**2019 SOUTH DAVIS TRACK & FIELD INFORMATION**

**\*CHECK THE TRACK PAGE ON THE SCHOOL WEBSITE FOR ANNOUNCEMENTS, EXTRA FORMS, LINKS, RESULTS, ETC.** [**https://southdavisjr.davis.k12.ut.us/**](https://southdavisjr.davis.k12.ut.us/) **- Activities - Athletics - Track and Field**

**REQUIREMENTS:**

* Have at least a 2.0 GPA & no more than 1 “F” for 3rd term
* No U‘s. All U‘s must be made up to participate
* Pay required fees, complete all forms & turn in
* Maintain citizenship & academic grades throughout the season
* Attend most practices & all meets, unless excused by a coach
* Give your best effort each day – practices & meets
* **RESPECT** the coaches, equipment, & facilities

**FEES: $70 TOTAL** –See breakdown below:

* **Required: $70** = $60 participation + $10 bus fee **(must pay after 3rd term grades are posted & you are eligible to compete)** – **staple this receipt to your athlete packet!**
* Optional Fundraiser Apparel: Competition shirt/hoody/sweats – see order form/link below to order & pay

Shirt = $10: if you don’t purchase a competition shirt, you’ll need to provide your own shirt for meets (please have it be a South Davis shirt) / Hoody & Sweats: see order form/link below for cost & to order/pay

**\*\*Order & pay for apparel online by March 21ST**

**\*\*\*Website for ordering/paying for clothes:** [***https://dsdgive.net/event/227***](https://dsdgive.net/event/227)

**DATES:**

* **March 19th:** Conditioning begins – attendance is optional
* **March 21s:** Last day to order & pay for apparel
* **March 25th– 28th:** Events testing @ South Davis/WX – attendance is optional but highly recommended (this is where we decide what events athletes will be doing) – meet in the gym at South Davis each day at 3:10pm
* **April 1st– April 5th:** Spring Break – NO PRACTICE
* **April 8th:** Practices resume
* **April 12th:** Athlete packet & participation fees due

**PRACTICES:**

* Mon. – Thurs. start @ 3:10 & typically finish by 4:40 / Fri. start @ 2:10 & finish by 3:00

**\*There are days that athletes will be walking to WX High School for practice & going on road runs around Bountiful/WX – ALWAYS MEET AT SOUTH DAVIS FOR THE START OF PRACTICE**

**MEET SCHEDULE:**

* Meet #1 Wed. April 17th, 3:15 @ Woods Cross High School
* Meet #2 Wed. April 24th, 3:15 @ Viewmont High School
* Meet #3 Wed. May 1st, 3:15 @ Farmington High School
* South End Meet: Fri. May 10th, time TBD @ Davis High School
* District Meet: Mon. May 13th, 2:45 @ Woods Cross High School

\*Everyone participates in the first 3 meets, but you must qualify to attend the South End & District Meets

**EQUIPMENT:**

* Competition shirt: can purchase ($10 online) or provide your own (please have it be South Davis)
* Plain black shorts, spandex, or tights to compete in at meets
* Good running shoes: Not required, but strongly recommended!
* Track spikes: optional (make sure to get spikes specific to your events)

**COACHES:**

* Coach T. (Torgersen): Girls & Sprints Head Coach ntorgersen@dsdmail.net
* Coach Kendall: Boys & Distance Running Head Coach kakendall@dsdmail.net