

ORDER OF EVENTS

TRACK EVENTS

1. VJG 4 x 100 Meter Relay
2. FSB 4 x 100 Meter Relay
3. VG 4 x 100 Meter Relay
4. VB 4 x 100 Meter Relay
5. JVG 1600 Meters
6. FSB 1600 Meters
7. VG 1600 Meters
8. VB 1600 Meters
9. FSB 110 Meter Hurdles
10. VB 110 Meter Hurdles
11. JVG 100 Meter Hurdles
12. VG 100 Meter Hurdles
13. JVG 400 Meters
14. FSB 400 Meters
15. VG 400 Meters
16. VB 400 Meters
17. JVG 100 Meters
18. FSB 100 Meters
19. VG 100 Meters
20. VB 100 Meters
21. JVG 800 Meters
22. FSB 800 Meters
23. VG 800 Meters
24. VB 800 Meters
25. JVG 300 Meter Hurdles
26. VG 300 Meter Hurdles
27. FSB 300 Meter Hurdles
28. VB 300 Meter Hurdles
29. JVG 200 Meters
30. FSB 200 Meters
31. VG 200 Meters
32. VB 200 Meters
33. VG/JVG 3200 Meters
34. VB/FSB 3200 Meters
35. JVG 4 x 400 Meter Relay
36. FSB 4 x 400 Meter Relay
37. VG 4 x 400 Meter Relay
38. VB 4 x 400 Meter Relay

FIELD EVENTS

1. B & G TRIPLE JUMP
Begins at 3:00
Ends at 4:30
First jump must be made by 3:45
Four jumps, no finals
2. G then B SHOT PUT
Begins at 3:00
Four throws, no finals
JVG
VG
FSB
VB
3. B then G DISCUS
Begins at 3:00
Four throws, no finals
FSB
VB
JVG
VG
4. B then G POLE VAULT
Begins at 3:00
Opening Height: Girls 5' 6", Boys 7' 0"
5. G then B HIGH JUMP
Begins at 3:00
Opening Height: Girls 3' 6", Boys 4' 4"
6. B & G LONG JUMP
Begins at conclusion of triple jump
1 1/2 hour time limit
First jump made within 45 minutes
Four jumps, no finals

Field event orders and procedures will vary from meet to meet. The running events will be run in this order with the possible exception of the frosh/soph or JV 1600 meters and 3200 meters.

CARPINTERIA HIGH

warriorcountry.com/track/



TRACK & FIELD

2013 HANDBOOK

THE VALUE OF TEAMWORK

“As a three-time state cross country champion entering my senior year, I hadn’t expected this season to be much different than the others. I planned on working hard to achieve my goal of winning state, and I looked forward to having fun with my teammates in the process. In previous years, our girls’ team hadn’t been very motivated, leaving me to take it upon myself to make it to state as an individual. Little did I know that a completely different challenge lay ahead of me for my senior year. I was pleasantly surprised to find two newcomers, Kristi and Kim, fresh out of junior high, who had decided to come out for the team to give us the fourth and fifth runners that we so desperately needed. Immediately, I began to ponder what our team’s potential was and, as always, I shot high. I organized a team sleep over and, while beading necklaces and watching movies, tried to instill in them the goal of winning the state championship. Most of them were doubtful, even shocked, that I thought a team who failed to even make it to the state meet the previous year could have a shot at making it. However, I was prepared to help them to not only realize their potential and believe in themselves, but to work together as a group and strengthen one another in the process. Throughout the road to the state meet, I was busy trying to find ways to motivate the girls to train harder...and even made a state champion challenge chart.

Finally, the day arrived in a flutter of nerves, anxiety, and excitement. After giving them a pep talk, we toed the line together and I thought back on all the months we spent training, planning, and dreaming for this moment. True, I was out to become the first person to win four state titles, but as I chanted our cheer with each of the girls, I realized that my real drive to win was coming from our team’s need for every point we could get. That day, our team upset the first and second ranked teams, with each of the girls running the race of their lifetime. Seeing the smiles and tears of pure joy on the faces of my teammates, I realized that beyond the medals and championships that one can win individually, there lies a treasure of value that far surpasses any other individual award in inspiring greatness in others.”

Sara Bei Hall

4 time California State Cross Country Champion,
State Champion 1600 and 3200 Meters, Montgomery High School
7 time All American, Stanford University

THIS HANDBOOK IS THE PROPERTY OF:

LETTERING POLICY

1. Earn a minimum of 13 points in competition with other schools.
2. Competition in at least the 3 Invitational meets.
3. Coaches' discretion.
4. Completion of entire season including TVL, CIF and the Team Awards Banquet.

Dual Meets

FIRST PLACE:	5 points
SECOND PLACE:	3 points
THIRD PLACE:	1 point

Triangular Meets

FIRST PLACE:	5 points
SECOND PLACE:	3 points
THIRD PLACE:	2 points
FOURTH PLACE:	1 point

Invitational and Relay Meets

FIRST PLACE:	10 points
SECOND PLACE:	8 points
THIRD PLACE:	6 points
FOURTH PLACE:	4 points
FIFTH PLACE:	2 points
SIXTH PLACE:	1 point

Relay teams will split all points earned by the team.

Your Point Summary

_____	Rincon Races
_____	Nordhoff, Fillmore
_____	Tri-City Relays
_____	Maricopa Relays
_____	Easter Relays
_____	Cate
_____	Santa Paula
_____	Arcadia Invitational
_____	Oak Park, Bishop, Grace Breth.
_____	94th Russell Cup
_____	St. Bonaventure, La Reina,
_____	Bishop Diego
_____	S.B. County Championships
_____	Fillmore, Bishop Diego
_____	TVL Championships
_____	CIF Division 4 Prelims
_____	CIF Finals
_____	TOTAL POINTS

Success

My mother drew a distinction between achievement and success. She said that achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others. That is nice but not as important or satisfying. Always aim for achievement and forget about success.

Helen Hayes

2013 TRACK & FIELD SCHEDULE

Date	Day	Meet	Location	Tentative Meet Time	Approx. Departure	Approx. Return
Feb. 23	Sat.	Alumni Meet <i>(Full team)</i>	Carpinteria	11:00 AM		
Mar. 2	Sat.	Rincon Races & Field <i>(Full team)</i>	Carpinteria	10:00 AM		
Mar. 7	Thur.	Nordhoff, Fillmore <i>(Full team)</i>	Ojai	3:00 PM	1:15 PM	8:00 PM
Mar. 16	Sat.	Tri-City Relays <i>(Full team)</i>	Westmont	9:00 AM	7:45 AM	1:30 PM
Mar. 21	Thur.	Maricopa Relays <i>(Full team)</i>	Carpinteria	3:00 PM		
Mar. 23	Sat.	Easter Relays <i>(Qualifying Standard, easterrelays.com/)</i>	S.B.C.C.	9:00 AM	7:30 AM	6:00 PM
Mar. 27	Wed.	Cate <i>(Full Team)</i>	Carpinteria	3:00 PM		
Apr. 4	Thur.	Santa Paula* <i>(Full team)</i>	Santa Paula	3:00 PM	1:15 PM	8:00 PM
Apr. 5	Fri.	Arcadia Invitational	Arcadia	4:30 PM	2:00 PM	11:00 PM
Apr. 6	Sat.	Arcadia Invitational <i>(Optional, Only 1 or 2 athletes)</i>	Arcadia	9:30 AM	7:00 AM	7:00 PM
Apr. 11	Thur.	Oak Park, Bishop, Grace* <i>(Full team)</i>	Oak Park	3:00 PM	1:15 PM	8:00 PM
Apr. 13	Sat.	94th Russell Cup <i>(Qualifying Standard, warriorcountry.com/track/russellcup/)</i>	Carpinteria	9:30 AM		
Apr. 18	Thur.	St. Bonaventure, La Reina* <i>(Full team)</i>	Carpinteria	3:00 PM		
Apr. 20	Sat.	S. B. County Meet <i>(Qualifying Standard, warriorcountry.com/track/countymeet/)</i>	Carpinteria	10:00 AM		
Apr. 24	Wed.	Fillmore, Bishop* <i>(Full team)</i>	Carpinteria	3:00 PM		
May 2	Thur.	TVL Championships* <i>(Full team, Qualifying Standards are in the team handbook.)</i>	Carpinteria	3:00 PM		
May 11	Sat.	CIF Div. IV Prelims <i>(Varsity Only, Qualify from TVL Finals)</i>	Carpinteria	11:00 AM		
May 18	Sat.	CIF Finals <i>(Varsity Only, Qualify from CIF Prelims)</i>	Cerritos	11:00 AM	7:30 AM	11:00 PM

*Tri-Valley League Meets

Qualifying Standards vary from meet to meet. Do not assume that you do not meet standards for certain meets. Please ask the coaches or go online.

TRI-VALLEY LEAGUE TRACK & FIELD

QUALIFYING STANDARDS 2013

	<u>Boys Varsity</u>	<u>Girls Varsity</u>	<u>Boys Frosh/Soph</u>	<u>Girls JV</u>
100 Meters	12.44	14.31	13.36	15.18
200 Meters	25.42	29.28	27.64	31.51
400 Meters	58.80	67.97	63.42	73.79
800 Meters	2:14.98	2:37.19	2:28.69	2:53.11
1600 Meters	5:08.19	5:58.07	5:25.14	6:28.93
3200 Meters	11:26.7	13:25.14	12:12.13	15:07.41
110/100 Hurdles	20.11	19.63	22.69	21.49
300 Hurdles	49.02	56.08	54.94	60.95
Long Jump	17-03	13-09	14-10	11-10
Triple Jump	33-10	28-04	29-10	24-09
High Jump	4-10	4-04	4-05	3-10
Pole Vault	7-06	7-00	5-07	4-08
Shot Put	37-06	25-05	34-08	21-09
Discus	100-00	75-02	82-05	63-06

These standards must be met in order to qualify for the Tri-Valley League Finals.

The qualifying mark may be established anytime during the season.

This is only for TVL Finals, other meets will have different qualifying standards.

Today I will do what others won't,
so tomorrow I can accomplish what others can't.

Jerry Rice

He who is only an athlete is too crude, too vulgar, too much a savage. He who is a scholar only is too soft. The ideal citizen is the scholar athlete, the man of thought and the man of action.

Plato

WARRIOR MEET EXPECTATIONS

1. Wear Carpinteria Track & Field apparel to and from meets. (Uniform, team t-shirt, team sweats.)
2. Everyone is expected to warm-up with the team at the beginning of the meet and individually as necessary prior to their events.
3. Be prepared for each of your events.
Nobody is to scratch themselves from an event unless it is absolutely necessary and permission is given from their primary event coach. If an athlete is unable to participate in a specific event (due to injury) then that athlete must scratch all events for that day.
Every event counts. Be prepared to substitute on relays if a coach asks.
4. If you are not participating in, or preparing for an event you should be cheering on your teammates.
The shed is off limits during meets. No playing with soccer balls, footballs, tennis balls, frisbees, etc... during a meet.
Circle the track for the last event of the day.
5. Warrior T&F is a TEAM SPORT. It is expected that everyone stays for the entire meet to cheer on their fellow teammates and to help with clean up at the end of meets.
There will be a mandatory team meeting at the conclusion of each meet
6. Be helpful with meet management. Help move hurdles when needed. Assist at field events when needed.
7. Observe proper track meet etiquette.
Stay clear of finish line
Don't walk through field event sites.
No cell phones or other electronics on the field. (CIF rules)
Pole vault & high jump pits are for competition not for lounging
8. Everyone goes to away meets in the school bus/van. NO EXCEPTION!
9. Everyone returns to school from away meets on the school bus/van.
ONLY EXCEPTION is when a parent has turned a note requesting that one or both parents wish to take *their* student home from the meet.

WARM-UP ROUTINE

1. Hurdle Drills

- a. Step overs A skips Straight leg skips Over Unders
-or-

Mini Band Routine (Band above ankles)

- a. Forward/Back Walk Sidestep Walk Carioca Monster Walk

2. Dynamic Flexibility & Strength

- a. Forward Lunge Forward Lunge w/ Twist
b. Backward Lunge Backward Lunge no Twist
c. Elbow Lunge Monster Lunge Knee Hugs
d. Side Lunge Space Invaders Crossover Lunge
e. Colomy Worm Walking Toe Touch
f. High Kicks Karate Kicks

3. Speed Drills (finish w/ 20m+ acceleration)

- a. A Skip Sideways A Skip Soccer Skips
b. B Skip Skipping High Kick 1 Leg B Skip
c. C Skip Back Roundhouse Skip
d. Hi Knee Carioca Javies Hi Knee Crossover
e. Run Backwards
f. High Skips Ice Skaters
g. High Knees

4. The Big Finish

- a. Sidewinders Slow, Medium, Fast High Knee, Stride, Sprint

The longer I live, the more I realize the impact of attitude on life. Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do. It is more important than appearance, gift, or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the string we have, and that is our attitude. I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you... we are in charge of our attitudes.

Charles Swindoll

TEAM POLICIES

1. Qualifications: There is a place on our team for everyone who is willing to work. We value dedication, a positive attitude and hard work in addition to athletic ability.
2. Athletic Code: Each athlete is expected to follow the stipulations of the Carpinteria High School Athletic Code. You have agreed to a contract to enjoy the privilege of athletic competition as a Warrior. Honor your commitment to yourself and your team.
3. Be On Time: Practice will start at 3:15 P.M.
4. Absence: "Excused absences" include: being home sick all day, going home sick or a medical appointment you can not make at any other time. Medical appointments require a doctor's note upon return. If for some reason you cannot make a practice session, it is your responsibility to notify with Coach Latham and your event coach by noon on the day of the absence. (phone: 881-3374, email: vlatham@cusd.net)

You are expected to show for up for team meeting even if you are unable to fully participate in practice. If you are well enough to be at school, then you are well enough to practice. If you are not well enough to be at practice, stay home and get better.
5. Unexcused Absence: An unexcused absence is any not included in the above. If you are unexcused from a practice, you will not participate in the next meet. Should you be unexcused for a second time, you may be dropped from the team.
6. Finish What You Start: Never leave practice or a meet until it is completed. Always check with a coach to see if you are finished for the day.
7. Behavior: No disruptive behavior will be tolerated at meets, practice or in the classroom. Do not bring radios, frisbees, footballs or other such items to meets or practices. No cell phones allowed on the field. Remember that you are representing Carpinteria High School as well as the entire community of Carpinteria.
8. Uniforms: School issued uniforms will be worn on meet days only. Plain black tights are the only color of tights to be worn under the shorts. Carpinteria T&F sweats are the only sweats to be worn on meet day.

It is your responsibility to keep your uniform and sweats clean and in good repair. Hand wash your uniform and hang dry rather than putting it in the dryer. Please remove hip numbers off your shorts immediately after the race is over.
9. Appearance: Your hair including facial hair must be trimmed in the appropriate manner (see athletic code). Jewelry, headbands and hats are not to be worn during competition.
10. Travel: The Warriors compete and travel as a team. Everyone is expected to travel to and from meets with the team. On rare occasions, you may leave with and only with your parents with prior written permission from your parents.

THE WARRIOR WAY

Have pride in your team, your training and your role on our team.
If you care about your team, everything takes care of itself.

If you care. . . .

- You will be prepared to practice everyday.
- You will give a great effort on the track and in the classroom.
- You will help make your teammates better.
- You will represent your school and family with pride.
- You will appreciate what you have and the opportunities before you.

WARRIOR TEAM GOALS

- Be the best prepared team in the area
- Break the record for PRs, average 7.17 PRs per athlete
- Be 100 athletes strong and represent in all events.
- Beat Nordhoff
- Finish in the top 10 at the Russell Cup
- Tri-Valley League Champions
- Have at least one boy and one girl plus a relay team make CIF Finals
- Score at CIF Finals for the 4th consecutive year. 36 out of the last 37 years.
- Earn CIF Academic Recognition
- Host the best track meets in Southern California

YOUR GOALS FOR THIS SEASON

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YOUR PERFORMANCE SUMMARY

Alumni Meet	_____	_____	_____	_____
Rincon Races	_____	_____	_____	_____
Nordhoff, Fillmore	_____	_____	_____	_____
Tri-City Relays	_____	_____	_____	_____
Maricopa Relays	_____	_____	_____	_____
Easter Relays	_____	_____	_____	_____
Cate	_____	_____	_____	_____
Santa Paula	_____	_____	_____	_____
Arcadia Invitational	_____	_____	_____	_____
Oak Park, Bishop, Grace	_____	_____	_____	_____
94th Russell Cup	_____	_____	_____	_____
St. Bonaventure, La Reina,	_____	_____	_____	_____
Bishop Diego	_____	_____	_____	_____
S.B. County Champions	_____	_____	_____	_____
Fillmore, Bishop Diego	_____	_____	_____	_____
TVL Championships	_____	_____	_____	_____
CIF Division 4 Prelims	_____	_____	_____	_____
CIF Finals	_____	_____	_____	_____