelin official

Pole Vault official

Relay zone officials

Hurdle Crew (placing/moving/removing hurdles from the track)

Data entry & scoring