



# TRACK & FIELD COACH INFORMATION 2026

## TRACK & FIELD BOARD

- Katie Siebrands – VP [vptrack@playinfo.org](mailto:vptrack@playinfo.org)
- Jackie Groth – Operations Coordinator [trackoperations@playinfo.org](mailto:trackoperations@playinfo.org)

## PROGRAM GOALS

- Learn Track & Field fundamentals and event techniques
- Build on previous skills through a variety of exercises, drills, and games
- Gain confidence through hard work and perseverance
- Develop teamwork and sportsmanship
- HAVE FUN!!

## COACH RESPONSIBILITIES

- Be a Role Model and lead by example
- Run Team Practice
- Manage Team at Meets
- Complete all requested documentation and training requirements

NOTE: Attendance is required at practices and meets. If unavailable, secure a parent volunteer.

## PRACTICE INFORMATION

- **Schedule:**
  - Monday, April 20 – 7-8pm (TOMS)
  - Tuesday, April 28 – 6-7pm (PLHS)
  - Tuesday, May 5 – 6-7pm (PLHS)
  - Tuesday, May 12 – 6-7pm (PLHS)
  - Tuesday, May 19 – 6-7pm (PLHS)
  - Tuesday, May 26 – 6-7pm (PLHS)

\*\*\*Subject to change if we get bumped due to high school sports reschedules.
- **Before the first practice, contact families with details.**
  - o Helpful information to share:
    - Introduction, where to meet, distribute team shirts
    - Practice and meet schedule
    - What kids should bring (athletic clothes/shoes, water, sunscreen)
    - Season goals and expectations
    - Request for volunteers (snack coordinator, etc.)

- **Running a good practice**
  - Use a simple structure:
    - Warm up
    - Drills / skill work (incorporate games)
    - Event practice
    - Team huddle
  - Follow the field event rotation schedule
    - K-1<sup>st</sup> – 6:00-6:20pm
    - 2<sup>nd</sup>-3<sup>rd</sup> – 6:20-6:40pm
    - 4<sup>th</sup>-5<sup>th</sup> – 6:40-7:00pm
  - Leverage your resources for support!
    - Refer to the [Coaching Guide](#) and [Instructional videos](#)
    - Ask the Board or HS students for guidance

## OVERVIEW OF TRACK & FIELD EVENTS

### Kinder - 1st Grade

Baseball Throw  
 Standing Long Jump  
 100M  
 200M  
 50M Shuttle Relay  
 400M (Optional/Time Permitting)

### 2nd-3rd Grade

Baseball Throw  
 Running Long Jump  
 100M  
 200M  
 4X100M Relay  
 400M (Optional/Time Permitting)

### 4th-5th Grade

Shot put - 4 LB  
 Running Long Jump  
 High Jump  
 100M  
 200M  
 4X100M Relay  
 400M (Optional/Time Permitting)

## FIELD EVENT LOGISTICS

- **General Info**
  - Coaches move with their teams at practices and meets, keeping them rotating and engaged
  - Record results on [Meet Score Sheet](#) for meet ribbons
  - Safety is a priority! **DO NOT** allow anyone in front of a jumper or thrower!!!
  - Complete Field Event Details and Rules can be found [here](#).
- **Baseball Throw** (behind grandstand through fence)
  - Multiple stations marked with cones
  - During meets, wait outside the gate for next available station.
  - Format: 1 warm up throw, 2 measured throws (one child does 3 consecutive throws)
  - Rules: Throw from marked spot, measure from where the ball lands (not the roll)
  - Technique: Overhand throwing motion. Kids can eventually incorporate a “run up”.
- **Shot Put**
  - 3 throwing stations, 4 pound shot
  - Format: 1 warm-up throw, 2 measured throws (one child does 3 consecutive throws)
  - Rules: Must throw behind the ring, measure from where the shot falls (not the roll)
  - Technique: Shot against neck (push, not a throw)

- **Long Jump (Runs SIMULTANEOUSLY)**

- Use BOTH sides of the pit
  - Back side = Standing long jump (K-1)
  - Runway side = Running long jump (2-5)
- Format: 3 attempts per athlete
- Rules:
  - Must jump BEFORE concrete edge
  - Step on or over edge = scratch
  - Measure from edge to closest mark in sand
  - Measure to the nearest ½ inch.
- Technique:
  - Standing long jump: Two-foot takeoff
  - Running long jump: One-foot takeoff

- **High Jump**

- 2 pits will be set up (4th Grade / 5<sup>th</sup> Grade)
- Format: 2 attempts per height. If an athlete misses both attempts, they are done. If they have a successful attempt, they progress to the next height.
  - ALL teams will make their attempts together at each height.
  - Keep track of attempts and heights
- Rules:
  - Starting height is 3 ft (may increase throughout the season)
  - Increase by 2 inches each round
  - For the last 5 athletes, raise the bar in 1-inch increments
  - Bar knocked off = failed attempt
- Technique:
  - ONE foot takeoff
  - No stopping before jump

**MEET INFORMATION**

- **Meet Schedule:**

Saturday 4/25 (LAKER FIELD - TOMS) – MODIFIED MEET  
 Saturday 5/2 (PLHS)  
 Saturday 5/9 (PLHS)  
 Saturday 5/16 (PLHS)  
 Saturday 5/30 (PLHS)

- **Timing:**

- Grade 4-5: Begin field events at 10:00am (arrive by 9:45am for warm ups)
- Grade K-3: Begin field events at 10:30am (arrive by 10:15am for warm ups)
- Running Events begin at 11:00am

- **Order of Field Event Rotation**

Grade K & Grade 2	Grade 1 & Grade 3	Grade 4	Grade 5
Baseball Throw	Standing / Running Long Jump	Running Long Jump	Shot Put
Standing / Running Long Jump	Baseball Throw	Shot Put	Long Jump
		High Jump	High Jump

- **Order of Running Events**

- 100M Dash
- 200M Dash
- 50M Shuttle Relay (K-1)
- 4x100M Relay (2-5)
- 400M Dash

**MEET DAY EXPECTATIONS**

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- **Set up team “camp”**

- Designate a meeting spot - Kids return here between events
- Keep team together at all times
- Helpful information to share with the parents: Kids should wear P.L.A.Y. Track & Field T-shirt and have layers/jackets for cold and/or rainy days. Bring a water bottle, sunscreen, umbrellas, and blankets depending on the weather.

- **What Coaches Do:**

- Move athletes to each event
- Listen for race/event calls – BE ON TIME!!!
- Record field event distances and distribute ribbons
- Keep kids organized, warmed up, and ready
- Encourage effort, teamwork, and lots of cheering
- Ensure your team knows about how the meet runs

**RUNNING EVENT LOGISTICS**

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- **General Info**

- First call, second call, final call – Be at each starting line on time!
- Races are started with an electronic start gun or whistle
- Generally, each time is lined up in a lane so we can easily and quickly make heats
- Begin with Kindergarten girls and progress through each grade until everyone has competed
- Kids stay in their lane for every event, except the 400

- **100M**

- Straight line start – Kids need to stay in their lane once running past the curve.

- **200M**

- Staggered start – Kids line up in their respective lanes at the white marked line

- **400M**

- Waterfall start – Kids will line up on the marked curve line and gradually move to lane 1.

- **Relays**

- 50M Shuttle (K-1)
  - Organize just inside the infield near the 50 yard line
  - Will run several legs (up to 9, depending on team size)
- 4x100M (2-5)
  - Organize on the infield near the finish line during the shuttle relay, then teams disperse to their exchange zones
  - Will run two heats per grade and use [lane assignments](#)
  - Baton needs to be handed off in between YELLOW triangles in each exchange zone

## **RIBBONS & RECOGNITION**

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- **Running Events**
  - Ribbons are awarded after each race by parent volunteers
  - Awarded 1<sup>st</sup> – 8<sup>th</sup> place per heat
  
- **Field Events**
  - Ribbons are awarded to the top three finishers (boys and girls) on each team for each event.
  - Use recorded results to determine top finishers
  - Coaches distribute ribbons at the end of the meet in a team huddle
  - Ribbons will be in bins near the finish line.
  
- **Laker Leader Award (Leadership, Attitude, Kindness, Encouragement, Respect)**
  - Coaches select one boy and one girl each week on their team who demonstrates the above attributes
  - Coaches distribute ribbons at the end of the meet in a team huddle
  - Ribbons will be in bins near the finish line.
  
- **Final Meet**
  - The final meet will be run as a standard meet.
  - We will run a “coaches relay” at the end for fun.
  - ALL athletes will receive a participation medal.

NOTE: Coaches can decide if they want to do individual team awards/certificates or bring a snack/treat to celebrate the end of the season.

## **EQUIPMENT & SUPPLIES**

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- **First Aid Kits**
    - Basic supplies, bandages, etc. are located in a storage bin at the finish line
  
  - **Field Event Equipment**
    - Baseballs
    - Shotput (4 LB)
    - Long Jump – sand pit rakes are in the storage shed next to the pits
    - High Jump – bar/bungee are in the main storage shed near finish line (mats are already set up)
- NOTE: After the field events, please help pick up ALL equipment and bring baseballs out from the field.
- **Running Event Equipment** – located in storage bins near the finish line
    - Relay Batons
    - Stop Watches
    - Lane flags
  
  - **Misc. Training Equipment** – located in storage bins near the finish line
    - Agility hurdles/ladder
    - Bean bags (use for shot put practice)
    - Sport cones (use for high jump, agility activities, etc.)
    - Clipboard, pens, markers, etc.

## **PICTURE DAY**

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- Tuesday, May 5 (Grades K-2) **AND** Tuesday, May 12 (Grades 3-5) – PLHS Commons during scheduled practice time.

## **WEATHER**

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- Practices/meets will typically take place in the rain. However, if severe weather occurs, we will cancel.
- Notifications will come through email AND be posted to Facebook. We DO NOT use the P.L.A.Y. notification system.
- Cancellations will not be rescheduled. If more than 2 meets are rained out, we may use a practice night for a modified meet.

## **MISCELLANEOUS INFORMATION**

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- Facility Rules
  - o No dogs allowed
  - o No sports drinks or gum on track/infield surfaces
  - o No hanging from goalposts, lacrosse nets, or climbing fences

## **HELPFUL LINKS**

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- Website: <https://www.playinfo.org/trackandfield>
- Facebook Page: <https://www.facebook.com/PLAYTrackandField/>

## **THANK YOU!!!**

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We appreciate you stepping up and volunteering! Your efforts and dedication to support the program are key to our success!