


Lincoln Track & Field



If you like to run, jump or throw... join track!

Who can join?	<ul style="list-style-type: none">• All Lincoln Students who like to run, jump or throw• No experience required
What do I need?	<ul style="list-style-type: none">• Running shoes• A water bottle• Athletic clothing, Hoodie and Sweatpants (for cold days)
When is practice?	<p>Dates:</p> <ul style="list-style-type: none">• Track camp (No paperwork required)• Regular Season• See the Season schedule @ https://tinyurl.com/mrrz3kcn <p>Time:</p> <ul style="list-style-type: none">• Practice start in room 130 2:40-4:10 pm Monday-Friday 

Questions? Come find Coach Scott in Room 130 or fjessupscott@psdschools.org



Lincoln Middle School



Track and Field Spring 2025

Lancer Practice and Meet Schedule:

- Meet in Mrs. Scott's room 130. Practice is 2:40 - 4:10 every school day.
- All athletes need to bring athletic clothing, a pair of pants, a hoodie (for cold days), running shoes, and a water bottle to practice daily.
- It is recommended but not required to have track spikes for competitions.
- Plan to have transportation at 4:40 after practice. The boys and girls club is open as well if you do not have transportation until later.
- If you can not make it to practice please let one of our coaches know
- We will adhere to the student code of conduct and athletics policy regarding eligibility. Eligibility is determined weekly by the athletic director - please refer to the student planner or reach out to Mr. Mac if you have questions.
- Track meets start at 3:30 and end between 5:30-6:30 depending on the size of the meet

March

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
16	17 Spring Break	18 Spring Break	19 Spring Break	20 Spring Break	21 Spring Break	22
23	24 Track Camp	25 Track Camp	26 Track Camp	27 Track Camp	28 Track Camp	29

April

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
30	31 T&F Practice 2:40-4:10	1 T&F Practice 2:40-4:10 Parent Meeting	2 T&F Practice 2:40-4:10	3 T&F Practice 2:40-4:10	4 T&F Practice 2:40-4:10	5
6	7 T&F Practice 2:40-4:10	8 T&F Practice 2:40-4:100	9 T&F Practice 2:40-4:10	10 T&F Practice 2:40-4:10	11 T&F Practice 2:40-4:10	12
13	14 T&F Practice 2:40-4:10	15 T&F Practice 2:40-4:10	16 T&F Meet 3:30 @ Wellington HS (Wellington, Timnath, CLP)	17 T&F Practice 2:40-4:10	18 No School No practice	19
20	21 T&F Practice 2:40-4:10	22 T&F Practice 2:40-4:10	23 T&F Meet 3:30 @ Poudre HS (CLP, Lincoln, Blevins) We are hosting and will need volunteers	24 T&F Practice 2:40-4:10	25 T&F Practice 2:40-4:10	26

May

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
27	28 T&F Meet 3:30 @ Rocky HS (Lincoln, Kinard, Timnath, Blevins)	29 T&F Practice 2:40-4:10	30 T&F Practice 2:40-4:10	1 T&F Practice 2:40-4:10	2 T&F Practice 2:40-4:10	3
4	5 T&F Practice 2:40-4:10	6 T&F Practice 2:40-4:10	7 T&F Meet 3:30 @ Timnath HS (Kinard, Lincoln, Timnath)	8 T&F Practice 2:40-4:10	9 T&F Practice 2:40-4:10	10
11	12 T&F Meet 3:30 @ Poudre HS (Lincoln, Preston, Botz) <i>We are hosting and will need volunteers</i>	13 Last practice for athletes not competing @ districts	14 Practice canceled LMS Spring Fling 4-7pm	15 T&F Practice 2:40-4:10 ONLY for athletes competing @ districts	16 No School! No Practice	17
18	19 T&F Practice 2:40-4:10 ONLY for athletes competing @ districts	20 T&F District Meet @ Rocky MountainHS Field Events #1 9:30 Running Events 10:30 Field Events #2 11:30	21 (Rain Date) T&F District Meet All Day @ Rocky Mountain HS	22 (Rain Date) T&F District Meet All Day @ Timnath HS	23	24
25	26 No School! Memorial Day	27	28	29 Last day of school!	30	

Track Meet Eligibility:

- **About Track:**
 - Track is no cut sport open to students in grades 6-8
 - We welcome students of all abilities and background with running
 - We expect all athletes to follow the district's student code of conduct and the following norms to be able to participate in competition

- **Academic Eligibility**
 - Pulled Weekly
 - If an athlete is on the list for not passing classes or having an MOR they are ineligible to compete that week
- **Attendance**
 - Athletes must communicate with a coach if they are going to be absent
 - Athletes with unexcused absences the week prior to a competition will not be eligible to compete that week
- **Injury**
 - If a student is too injured to compete or practice they will remain at school to finish out the day. They are welcome to join us after school ends.
- **Attitude**
 - Refusal to comply with team norms and put in a reasonable effort at practice will result in one or more meet suspension

Track Meet Basics:

- Track meets require a lot of self management on the part of each athlete as coaches will be managing competition at different events.
- Each athlete can participate in a maximum of 4 events which can include a maximum of 2 field events (long jump, triple jump, high jump, shot, disc)
- The fastest athletes will run in the first two heats
- The heat sheets for each meet will be sent home, posted in google classroom and emailed to families the day before each meet

Athletes are responsible for:

- Coming prepared with snacks, water, uniform and appropriate clothing for the weather. For cold days athletes can compete with solid black or white layers (pants and/or long sleeves) under their uniforms.
- Warming up and/or finding their marks before competition starts
- Listening to the call for events and getting themselves to the start line or appropriate field area to compete

<u>Field Events</u> <i>Once the first event is finished the second group will start (ie: when boys finish triple jump the girls will start)</i>	<u>Running Events</u> <i>(rolling schedule as events finish the next events will start immediately)</i>
<p>3:15-4:30 Jumps → 2 jumps per athlete Boys Triple Jump Girls Long Jump Boys High Jump → <i>opening height 4'</i></p> <p>Throws → 3 throws per athlete Girls 6Lb Shot → <i>Minimum throw 15'</i> Boys 1K Disc → <i>Minimum throw 40'</i></p> <p>4:30-5:45 (or after the the first events are finished) Jumps → 2 jumps per athlete Girls Triple Jump Boys Long Jump Girls High Jump → <i>opening height 3'-6"</i></p> <p>Throws → 3 throws per athlete Boyss 8Lb Shot → <i>Minimum throw 20'</i> Girls 1K Disc → <i>Minimum throw 30'</i></p>	<p>3:30 Start 100m Low Hurdles 30" GIRLS 100m Int. Hurdles 36" (2-notches up) BOYS 100m Dash GIRLS 100m Dash BOYS 1600m Run GIRLS 1600m Run BOYS 400m Relay GIRLS 400m Relay BOYS 400m Dash GIRLS 400m Dash BOYS 200m Low Hurdles 30" GIRLS 200m Low Hurdles 33" (1-notch up) BOYS 800m Run GIRLS 800m Run BOYS 200m Dash GIRLS 200m Dash BOYS 1600m Relay GIRLS 1600m Relay BOYS</p>

- Reporting their times to the coach stationed at their events

Have questions? Please send us an email or call Lincoln's main number

Coach Faith Scott → fjessupscott@psdschools.org

Athletic Director Mr.Mac → jmccollu@psdschools.org