



# DAKOTA TRACK & FIELD

## TEAM RULES

I WILL...

1. Try my best at all times
2. Run all my assigned races
3. Practice with the team every day
4. Be on time to all DHS Track & Field events including team meetings, daily practice, meets, etc.
5. Ride the bus to and from every meet I am expected to participate in
6. Follow all team rules
7. Respect my teammates and coaches and their belongings
8. Clean up after myself
9. Keep track of my own belongings including my assigned track uniform /warm-ups

### Athlete Checklist:

- Paid athletic fee
- Turned in completed physical form.
- Turned in signed TRACK & FIELD forms
- Participated in DHS Track & Field fundraiser
- Attend 36 "Full" practices.
  - Check in and out with my coach
- Obtained 21/17 event points
  - 9<sup>th</sup>/10<sup>th</sup> grade athletes have a minimum of 10 meets
  - 11<sup>th</sup>/12<sup>th</sup> grade athletes have a minimum of 7 meets
- Attended banquet (+1 event point, +1 practice day)
- Returned washed uniform on time

### POINT SCALE

100/110m HH	1pt	1600m Run	2pts
300m Hurdles		3200m Run	3pts
100m Dash	1pt	High Jump	1pt
200m Dash		Long Jump	
400m Dash		Shot Put	
800m Run		Discus	
4x100m Relay	1pt	Pole Vault	* Failure to obtain the number of predetermined event and attendance points may result in unearned gym credit
4x200m Relay			
4x400m Relay			
4x800m Relay			

