**2023 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** (Incompletes must be made up within 2 weeks)
* No U‘s. All U‘s must be made up to participate.
* Pay required fees, complete all forms & turn in, have a physical from a doctor ***(physicals valid for 365 days)***
* Maintain citizenship & academic grades throughout the season
* Attend most practices & all meets, unless excused by a coach
* **RESPECT** the coaches, equipment, & facilities

**FEES: $60 TOTAL** –See breakdown below:

* **Required Participation Fee = $50: wait to pay until after 3rd term grades are posted & you are eligible**
	+ **starting March 21st / due by April 11th!!!**
* **Required Competition Shirt = $10: Turn in order form & pay by March 23rd!!!**
* Optional Hoodie = $40: Order online by March 23rd!!! Link to order & pay: <https://dsdgive.net/event/2784>

**\*Order & pay for shirts/hoodies by Thur., March 23rd*/* Pay for participation fee ($50) March 21st-April 11th**

***\*\*NO REFUNDS OR EXCHANGES ON APPAREL\*\****

**DATES:**

* **March 13th:** Conditioning begins – attendance is optional but encouraged – meet in cafeteria at South Davis
* **March 20th:** Physicals must be completed & uploaded to Register My Athlete in order to attend practice
* **March 23rd:** Last day to order & pay for shirts/hoodies
* **March 23rd - 24th:** Events testing @ WX – attendance is highly recommended (Athletes will be tested to determine what events they will be placed in for meets) – meet in the cafeteria at South Davis
* **April 3rd – 7th:** Spring Break – NO PRACTICE
* **April 10th:** Practices resume
* **April 11th: Athlete paperwork must be completed & uploaded on Register My Athlete & participation fees ($50) paid in order to attend the 1st meet**

**PRACTICES:**

* Mon. – Fri. start @ 3:15 & typically finish by 4:45-5:00: *practice will still occur on bad weather days*

**\*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 Thur. April 13th, 3:15pm @ Woods Cross High School
* Meet #2 Mon. April 17th, 1:00pm @ Davis High School
* Meet #3 Wed. April 26th, 3:15pm @ Woods Cross High School
* South End Meet: Mon. May 1st, 2:00pm @ Farmington High School
* District Meet: Fri. May 12th, 2:00pm @ Syracuse High School

*\*All athletes can compete in the first 3 meets, but you must qualify to attend the South End & District Meets*

**EQUIPMENT:**

* Competition shirt ($10): Turn in order form to Coach T. or the front office by March 23rd
* Plain black shorts, spandex, or tights to compete in at meets (provide your own)
* Good running shoes: optional, 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 Dupaix: Boys & Throwing Head Coach mdupaix@dsdmail.net