



Aubry Bend Middle School

Track and Field Information



Head Coaches:

BOYS: Taylor Stewart-Shot Put

GIRLS: Katy Torres distance

Assistant Coaches:

Brad Cook- Sprints/relays

Cindy Campbell-Barnes-hurdles

Jill Holmes-long/triple jump

Chris Huggard-discus

Leslie Lockard-high jump

Practice:

3:00 p.m. to 4:30 p.m.

Carpools are encouraged. If your child has not been picked up by 4:45 on two occasions, you will be contacted by a coach. Our season is only 6 weeks long, so it's very important that athletes attend all practices.

Eligibility:

No Physicals are required this season. There are two forms on the ABMS website that will need to be filled out and turned into the office. Athletes must attend practice to participate in them meet.

Unexcused Absences:

If an athlete has 2 or more unexcused absences, they will not be allowed to participate in the following meet. Athletes will be excused if the coach receives an email or note from the parent explaining the absence, illness, absent from school or if athlete is working with a teacher.

ABMS 2021 Track Schedule

4/19-ABM@PRMS

4/22-OTMS@ABM

4/29-PSMS@ABM

5/3-HMS@ABM

5/6-ABM@BVMS

5/10-LWMS@ABM

5/13-ABM@LMS

Calendar Update

In order to social distance as much as possible, we have decided to rotate practices between boys and girls each day. See the full calendar for details.

Uniforms:

Athletes will be issued a uniform jersey that will be worn at track meets.

Athletes are asked to provide black shorts to wear with the jersey. Shorts must be black in order to be in compliance with the KSHAA rules.

Each uniform piece is numbered, and athletes are responsible to keep track of the uniform and return the items checked out to them at the end of the season. Athletes will be charged the replacement cost for any torn, stained or lost items.

Daily Practice

Schedule:

2:50-3:05 Get dressed and run warm up laps.

3:05-3:20 Stretching, Form Running, Announcements, Conditioning

3:20-3:50 1st rotation

3:50-4:10 2nd rotation

4:10-4:30 3rd rotation

Track Meets:

Athletes must be at school on the day of the meet in order to compete. Exceptions need to go through school administration.

Athletes are encouraged to stay for all events to cheer for other members of the team, if possible.

At away meets parents are required to sign athletes out to leave. If you are taking someone other than your own child, you need to sign him/her out too.

Athletes can compete in up to 4 total events, including relays. Relays are chosen by the coaches.

It is up to the athletes to show up at events on time. It's very important to listen for announcements.

Field events begin at 3:15, running at 3:30. If you are competing in running and field events, you should check in with the field event when it is called and ask to be excused when your running event is called. You must return after running to finish the event. Track meets usually end by 5:30 or 6:00.

Order of Events

Field events begin at 3:15 and running events at 3:30

- 75 m hurdles
- 100m run
- 1600 m run
- 4 x 100 relay
- 400 m run
- 4 x 200 relay
- 800m run
- 200m run
- Medley relay

