

2022 Moody First Coaches Meeting – March 9th, 2019 at the YMCA – 6:00-6:25pm for 3/4/5/6 grades

Rules and Guidelines Book. We will email to everyone on Monday.

\* 5<sup>th</sup> and 6<sup>th</sup> Grade Mile. Time limit is 10:00. Boys and Girls will race separately.

Participation limited to Park Cities YMCA families. “Community Event”. Eligibility Questions should go to Mona and will be decided by the committee.

Track Meet at Germany Park, Saturday, May 14<sup>th</sup>

3<sup>rd</sup> grade – Start 8:00am

4<sup>th</sup> grade – Start 11:30am

5<sup>th</sup>/6<sup>th</sup> grades – Start 3:00pm

Practice at Germany Park Rules: We share the track with the Public for 9 weeks every year (we added a week of practices this year) and they are not too happy about it. Please be respectful and only use the OUTSIDE 3 lanes. \* When raking the sand in the long jump pit make sure to push the sand towards the middle and towards the front. \* Lost and wandering non-athletes \* Clean up – leave the track cleaner than when you got there

Weekend Practice times for 3<sup>rd</sup>-6<sup>th</sup>....

Saturday Noon to 6:00pm and Sunday 9:00am to 6:00pm – Open track with Long Jump area open

Can not practice on Saturday from 9am-noon, for the safety of our 1<sup>st</sup> and 2<sup>nd</sup> grade Track athletes

Make it fun. Parties, team t-shirts, etc.

Coaches Wristbands – 1 for every 5 athletes signed up.

\* Special Needs – please let us know \* Injuries please let us know. Pre Meet, During and Post Meet

Final Coaches Meeting on Wednesday, May 11th we will give out team packets with Team Roster, \* Bib Numbers, Coaches Wristbands, Safety Pins, Quick reminders, Order of Events Sheet, T-Shirts, etc. \* Bib Numbers do go with names on Roster.

NEW THIS YEAR \*\* Must turn in relay teams at the Final Coaches Meeting \*\* All teams can have an “A” and “B” relay team. Every other race we will set the Heats but the relays will be pre-set.

Most missed things, rules:

\*BIB numbers match your roster sheet \* Fastest to slowest line-up at Heat Bench – I will move them around as needed \* 100-400-50-100F-200-50F-1600-Relay spacing on Order of Events sheet \* Mile Cut-off Times 10:00 \*

First thing to do is get as many participants signed up as possible. Big teams always do better.

\*\* PLEASE know the order of events and have your next event athletes at the Heat Bench ready to go. Communication is tough. Set up tents near the Heat Bench. As one event goes we set the next event.

Sponsorship

Please call (214.356.5349) or email ([matt@tfusa.com](mailto:matt@tfusa.com)) me with any questions or comments.

*Team Relay Information*

*Same as in the past: Athletes can only do 1 relay race (no exceptions).*

*Points (same as last year, but to clarify):*

*Each team must be represented before we go down to a 2nd School. Each 2nd team must be represented before we go to a 3rd. Top School time is recorded. For example if a school's "C" time is better than their "A" or "B" time, that will be the school's top time.*

*Example*

*Hyer A: 1:10*

*Hyer B: 1:20*

*Hyer C: 1:04*

*ESD A: 1:01*

*ESD B: 1:25*

*UP A: 1:05*

*UP B: 1:12*

*Providence A: 1:30*

*Results for Points will be....*

*(18) ESD A: 1:01*

*(16) Hyer C: 1:04*

*(14) UP A: 1:05*

*(12) Providence A: 1:30 (has to be represented before we continue)*

*(10) Hyer A: 1:10*

*(8) UP B: 1:12*

*(6) ESD B: 1:25 (has to be represented before we continue)*

*(4) Hyer B: 1:20*

	<u><i>Team Relay Points</i></u>
<i>First</i>	<i>18</i>
<i>Second</i>	<i>16</i>
<i>Third</i>	<i>14</i>
<i>Fourth</i>	<i>12</i>
<i>Fifth</i>	<i>10</i>
<i>Sixth</i>	<i>8</i>
<i>Seventh</i>	<i>6</i>
<i>Eighth</i>	<i>4</i>