

## HARRISBURG TRACK & FIELD 2024

1. **Website:** Use the QR code to the right to access our webpage. Schedule, Meet Entries and Announcements will be posted there. Also there are links to our Facebook page and X, they are found at the bottom of the page. I will post announcements, meet entries and schedule changes on our Facebook page during the season.
2. **Practice:** Practice will be daily from 3:15 to roughly 5:00. We will meet in the Field House at the High School on our first day **MONDAY FEB 26th**.
3. **Freshman:** A shuttle will run from the Freshman Academy to the High School Daily for practice. If they drive to school, they may transport themselves to the HS for practice. For meets, the same will apply. Pick-up for kids after meets will be at the High School only.
4. **MEETS:** We take as many athletes as we can to each meet. Limited entries prevent everyone from going. We have enough meets on our schedule that everyone will get opportunities to compete.
5. **PHYSICALS:** If you have not participated in a School Sport at HHS yet this year you must have an up to date Physical on file with the school before you can begin practicing.
6. **TEAM RULES:**
  - A) Be at all scheduled practices. If you have to miss let your coach know before practice. Unexcused absences will result in not attending meets followed by dismissal from the team.
  - B) With the number of kids we have participating, we don't have time to deal with problems. Any disrespectful or inappropriate behavior any kind will result in dismissal from the team.
7. **Meet Transportation:** All athletes will ride to meets on the bus. When they have completed their events for the day they may check out with their parents and the proper forms signed. The QR code is a link to the form.

