

Del Norte Track & Field Team Rules & Expectations

1. Frosh/Soph Invitational
 - a. Is mandatory for all athletes. Please check our meet schedule for the date and do not schedule any outside activities that day.
 - i. Athletes who miss that date will be removed from the team.
 1. Mock AP Tests are not an excuse to miss.
2. Practice
 - a. Is Mon-Fri 4:10-6:10PM is Mandatory.
 - i. Some Saturday's at 8AM
 - b. Practice is never canceled
 - c. Athletes missing more than 2 days over Presidents Week and Spring break will not compete in their next scheduled competition.
3. Missing Practice
 - a. In the event that you have to miss practice, you must complete the absence form 24 hours in advance on the team website www.nighthawkstrack.com.
 - i. Depending on the situation any notice received within 24 hours of practice will be considered an unexcused absence.
4. Meets
 - a. Meets are mandatory
 - i. Athletes will not be allowed to practice only and not compete
 - b. All Athletes participate at Dual Meets
 - c. Invitationals are mainly Varsity only
 - d. Athletes who cannot fully complete 2 or more days of practice will not compete that week
 - e. Athletes with 2 or more unexcused absences in a week will not compete that week
5. Club Sports/Outside Activities
 - a. Athletes participating in Club Sports or other Activities that will result in an athlete missing practice or meets must be communicated and cleared with the Head Coach
 - i. Outside Activity Contract must be completed and dates agreed upon missing must be confirmed by parents, athlete, and coach
 1. Simply filling out the form does not mean those dates are agreed upon
 - b. Sprinters/Jumpers/Hurdlers CANNOT miss Monday Practices
 - c. Athletes who miss relay handoffs practice will not be placed on relay teams
6. Club Track
 - a. Athletes may not compete as a member of a Track Club during our high school season. Any competition as an "unattached" athlete without prior consent will result in immediate removal from the team.
7. Character
 - a. Sportsmanship
 - i. All athletes will show humility in victory and grace in defeat
 - b. Hazing
 - i. Any hazing of any type will result in the athletes involved being dismissed from the team, and possible suspension or expulsion from school
 - c. Sexual Harassment
 - i. We are one of the few teams with boys and girls practicing together at the same time. We expect that conversations, actions, and behavior be no different than the guidelines in the Del Norte High School Code of Ethics.
 - d. Social Media
 - i. Being an athlete means that athlete represents Del Norte High School at all times. Any posts or actions on social media that violate the schools code of conduct will result in discipline from the team and could result in dismissal from the team

Del Norte Track & Field Varsity Letter Requirements

Section 1: General Requirements

- Complete the season without excessive absences
- Complete the season Eligible
- Compete in all dual meets unless excused

AND

Section 2: Varsity Requirements

- Earn 8 Varsity points in League Meets (1st Place - 5pts, 2nd Place - 3pts, 3rd Place - 1pt)
- OR
- Place 9th or better at League Finals

OR

Section 3: Varsity Letter Marks

- Any athlete who meets all criteria in Section 1 and hits the below mark in any meet during the season.
*All times must be wind legal and achieved via Fully Automatic Timing (FAT). Hand times will not be converted

Boys		Girls	
100	11.60	100	13.20
200	23.90	200	28.50
400	54.50	400	1:04.00
800	2:06.00	800	2:35.00
1600	4:45.00	1600	5:40.00
3200	10:30.00	3200	12:20.00
110HH	16.90	110IH	18.30
300IH	43.90	300LH	52.80
Pole Vault	12'0"	Pole Vault	9'0"
High Jump	5'8"	High Jump	4'8"
Long Jump	19'0"	Long Jump	14'10"
Triple Jump	39'6"	Triple Jump	31'6"
Shot Put	41'6"	Shot Put	30'0"
Discus	119'00"	Discus	95'00"

As coaches we reserve the right to withhold letters for reasons such as behavior on or off the track, effort, and overall citizenship. Additionally, we may award varsity letters to athletes who may never have had the talent to contribute at the varsity level, but have contributed through qualities such as leadership, effort, honesty, sportsmanship, and perseverance. Usually this exception is made with 4-year JV athletes, but not always. We believe you can earn a letter by many other qualities that don't necessarily include winning events.

Signing below indicates that you and your parents have read and understand the Del Norte Track and Field Team Rules and Expectations and Varsity Letter Criteria.

Athletes Name

Athletes Signature

Date

Parents Name

Parents Signature

Date