

Fairfield Warde Indoor Track 2019 - 2020



Practice Schedule:

Mon-Friday: 2:30-4:30 for practice (jumpers and throwers consult with coaches for times)
Saturday: No practice (meet schedule varies)

**The season will run from Thursday, November 29th and will end depending on how far an athlete advances through the “post-season.” Please refer to the criteria outlined below for determining what is expected of you as far as attendance is concerned.

Award Criteria (Varsity / JV / Freshman):

You are expected to attend all practices and meets. In order to “letter,” use the following guidelines:

I. Varsity letter:

- 1) You participate in at least 3 meets during the “regular” season.
- 2) You qualify for and participate in states (can be in an individual event or relay) OR you are our top performer at Divisionals or FCIACs in any 1 event.

II. Junior Varsity letter:

- 1) You participate in at least 3 meets during the “regular” season.
- 2) You meet one of the JV standards established as a Warde benchmark (attached).

III. Freshman certificate (for freshman only):

- 1) You participate in at least 3 meets during the “regular” season.
- 2) You meet one of the freshman standards established as a Warde benchmark (attached).

IV. Certificate of Participation:

In the event that you do not meet any of the above criteria, you will receive a certificate of participation.

NOTE: We understand that sometimes an individual is injured and/or unable to meet a qualifying mark for extenuating circumstances. In light of this, the coaching staff does reserve the right to approve the awarding of letters and/or certificates to individuals outside the above guidelines. In other words, the only way to guarantee a letter is to meet the guidelines above, although in some instances extra awards will be handed out.

Internal Standards:

Event	Varsity		Junior Varsity		Freshman	
	Girls	Boys	Girls	Boys	Girls	Boys
45	6.5/6.74	5.8/6.04	7.2/7.44	6.4/6.64	7.7/7.94	6.9/7.14
50	7.1/7.34	6.3/6.54	7.8/8.04	6.9/7.14	8.3/8.54	7.4/7.64
55	7.7/7.94	6.8/7.04	8.4/8.64	7.4/7.64	8.9/9.14	7.9/8.14
45H	8.3/8.54	7.2/7.44	9.8/10.04	9.0/9.24	10.8/11.04	9.7/9.94
50H	9.1/9.34	7.9/8.14	10.6/10.84	9.7/9.94	11.6/11.84	10.7/10.94
55H	10.0/10.24	8.7/8.94	11.5/11.74	10.5/10.74	12.5/12.74	11.5/11.74
300	47.0/47.24	39.5/39.74	49.5/49.74	42.0/42.24	51.5/51.74	44.0/44.24
600	1.49.0/1.49.24	1.32.0/1.32.24	2.05.0/2.05.24	1.45.0/1.45.24	2.15.0/2.15.24	2.00.0/2.00.24
1000	3.25.0/3.25.24	2.48.0/2.48.24	3.40.0/3.40.24	3.10.0/3.10.24	3.55.0/3.55.24	3.35.0/3.35.24
1600	5.50.0/5.50.24	4.48.0/4.48.24	6.25.0/6.25.24	5.35.0/5.35.24	6.55.0/6.55.24	6.15.0/6.15.24
3200	12.40.0/12.40.24	10.25.0/10.25.24	13.40.0/13.40.24	11.45.0/11.45.24	14.20.0/14.20.24	13.00.0/13.00.24
LJ	14'6"	18'8"	12'9"	16'4"	12'3"	15'8"
SP	28'0"	38'0"	24'0"	33'0"	22'0"	31'0"
PV	8'0"	10'0"	6'6"	8'6"	6'0"	8'0"
HJ	4'8"	5'8"	4'4"	5'2"	4'0"	4'8"
4 x 200	2.00.0	1.45.0				
4 x 400	4.38.0	3.55.0				
4 x 800	11.00.0	9.10.0	11.30.0	10.00.0	12.00.0	11.00.0
SMR	4.50.0	4.00.0				

Attendance Policy:

You are allowed TWO unexcused absences during the season. These "excuses" must be communicated to your coaches as soon as you know of the conflict. Excessive absences may result in the forfeiture of your letter.

Excused Absences Are:

- 1) Illnesses
- 2) Injury
- 3) Family Obligation
- 4) Religious Obligation

Injuries:

If you are injured, it is your responsibility to notify the coaching staff and the trainer immediately. Your health and success are our priorities, so please be responsible in regards to this.

Weather:

Assume that practice is outside every day, weather permitting. Please dress appropriately...coats, gloves, hats, pants, etc. are recommended. In some cases, athletes will be practicing inside. Our advice is that you come prepared for the outdoors each day. You are welcome to consult with your training coach to secure more information.

Indoor Track and Field Schedule 2019-2020:

Date	Opponents	Location	Time	Type of Meet	Who Attends
Sat- 1/4		Staples	10:00 AM	Developmental	Whole Team
Fri and Sat- 1/10 and 1/11		Yale	Various Times	Invitational	By Invite
Sat- 1/11		Wilton	9:30 AM	Developmental	Whole Team
Sat- 1/18		Wilton	9:30 AM	Developmental	Whole Team
Sat- 1/25		Staples	10:00 AM	Developmental	Whole Team
2/1	Divisional	Wilton	9:30	Championship	Qualifying Mark Required
Thurs- 2/6	FCIACs	Hillhouse- New Haven	4:30 PM	Championship	Qualifying Mark Required
Thurs- 2/13	State Class LL	Hillhouse- New Haven	4:30 PM	Championship	Qualifying Mark Required
Sat- 2/22	State Open	Hillhouse- New Haven	12:00 PM	Championship	Qualifying Mark Required
Sat- 2/29	New Englands	Boston	TBA	Championship	Qualifying Mark Required

NOTE: The schedule above is subject to change.

Yale Track Classic Event/ Time Information

https://yalebulldogs.com/documents/2019/10/16//Yale_Interscholastic_Track_Classic_2020.pdf?id=3771

Goal Setting-

Goal setting is an essential aspect of life. If you do not have goals, you have nothing to actively work toward. What we are asking of you today is that you consider why you are on this team. There is no correct response here, as all of you are here for different reasons.

Please take a minute to consider your motives and fill in the following two sections.

Personal Goal: I, _____, have established a personal goal for myself this season and it is to.....

Team Goal: I, _____, have considered the potential success of my team this year and have decided that I would like to see the team accomplish the following before the season is over:
