



[ATHLETE SURVEY](#)



TRACK & FIELD

2023 Season



[PARENT SURVEY](#)

- **Sign Up**
- **Uniform Purchase**
- **REMIND - INSTANT ANNOUNCEMENTS**
- **Attendance and Practice Procedures**
- **Coaching Staff**
- **Parent/Athlete Handbook**
- **Attendance and Meet Entry**
- **Calendar Meet List and Sample Schedule of Meet Days**
- **Meet Guidelines**

Update March 6th



SIGN UP BY FEBRUARY 27th

**SEE COACH MALLOY IN ATHLETIC OFFICE
NEED TO BE CLEARED BEFORE ATHLETE PRACTICES**

[ATHLETIC CLEARANCE](#) (Website Information)



TRACK & FIELD

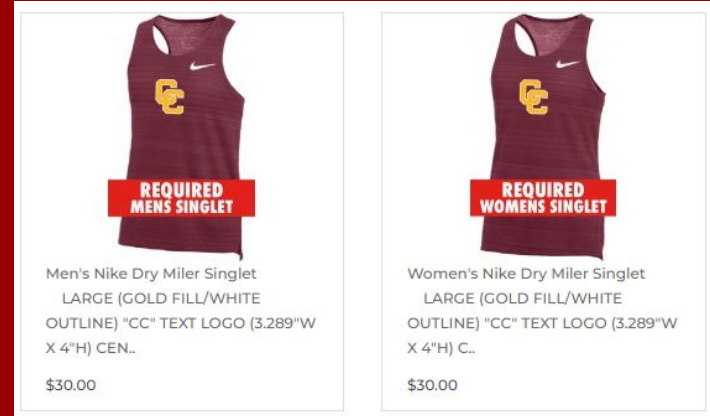
UNIFORM PURCHASE

<https://centralcatholiccf.gearupsports.net/index.php?route=common/home>



YOU NEED:
TOP: SINGLET

- ☐ CARDINAL - \$30



BOTTOM: Athletes will need a black or cardinal short. VARSITY WILL NEED CARDINAL FOR INVITATIONALS

- ☐ CARDINAL SHORT - \$32
- ☐ BLACK SHORT - \$32



REMIN - ALERTS

Get a text to notify you of information.

<https://www.remind.com/join/ccramstf23>

Attendance

- In order to compete in a meet, you **MUST** to be at practice.
- If you are going to miss practice, it must be communicated to the head coach and event coach **PRIOR** to practice.
- **ATTENDANCE WILL BE KEPT IF YOU MISS TWO PRACTICES IN A ROW YOU WILL NOT BE ALLOWED TO COMPETE (Excused or not)**
- Event Coach will let you know how they want to be contacted
- Meet entries will be done on Monday and Tuesday.



- Athletes must attend school to practice.
- Athletes must be in good academic standing.

Monday - Friday Practice Structure

42nd



- Bus Loads and Leaves 2:45-3:00
- Arrive to Fernhill by 3:30
- Place belongings near event area
- Warm Up 3:30-4:00
 - ALL ATHLETES WILL DO 2 LAPS
 - Continuous warm up with event group (See Diagram)
- Primary Event Workout 4:00-5:00
 - Conditioning
 - Technique
- Secondary Event 5:00-5:30
 - Technique only
- Bus Returns to CC 5:45 - 6:00

***RELAY WORK WILL BE SCHEDULED INTO
PRIMARY**

***If you miss the warm up you DO NOT
PRACTICE**

HEAD COACH - EMMA VAUGHAN

8th Year Head Track and Field Coach

Taught in the North Clackamas School District for 12 years

First year at Central Catholic

Prior Coaching Experience:

Assistant Track and Field Coach

Varsity Basketball Assistant Coach

Competed in Track and Field at Concordia University (2 years)

Two sport athlete at CCC, Basketball and Track (2 years)

Junior College All - American (Long Jump/Hurdles/Relays)

CONTACT INFORMATION:

evaughan@centralcatholichigh.org

EVENT AREA - HURDLES



Assistant Coaches:

- Robyn McGillis - Distance
- Dave Frank - Distance
- Madison Nasteff - Distance
- Jerry Himmelberg- Distance
- Tim Swietlik - Distance
- Conrad McKethan - Jumps
- Craig Pyne - Jumps
- Paul Scarlett - Sprints and Relays
- LaReina Star - Sprints and Relays
- Monnie Spears Rogers - Sprints
- Charlie Landgraf - Throws
- Jordan Miller - Throws
- Barry Dillard - Program (Multiple Events)
- Anthony Gray - Program (Multiple Events)



Please review the [parent/athlete handbook](#)

- Coaching Staff
- Event list
- Academic Eligibility
- Practice Attendance
- School Policies
- Meet Policies





★ **TEAM SWEATSHIRT**
○ **Wear to any meet**

★ **LONG SLEEVE**
○ **Wear on top of uniform
prior to competition**

**All athletes will get these items
Account will be billed.
If assistance is needed, please
reach out.**

Key Dates:

- First practice - February 27th
- Parent Meeting - March 7th
- First Meet - March 15th @ Camas
- Spring Break - March 27th - 31st
 - OPTIONAL PRACTICE
- Holy Week - April 3rd - 6th
 - PRACTICE WILL BE HELD
- First League Meet - April 11th
 - Need to be at practice April 3rd - 6th to compete in concern for injury



TRACK & FIELD

Calendar



Subscribe to this calendar.

[WEBSITE](#)

Practice times and meets are set.

[PDF - PRINTABLE](#)



Meet Schedule

TENTATIVE SCHEDULE - SUBJECT TO CHANGE

Date	Meet
3/8 and 3/9	Ramtatholon
3/15 (Wed)	Camas
3/22 (Wed)	Ice Breaker
4/11 (Tues)	Sandy
4/15 (Sat)	Need For Speed Invitational <i>Top 2 Per Event</i>
4/18 (Tues)	Barlow
4/21 and 4/22 (Fri/Sat)	Oregon Relays <i>22 Entries</i>
4/26 (Wed)	Nelson
4/28 (Fri)	Jesuit Invitational <i>1 Per Event</i>
5/2 (Tues)	David Douglas
5/5 (Fri)	Dean Nice Invitational <i>Top 2 Per Event</i>
5/12 (Fri)	Mt. Hood Conference Sub Varsity Championships
5/16 and 5/17	Mt. Hood Conference Championships <i>Top 3 Per Event</i>
5/26 and 5/27	State or Regionals

Meet entry

The head coach and event coach will make the final decision on athlete entries. There is a lot to keep in mind as far as being safe and able to compete. We have the best interest of the athlete in mind.

Athletes will have input on entries.

Families will receive the tentative entries and schedule on Tuesday for the week.





Getting to the track meet

Athletes **will be provided a bus** to the meet. **THE EXPECTATION IS ATHLETES WILL RIDE THE TEAM BUS.** An athlete must clear a written note 24 hours in advance if they are not **able** to ride the bus. Athletes can get a ride home from a parent, but must check out. Athletes can ride home with another athlete's parent with a written note or email to the head coach to show permission.

Examples of reasons that would be considered to get an alternate ride:

- Athlete lives nearby the school we are competing at
- Academic need (can't miss the class period for an assessment or due to a low grade)
- Family event or an appointment conflicts with departure time

A BUS WILL RETURN TO SCHOOL

At the track meet

You need to be at the meet 90 minutes before your first event. When you arrive you need to check in with your event coach and head coach.

Once you check in, you need to be in the stands until it is your time to warm up. You need to keep items in the stands and take only what you need to compete with you.

LEAGUE MEETS: ALL ATHLETES NEED TO STAY UNTIL THE LAST EVENT (4x4) TO SUPPORT THE TEAM.

CONFIRM A DAY BEFORE THE MEET IF YOU NEED TO LEAVE EARLIER (FAMILY, SCHOOL, APPOINTMENT, ETC)



Throws	Jumps	Sprints	Hurdles	Distance	Relays
Shot Put Discus Javelin	Long Jump Triple Jump High Jump Pole Vault	100m 200m 400m	100/110m HH 300 IH	800m 1500m 3000m	4x100 4x400

- **Relays:**
 - 4 athletes with 2 alternates will be classified as varsity
 - 4 athletes will make up a JV relay
- **Field/Running Events:**
 - 3 athletes will be classified as varsity
- **INVATIONALS LIMIT ENTRIES (TOP 1, 2, or 3)**

Sample Meet Schedule - Track

Track Order of Events: Dependent on number of heats needed (8 per heat for events 400m and below)

Tentative Times (there will be no waiting between races)

Running Events Report to starting line on last call

4:00	4x100m Relay	Girls (1 heat) Followed by Boys (1 heat)
4:15	1500m	Girls (1 heat) Followed by Boys (1 heat)
4:35	100m	Girls Followed by Boys
4:55	400m	Girls Followed by Boys
5:10	100/110m HH	Girls Followed by Boys
5:30	800m	Girls Followed by Boys
5:50	200m	Girls Followed by Boys
6:10	300m IH	Girls Followed by Boys
6:30	3000m	All
7:00	4x400m Relay	Girls Followed by Boys

Sample Meet Schedule - Field

General Information:

Throws

Event	4:00	4:30	5:00	5:30
Shot Put	Girls Flight 1	Girls Flight 2	Boys Flight 1	Boys Flight 2
Discus	Boys Flight 2	Boys Flight 1	Girls Flight 1	Girls Flight 2
Javelin	Boys Flight 1	Girls Flight 1	Girls Flight 2	Boys Flight 2

Jumps

Event	4:00	5:00
High Jump	Girls	Boys
Long Jump Triple Jump to Follow	Boys South Pit Girls North Pit	Boys South Pit Girls North Pit
Pole Vault	All together	

All: 4 attempts, no finals

Discus and Javelin: Throw 2 measure 1

Second round of attempts measure throws of 60 feet or better for girls and 70 feet or better for boys.



TRACK & FIELD



www.foottraffic.us

Foot Traffic - Spike Night
Athletes will get a discount of 15%.

IN STORE EVENT
MORE SELECTION OF SPIKES
Wednesday, March 8th
6 - 8pm

ONLINE EVENT
USE CODE: TRACK23

Foot Traffic Northeast
4020 NE Fremont St
Portland, OR 97212



TRACK & FIELD

QUESTIONS

Email: evaughan@centralcatholichigh.org

INDOOR MEET OPTIONS:

- **January 14th and 15th**
 - @Spokane Indoor Facility
 - \$35 per athlete
 - [MEET INFORMATION](#)
- **February 11th and 12th**
 - @ University of Washington
 - \$45 per entry
 - [MEET INFORMATION](#)





PRESEASON TRAINING

Preseason Training:

Monday - 2:50 - 4:30

- **Meet at Turf Field**
- **Finish in the Weight Room**

Tuesday - 3:30 - 4:30

- **Meet at Weight Room**
- **Study hall - Room 105**

Wednesday - 2:50 - 4:00

- **Meet at Turf Field**

Thursday - 2:50 - 4:30

- **Meet at Turf Field**
- **Finish in the Weight Room**