

## Spring Track Rules:

Spring Track Starting Date: Tuesday, March 4

- 1 All runners are required to complete a 1600m run in a time of 7:59 or better. This run is administered on the first day of practice. If a runner fails to complete the requirement, they may continue being tested until they meet the standard. No runner will be permitted to compete until the 7:59 standard is completed. Exempt Athletes: Shot Put, Discus, & Javelin.
- 2 Participating in another sport is frowned upon. This is important for two reasons: (a) the risk of injury and (b) the body needs to be rested. If an athlete chooses to participate in another sport at no time will they be permitted to leave practice or a meet early to participate in the other program.
- 3 Please Limit College visits to February and March.
- 4 College SAT tests and Achievement tests are given on the following dates:  
Dates

March 8, 2014	SAT only	February 7, 2014	February 21, 2014 (for mailed registrations)  February 24, 2013 (for registrations made online or by phone)
May 3, 2014	SAT & Subject Tests	April 4, 2014	April 18, 2014 (for mailed registrations)  April 21, 2013 (for registrations made online or by phone)
June 7, 2014	SAT & Subject Tests	May 9, 2014	May 23, 2014 (for mailed registrations)  May 28, 2013 (for registrations made online or by phone)

Please check the meet schedule and adjust accordingly. The May County Relays are contested in the afternoon because of these tests.

- 5 Band Trips in the past have been setup on Championship Meet weekends. If you go on the Band Trip you must return for the Saturday afternoon County Relays.
- 6 The vacation period in April has always been one of the hardest things to deal with. Although we are not attending school at this time, the spring schedule continues. This season we have 3 meets (4/16,4/17,4/19) during the vacation period. If you are away for the ENTIRE break and miss all of these meets, the penalty upon your return will be to miss an equal number of meets. (Ex. If you miss 3 meets, you will not be permitted to compete in the next 3 meets. Freshmen are exempt from this rule. The same rule applies if you are absent any other time during the course of the season.
- 7 Leaving early for a job is not acceptable. Do not ask. If you have a job it is your responsibility to work out your schedule. We are not part of that process.

- 8 You are expected to participate in all meets. If not as a competitor than as a team helper.
- 9 The use of personal vehicles to travel to athletic events is not permitted. This rule is for competitors and non-competitors for any meet. If you are going to a track event as a competitor or spectator we will provide the necessary bus transportation. If parents need to bring you to a meet, please make every effort to arrange this ahead of time.
- 10 Follow the conditions of the Drug and Alcohol program.
- 11 You must have all Physicals & Forms completed before you start this program. ALL FORMS MUST BE TURNED INTO THE ATHLETIC OFFICE NOW!
- 12 Team WEB information  
<http://www.ramtrack.org/>

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