

Welcome to CR Middle School Track!
We are excited for a great season!

ATTENDANCE & PRACTICE INFORMATION: Students are expected to attend practices. **Practices begin on Wednesday, April 26th. We will have practices on Tuesday, Wednesday and Thursday.** Practices will begin at 2:55 and will end at 4:00 PM. Students will meet in a classroom at CRA for attendance and directions. It is important for students to listen to the announcements, so they know where to meet each day!

In order to participate in meets, students must attend practice and practice your events. Attendance will be taken at warm-ups and at the beginning of each event practice. It is important to communicate if you are going to miss practices.

MEETS: We have three meets scheduled at Vigilante Stadium, which is on the campus of Helena Middle School. The address is 1025 North Rodney. **The dates are May 10, 24th and 31st. Students will need to get a ride to HMS, as we are unable to bus from CR.** We hope to begin the first events by 3:45 and it will usually last until around 5:30 PM. Students can leave after all their events have taken place.

DRESSING OUT: Each athlete will be expected to dress out for practice. Be sure to have warm clothes for each practice, as Montana weather can change quickly. Students will not be allowed to go back to the school. Also, be sure that students bring water with them, so they can stay hydrated. **No spikes are allowed in middle school competitions.**

MEETS: Please remember to represent CRA Middle School; we expect students to represent us well. Only athletes, coaches, and trainers will be allowed on the field during track meets. Parents must remain in the stands to watch the competition. Students must wear a CRA jersey during the meets. Please return the jerseys to the finish line at the end of the meet.

EVENTS: Students are asked to participate in at least one event at each meet. Students may not enter more than three events and the relay race. Use common sense when you are choosing events. Be sure to pick events based on abilities. During the meet, if students are unable to participate in an event because of an injury be sure to find your event coach.

SAFETY: Do not participate in any event unless your coach is present. Be sure to be careful around the shot-put area, the turbo javelin, and the track. Never walk through the throwing area, and always watch the track before you cross. On long-distance runs, be sure to use sidewalks where available, cross streets safely, and run facing traffic when necessary.

PRACTICES: Our practices will begin with stretches and a good warm-up. Attendance will be taken, so it is important that students are on time. The rest of the practice will be divided into two twenty-five-minute sessions. We will provide you with a schedule on when events are occurring for each grade level. The coaches will let you know when it is time to switch. Coaches will also let you know when it is time to end practice. Students are responsible for all their belongings at practice's end.

RESPECT: Good behavior is expected. We expect that all students will treat all coaches and other athletes with respect.

Below are the events that we have for middle school track:

Shot Put
Turbo Javelin
Long Jump/ Triple Jump (8th grade only)
High Jump
100 hurdles
100-meter dash
4x100 meter relay
200-meter dash
400-meter dash
800-meter dash
1600-meter dash

Please feel free to reach out if you have any questions or concerns,
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