

**Update February 21, 2024**



**TRACK & FIELD**

# **2024 Season**

- **Sign Up**
- **Season Information**



# 2024 SIGN UP

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

[ATHLETIC CLEARANCE](#) (Website Information)



TRACK & FIELD

# REMIND - ALERTS

2024 Season - Remind will be set in February  
Get all the latest information about practice, meets, and recaps

# 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

9th Year Head Track and Field Coach  
Taught in the North Clackamas School District for 13 years  
Second 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](mailto:evaughan@centralcatholichigh.org)

EVENT AREA - Multi-events



- ***Excellence***
  - **Providing athletes with access to high-quality coaches, officials, facilities, and competitions so that they are able to pursue personal growth and athletic achievement; and taking pride in and recognizing success, hard work, and improvement at all levels**
- ***Gratitude***
  - **Inspire a culture of positivity, resilience, and collaboration, empowering each member to contribute their best and creating a ripple effect of gratitude that extends beyond our organization**
- ***Belonging***
  - **Every member, regardless of their unique talents or background, plays an integral role in the collective success of our team. By nurturing an inclusive and supportive environment, we aim to empower each athlete to thrive not only in their chosen events but also as valued members of a close-knit community.**



TRACK & FIELD

# Coaching Staff

## Assistant Coaches:

- Robyn McGillis - Distance
- Jordan Miller - Throws
- Paul Kraus - Throws
- Madison Nasteff - Distance
- Said Guermali - Distance
- Aaron Letcher - Distance
- Logan Orndorf - Distance
- Max Martin - Distance
- Conrad McKethan - Jumps and Hurdles
- Kwabena Boateng - Jumps
- Paul Scarlett - Sprints and Relays
- LaReina Star - Sprints and Relays
- Monnie Spears Rogers - Sprints and Relays
- Matt Horne - Program (Distance)
- 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 26th
- Parent Meeting - March 5th
- Ramtatholon (Testing Day) - March 6th
- Spike Night (Day) - March 9th
- First Meet - March 13th @ Oregon City
- Spring Break - March 25th - 29th
  - OPTIONAL PRACTICE
- First League Meet - April 3rd



# Calendar



Subscribe to this calendar.

[WEBSITE](#)

Practice times and meets are set.

PDF - PRINTABLE (TBA)





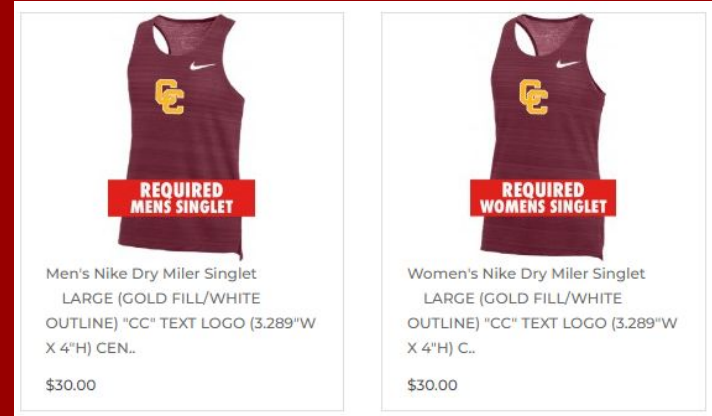
# UNIFORM PURCHASE

## UNIFORM STORE

They also have other items to purchase.

YOU NEED:  
TOP: SINGLET

- ☐ CARDINAL - \$30



Men's Nike Dry Miler Singlet  
LARGE (GOLD FILL/WHITE  
OUTLINE) "CC" TEXT LOGO (3.289"W  
X 4"H) CEN..

\$30.00

Women's Nike Dry Miler Singlet  
LARGE (GOLD FILL/WHITE  
OUTLINE) "CC" TEXT LOGO (3.289"W  
X 4"H) C..

\$30.00

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

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

# Meet Schedule

Date	Meet	Location
3/13 (Wed)	Ice Breaker - Oregon City	Oregon City Stadium
3/20 (Wed)	Camas	Camas High School
4/3 (Wed)	Reynolds	<i>Reynolds High School</i>
4/5 (Fri)	Sunset Team Challenge <i>Top 2 Per Event</i>	Sunset High School
4/5 and 4/6	Arcadia Invitational <u><i>Must qualify will help with registration</i></u> <i>MUST MEET THE MARK BY MARCH 17</i>	Arcadia High School
4/11 (Thurs)	David Douglas	David Douglas High School
4/13 (Sat)	Need For Speed Invitational <i>Top 2 Per Event, Potential Extra</i>	Sherwood High School
4/17 (Wed)	Clackamas and Sandy	<i>Sandy High School</i>
4/19 (Fri/Sat)	Oregon Relays <i>30 Entries Total</i>	Hayward Field
4/23 (Tue)	Gresham and Barlow	Barlow High School
4/26 (Fri)	Jesuit Invitational <i>Up to 6 Per Individual Event</i>	Jesuit High School
TBA 4/26	Dean Nice Invitational <i>Top 2 Per Event</i>	Gresham High School
5/3 (Fri)	Mt. Hood Conference Novice/JV Championships	David Douglas High School
5/7 and 5/8	Mt. Hood Conference Championships <i>Top 3 Per Event</i>	Gresham High School
5/17 and 5/18	State or Regionals	University of Oregon

[Athletic.net](https://athletic.net)

## Join Central Catholic HS on AthleticAPP

Download AthleticAPP to stay in touch with athletes, coaches, and parents on **Central Catholic Track & Field Outdoor** (HS).

**Team Code: 376LT6U6**



or go to [anet.io/376LT6U6](https://anet.io/376LT6U6) to get started



📅 2024 Outdoor Season Calendar ▾

+ Add A Meet

- Fri, Dec 8-Sat, Dec 9 📅 Wildwood Running PDX Coaches Clinic
- Fri, Feb 9-Sat, Feb 10 📅 Nike Track & Field Clinic powered by OACA, GearUp Sports...
- Fri, Feb 23 📅 Wildwood Miles for Women & Girls
- Sun, Feb 25 📅 Wildwood Workshop for Girls in All Sports
- Mon, Feb 26 🕒 First Day of Practice
- Tue, Mar 5 🕒 Parent Meeting
- Wed, Mar 6 🕒 Ramtatholon
- Wed, Mar 13 📅 Central Catholic & PDX Christian @ Oregon City
- Wed, Mar 20 📅 Camas vs. Central Catholic
- Wed, Apr 3 📅 Reynolds @ Central Catholic
- Fri, Apr 5 📅 Sunset Team Challenge
- Thu, Apr 11 📅 Central Catholic, Nelson @ David Douglas
- Sat, Apr 13 📅 Sherwood Need For Speed Classic
- Wed, Apr 17 📅 Sandy and Clackamas @ Central Catholic
- Fri, Apr 19-Sat, Apr 20 📅 Oregon Relays presented by AthleticNET
- Tue, Apr 23 📅 Central Catholic & Gresham @ Sam Barlow
- Fri, Apr 26 📅 2024 Dean Nice Invitational
- Fri, Apr 26 📅 Nike/Jesuit Twilight Relays
- Fri, May 3 📅 Mt Hood JV Districts
- Tue, May 7-Wed, May 8 📅 6A-4 Mt. Hood Conference Championships
- Fri, May 17-Sat, May 18 📅 OSAA 6A State Championships
- Sat, May 25-Sun, May 26 📅 Combined Events Festival
- Sat, Jun 1-Sun, Jun 2 📅 Portland Track Festival Youth Meet presented by Stumptow...
- Sat, Jun 8 📅 2nd Annual Phil Walden, Albina-Vancouver Roadrunners Inva...

## 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)**



<b>Throws</b>	<b>Jumps</b>	<b>Sprints</b>	<b>Hurdles</b>	<b>Distance</b>	<b>Relays</b>
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.



[www.foottraffic.us](http://www.foottraffic.us)

## Foot Traffic - Spike Night

[RSVP](#)

Athletes will get a discount of 15%.

**IN STORE EVENT**

Saturday March 9th

**ONLINE EVENT**

USE CODE: TRACK24

**Foot Traffic Northeast**  
**4020 NE Fremont St**  
**Portland, OR 97212**



TRACK & FIELD

# QUESTIONS

Email: [evaughan@centralcatholichigh.org](mailto:evaughan@centralcatholichigh.org)

# TRACK AND FIELD



**INFORMATIONAL MEETING  
ABOUT THE UPCOMING  
SEASON** <<<<

**THURSDAY JANUARY 4TH  
@ LUNCH TIME  
MISSY MACK MEMORIAL GYM**



Track and Field Interest  
Form  
Click on the QR code

# Sprints/Jumps/Hurdles Winter Training



**Mon**

On your own

Turf - 2:45 - 4:00

- Coach Conrad
- Plyos
- Resistance Training

**Tue**

**Wed**

Turf - 2:45 - 4:00

- Coach Vaughan
- Recovery Work

Weight Room - 3:15 - 3:45

- Coach Christi
- Turf - 4:00 - 5:00
- Coach Paul - Sprint Work

**Thu**



**Fri**

On your own

PDX Fitness Zone - 12pm

- Coach Monnie
- Weights, Speed Work,  
Mobility, Plyos, Recovery

**Sat**



# Throws

## Winter Training



**Mon**

- Turf - 2:45 - 3:30
- Coach Vaughan
- Weight Room - 3:30 - 5:00
- Coach Christi

On your own

**Tue**

**Wed**

- Turf - 2:45 - 4:00
- Coach Vaughan
  - Recovery Work

- Weight Room - 3:15 - 3:45
- Coach Christi
- Weight Room - 4:00 - 5:00
- Coach Jordan - Tech

**Thu**



**Fri**

On your own

- PDX Fitness Zone - 12pm
- Coach Monnie
  - Weights, Speed Work, Mobility, Plyos

**Sat**

# Girls Distance Winter Training



**Mon**

On your own  
35 - 50 min (mileage group)  
5x 20 sec strides

Duniway - 3:00 - 5:00

- Coach Robyn

**Tue**

**Wed**

Turf - 3:00- 4:30  
• Coach Robyn  
• Recovery Work

Weight Room - 3:15 - 3:45

- Coach Christi
- Turf - 4:00 - 5:00  
• Coach Paul-Speed Work

**Thu**



**Fri**

On your own  
35 min  
5x 20 sec strides

Nike Campus Bo Field  
10:00 - 11:30

- Coach Robyn

**Sat**

## INDOOR MEET OPTIONS:

- **January 20th and 21st**
  - @Spokane Indoor Facility
  - \$35 per athlete
  - [MEET INFORMATION](#)
- **February 10th and 11th**
  - @ University of Washington
  - \$45 per entry
  - [MEET INFORMATION](#)

