

## 2010 ROYAL OAK HIGH SCHOOL GIRLS TRACK & FIELD RULES

1. Before participation with the Royal Oak Girls Track & Field Team, you must register with the athletic director's office. Physical forms are available in the athletic office.
2. There are about 50 days of commitment to the Track and Field Calendar starting on the first day of practice, **March 15**, to the JV OAA date, **May 26**. Our athletes are expected to attend all practices and meets. Our practice times are Monday through Friday from 3:15 PM to 5:15 PM on regular school days.
3. **Arriving after 3:15** or **Leaving before 5:15** is not acceptable unless the practice times are altered. Plan ahead and keep the coach informed of special situations.
4. Dress for, and attend each competition, even if you feel that you may not participate.
5. Maintain a willing and cooperative attitude throughout practices and at meets. Ride to and from competitions with the team.
6. A Track and Field athlete, who after participating in her first competition for Royal Oak, may participate in a maximum of two (2) outside competitions during the Royal Oak Track and Field Season to remain eligible.
7. Tobacco, alcohol or any other kind of drug abuse either in or out of school may be cause for dismissal from the Track and Field Team.
8. Varsity Letter Certificates will be awarded to athletes who miss no more than 10 days, comply with the above team rules, and earns 4 Varsity Points.

Parents and Athletes, please sign and return this document to Coach Ewell.

---

(Signature of Track Athlete)

Date

---

(Signature of Parent/Legal Guardian)

Date

## Varsity Letter Requirements

A varsity point is earned when an athlete (or athletes on a relay team) equals or exceeds any of the performance marks below. Four varsity points are required for a varsity letter. The attendance should have no more than **10 absences**. In addition, compliance with the Girls Track & Field Rules is also necessary. Coach Ewell will use his discretion and make appropriate adjustments on an individual basis.

#	Event	Mark
1.	Discus	075' 00"
2.	Shot Put	24' 00.00"
3.	Long Jump	13' 06.00"
4.	High Jump	04' 04.00"
5.	3200 M Relay	11:59.9
6.	100 M High Hurdles	00:20.9
7.	100 M Dash	00:14.9
8.	800 M Relay	02:02.9
9.	1600 M Run	06:44.9
10.	400 M Relay	00:59.9
11.	400 M Dash	01:13.9
12.	300 M Low Hurdles	01:02.9
13.	800 M Run	02:59.9
14.	200 M Dash	00:31.9
15.	3200 M Run	15:25.9
16.	1600 M Relay	04:49.9