

# SQUALICUM

## TRACK & FIELD

### 2022 HANDBOOK



**Welcome to the 2022 Squalicum Track and Field season.** It is our goal to help you find the events you are passionate about. Coaches will work with athletes to find the best fit possible.

All we ask is that you give your best each day at practice and at competitions. Communicate often and early! Practice is M-F 3:30-5:30 but can vary due to the athlete's events. We have practices and meets on numerous Saturdays.

**Attire:** Wear warm clothes (sweats, jacket, layers, waterproof gear) during practices and warmups on race day (racing uniform top and bottoms, black sweats, team jacket/top). Wear running shoes (400 miles per pair) and spikes (when appropriate for practices and races). Wear a running watch to track your running. Please ask a coach if you need help with any of this. WIAA rules state you must wear a school issued uniform and if you must wear tights under, they must be black and have no logo. No T-Shirts under the uniform of any kind.

#### Athlete Pre-Meet Check List

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Running Shoes               <ol style="list-style-type: none"> <li>a. Flats</li> <li>b. Event Shoes</li> <li>c. trainers</li> </ol> </li> <li>2. Extra pairs of socks</li> <li>3. Spike Wrench &amp; Spikes</li> <li>4. Towel</li> <li>5. Extra Shirt</li> <li>6. Extra Sweats</li> <li>7. Black athletic pants</li> </ol> | <ol style="list-style-type: none"> <li>8. <u>Plastic Garbage bag for covering belongings</u></li> <li>9. Healthy food</li> <li>10. Meet Uniform</li> <li>11. Meet jacket</li> <li>12. Water!!!</li> <li>13. <b>Watch – please get one to use daily!!!</b></li> <li>14. Event Equipment</li> </ol> |
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#### Squalicum Track & Field Letter Requirements

Any athlete finishing the season as one of the top four in an event may earn his/her Varsity letter. **You must complete the season in order to earn your letter.**

#### TEAM PROCEDURES:

The Varsity Track & Field team is a “non-cut” team; however, you may be removed from the team for excessive absences or behavioral issues. If you come to practice every day and work hard, you are on the team. Post season is determined by individual standards achieved.

### **MEET PROCEDURES:**

- All team members are expected to be on time for meets. Always stay at the Track facility.
- At the end of the meet all athletes will clean up their area and **personally thank** the host coach, volunteers and meet officials for putting on a quality meet for us to attend.
- As stated in BSD handbook: 'Participants must travel to and from contests away from Bellingham in transportation provided by the school. Students will only be released to their parent or guardian with a note from the parent. Students can only drive themselves within Whatcom County if they fill out the paperwork and turn it in to the athletic office. Students cannot drive other athletes.
- At home meets all team members are encouraged to stay to help clean up, put away equipment and cheer on their teammates all the way until the end of the meet.

### **Squalicum High School Track & Field Contract** *Both students and parents should read this contract.*

### **Expectations:**

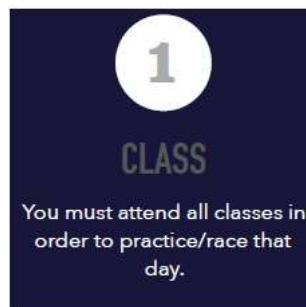
1. Students are expected to follow the BSD Athletic Code
2. You commit to be on time, dressed, and restroom breaks taken care of to start practice and the coaches commit to end practice on time. We ask that we have your full commitment and effort during the time of 3:30-5:30
3. Practice is Monday through Friday and will also include teacher workdays, and some school holidays. Meets or invites include Saturdays.
4. **WIAA Guidelines prohibit missing practice, meets or leaving early for other club sports.**
5. Communication and attendance are important. If a student will be absent or late to practice, it is that student's responsibility to inform the coach ahead of time. **If an athlete has an unexcused practice, prior to a meet, they will not be allowed to participate in the upcoming meet.** An unexcused absence means that you didn't communicate with a coach that you would not be there. *Do not have another team member inform the coach of your absence. Do not send an explanation without a valid reason.*
6. If you are absent from school for an appointment, bring a note from your doctor, so you are allowed to practice. You must bring the note to the attendance office. If you miss a day or just a single class at school, you cannot practice or compete.
7. Wear the appropriate school issued uniform for meets and nothing that distracts from the team appearance. Only Squalicum gear is to be worn or Squalicum colors (navy blue/black) with nothing extra on it. We want to look like a team ready to compete and without distractions. Black athletic pants are appropriate bottoms over your team issued shorts. To order gear here is the link.
8. WIAA rules state you must wear a school issued uniform and if you must wear tights under, they need to be black and no logos. It is essential for relays and looking unified. No T-Shirts under the uniform of any kind.

### **Care/Laundry Instructions:**

When washing any of our items, please do not use any bleach.

### **Please wash all items on delicate and hang dry.**

Remember to remove any stickers from your uniform before washing.



You are responsible for returning all your track gear at the end of the year in good condition or you will be fined. Everything is due before 6/1/2022.



You must be on the team by April 10<sup>th</sup>, 2022, to compete post season

## Coaching Staff

Erin Hoopes – Head Coach – All Events & relays  
[erin.hoopes@bellingshamschools.org](mailto:erin.hoopes@bellingshamschools.org) (425-346-5047)

Alan Doud – Distance  
Chris Fredlund – Mid Distance  
Chris Benson – Throws  
Somit Chhim – Jumps  
Morgan Annabelle – Pole Vault  
Molly House - Sprints/Hurdles



### Core Routine

- |                       |                     |
|-----------------------|---------------------|
| 1. Crunches           | 7. Glute lifts      |
| 2. Crossovers (x2)    | 8. Flutter kicks    |
| 3. Jack Knives (x2)   | 9. Throw downs      |
| 4. Penguins           | 10. Bicycle's       |
| 5. Twists             | 11. Side plank (x2) |
| 6. Butterfly crunches | 12. Front plank     |

## Tips & Tricks

- **Recover properly daily**- foam rolling, stretching, icing/heating, sleep 8-9 hours and eat well
- Anything more than minor aches and pains, visit the **Athletic Trainer** after school/before practice and let a coach know
- Keep a **training log**- record mileage/workouts and how you felt
- **Core/strength** work- vital to injury management and speed production
- Focus on **form** and efficiency through drills/technique work
- Runners need iron levels of 30+. Ask your doctor for your specific **ferritin level** number
- **Personal records**- One of the best parts of competing is setting a PR
- **Athletic.net** and **NWCathletics.com**– for race results and meet information



### 2022 Season Schedule

Date	Meet Name	Location	Depart School	Event Start	Leave Venue
Wed, March 16	Squalicum Host	Civic Stadium, Bellingham	2:15 PM	4:00 PM	7:30 PM
Sat, Mar 19	Chuck Randall Invitational	Arlington HS, Arlington	9:30 AM	12:00 PM	5:00 PM
Fri, Mar 25	Twilight in the 'Ham	Civic Stadium, Bellingham	2:15 PM	3:30 PM	7:30 PM
Wed, Mar 30	NWC: Bellingham, SQHS, and Mt. Baker @ Civic	Civic Stadium, Bellingham	2:15 PM		7:30 PM
Wed, April 21	Lakewood Host	Lakewood HS			
Sat, Apr 23	Viking Classic	Lake Stevens HS, Lake Stevens	9:15 PM	12:00 PM	5:00 PM
Wed, April 27	Squalicum Host	Civic Stadium, Bellingham	2:15 PM	4:00 PM	7:30 PM
Sat, Apr 30	17th Annual Tomahawk Classic	Quil Ceda Stadium, Marysville	9:00 AM	11:00 AM	4 PM
Wed, May 4	Lynden Christian Host	Lynden Christian HS	2:15 PM	4:00 PM	6 PM
Wed May 11 Fri May 13	District 1 2A Sub-Districts North Day 1 & 2	Civic Stadium Bellingham	2:15 PM 2:15 PM	4:00 PM	7:30 PM 7:30 PM
Wed May 18 Friday May 20	District 1 – 2A Championships	Lakewood HS Arlington WA			
Sat, May 28	WIAA 2A, 3A, 4A State Championship Meet (HS)	Mount Tahoma Stadium, Tacoma			



## Order of Events

### Field Events (4:00 start time)

Girls' Pole Vault  
Boys' Pole Vault  
Girls' High Jump  
Boys' Long Jump  
Girls' Long Jump  
Girls' Discus  
Boys' Shot Put  
Boys' Javelin

### To Follow:

Boys' High Jump  
Boys' Triple Jump  
Girls' Triple Jump  
Boys' Discus  
Girls' Shot Put  
Girls' Javelin

### Running Events (4:15pm start time, rolling schedule)

Girls' 4 x 200 Relay  
Boys' 110 Hurdles  
Girls' 100 Hurdles  
Boys' 100 Meters  
Girls' 100 Meters  
Boys' 1600 Meters  
Girls' 1600 Meters  
Boys' 4 x 100 Relay  
Girls' 4 x 100 Relay  
Boys' 400 Meters  
Girls' 400 Meters  
Boys' 300 Hurdles  
Girls' 300 Hurdles  
Boys' 800 Meters  
Girls' 800 Meters  
Boys' 200 Meters  
Girls' 200 Meters  
Boys' 3200 Meters  
Girls' 3200 Meters  
Boys' 4 x 400 Meters  
Girls' 4 x 400 Meters



## WIAA State Automatic Qualifying Standards

2022	2A	
	Girls	Boys
100m	12.66	11.38
200m	26.29	22.73
400m	59.50	50.72
800m	2:21.77	1:58.39
1600m	5:09.98	4:23.10
3200m	11:18.33	9:30.07
100H/110H	15.75	15.43
300H	46.71	40.82
4x100m Relay	50.69	44.07
4x200m Relay	1:46.92	N/A
4x400m Relay	4:08.51	3:28.78
Long Jump	17'00.50"	21'02.25"
Triple Jump	35'03.25"	42'10.00"
High Jump	5'02"	6'02"
Pole Vault	10'08"	13'06"
Shot Put	36'06.25"	50'04.00"
Discus Throw	112'05"	146'01"
Javelin Throw	120'06"	164'10"



Men	Event	Women
11.90	100	13.70
18.50	110h/100h	18.30
24.40	200	28.50
46.50	300h	54.0
54.00	400	66.0
2:10.99	800	2:37.99
4:50.99	1600	5:50.99
10:43.99	3200	12:52.99
18-6	Long Jump	14-6
38-0	Triple Jump	30-0
5-6	High Jump	4-6
39-6	Shot-Put	28-0
115-0	Discus	85-0
130-0	Javelin	85-0
10-6	Pole Vault	8-0

These are the Sub-district standards for automatically qualifying for sub-districts at any time during the season. The plan would be to enter anyone who has achieved these standards in an event and then to fill the remaining slots up to 16 athletes.