

Seattle Prep Track & Field Parent Information 2019

Parent Night: Monday, March 4th at 7:00PM in The Navone Great Room

Practice Times: Typically, 3:00-5:30

Practice Locations: Locations will vary depending on the event group. Please understand that we do not have a track and the one that we have free access to is usually under water. We sometimes use public school tracks. We are then at the mercy of our hosts. Sometimes we are not allowed to practice due to scheduling conflicts. We often don't know this until we show up. This means that athletes and parents should try to remain flexible. We try to give as much warning as possible of changes to location or times.

Sprints: Generally, M, W, Th. at Prep or Montlake 3-5:30. (May possibly go to Hale or another track during their spring break or non-school days)

Tues.& Friday at Nathan Hale 3-5:30

Saturday at Hale. Days and times vary

Throws: Usually at Prep but will occasionally travel to a javelin runway or disc ring.

Distance: Locations will vary. Please check with Andrew Walker or Carey Parker for details. Distance athletes tend to run every Saturday.

Equipment: All athletes will be issued a uniform and warmups. This is required at all meets. Athletes and parents may also purchase spirit gear. Some athletes will also need specialized spikes for their events. More information will be given after a few practices.

Spike Night: We will have a Spike Night at Super Jock and Jill near Green Lake on **March 5th at 7:00 pm**. Athletes receive a small discount, lots of pizza and a great fitting. Coaches will also be in attendance

Spirit Gear – Spirit Gear is gear that supports our team. It may be purchased online. It will be shipped directly to your home. A link will be sent soon to all athletes and parents.

Athletic.net: This website contains our schedule as well as results from all meets. It is free and you do not need a membership. Most results are published a couple of hours after each meet.

Hudl.com: This website post videos from meets. You will have access through your athlete.

Meets: League meets are held on Thursdays. The exception is Holy Week when we compete on Wednesday. We are not allowed to practice or compete Thursday-Saturday of that week.

Start time for meets is 2:45. They are run on a rolling schedule. This means that as soon as an event is done, the next one begins. There are no start times for events. The meet is over after the last event is completed. We ask that athletes stay as long as possible so athletes in the last events have the support of their teammates.

Invites: Invitationals are meets that have entry standards. They are usually held on weekends. Only qualifying athletes will participate. Athletes may provide their own transportation unless the meet is out of town.

Meet Help: Parents from competing schools are asked to help at meets. The more help we have, the faster and more efficient the meets are. Please plan on helping. Opportunities include timers and field event measurers. At some meets we will be hurdle crew. If everyone pitches in, it takes about five minutes to set the hurdles or pull them off the track. We are currently scheduled to be meet helpers **3/28, 4/17 and 5/2. The league will also ask for help at the League Championships.**

Injuries: Injuries that require a doctor visit also require a note from the doctor to return to practice.

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