**Spanish Fork High School**

**2024 Track and Field**

**Disclosure Statement**

**Head Coaches:**

Darin Cable 801-319-4268 [darin.cable@nebo.edu](mailto:darin.cable@nebo.edu)

Kris Cary 801-669-6572 [kristopher.cary@nebo.edu](mailto:kristopher.cary@nebo.edu)

**Important Dates:**

February 22nd 3:00pm Outdoor track kickoff meeting (wrestling room)

February 27th 3:00pm First Outdoor Practice

Feb 28th 4:00pm Parents Meeting

Feb 29th 3:00pm Team Time Trials

May 8 & 9 Region 7 Championships @ Maple Mountain HS

May 16 & 18 State Championships @ BYU

**Communication:**

We will post weekly updates each Sunday night to our team website with details about that weeks schedule. <https://sfhstrack.weebly.com/>

Join our Team GroupMe as that is the way we communicate all last minute updates about meet details, bus pickup times and weather related adjustments to practices/meets.

<https://groupme.com/join_group/98443895/8TNpORjd>

**Practices:** Monday through Friday @ 3:00 – 4:30 pm

Pole Vault daily from 3:15 – 4:30 @ Salem Hills HS

**Meets:** We will attend up to 12 outdoor meets this year in addition to the outdoor state meet for those who qualify. The full schedule will be posted on our track web site: https://sfhstrack.weebly.com/track.html

**Mandatory Fees: payable to SFHS Finance office**

$150 activity fee payable to SFHS Financial Office (uniform (you will keep), meet fees, transportation, equipment, and team gear)

OR

$100 activity fee if you competed in track or XC in 2023 and do not need a uniform (meet fees, transportation, equipment, and team gear)

**Fundraiser:** No planned fundraisers

**Lettering:** Athletes may earn an athletic letter according to the coaches' discretion and by meeting the following requirements. To letter you **must** compete at the Region Championship Meet

Automatic qualification (meet at least one of the following):

1. Qualify and compete at the state meet
2. Score 15 or more points during the season

All athletes can also qualify by meeting the following:

1. Participation in at least 8 outdoor meets
2. Competing in at least 2 events per meet
3. Attendance at practices.
4. Being a positive influence within the track team

**Team Rules:**  
1.All athletes are expected to maintain a GPA of 2.0 or higher, with no more than one failing grade (F).  
2. All Athletes are expected to maintain good attendance in all classes. Athletes on NC status will be declared ineligible one week later, and will remain so until all NC's are removed.  
3. All athletes must abide by the UHSAA Drug and Alcohol policy. Any violation will be grounds for dismissal or reprimand.  
4. Harassment, hazing, or teasing will not be tolerated on the team, and may be subject to immediate dismissal from the team.  
5. All athletes will exhibit good sportsmanship at all times towards teammates, opponents, coaches, and officials. Any poor sportsmanship will be grounds for disciplinary action.  
6. It is the responsibility of each athlete to be aware of the meet schedule and calls to starting line.  
7. Athletes are required to wear Spanish Fork High School uniforms to all track meets to avoid disqualification.   
8. Athletes must abide by school and district Covid guidelines for participation.

9. If an athlete has suffered an injury they are required to bring all injuries, even minor, to the attention of the coaches. If they are under a doctor or trainers care, their activity in track must be cleared by the doctor or trainer

10. Athletes need to have their required sport participation paperwork completed and turned in before they are allowed to compete (includes practicing with the team).

11. All athletes are required to attend practices. If you are unable to attend a practice text or email your event coach prior to the start of practice.

I have read this disclosure and agree to abide by all items contained within. (On Line Acceptance during registration is Required)

**SPANISH FORK HIGH SCHOOL**

**Track Team Schedule 2024**

**Date Event Name/ Location Meet Start – Bus Pickup**

Feb 22 Track Kickoff Meeting – Bldg C 3:00pm – no bus

Feb 27 First Track Practice 3:00pm – no bus

Feb 28 Parent Meeting 4:00pm – no bus

Feb 29 Spanish Fork Team Trials 3:00pm – no bus

**March 15 Skyhawk First Flight @ Salem Hills HS 3**:00pm – 1:30pm drop

March 18 Pole Vault Region Meet @ Salem 3:30pm – no bus

March 19 Region Meet @ SF (SH, W) 3:30pm – no bus

**March 22 Mountain Valley Invite @ Spanish Fork** 2:00pm – no bus

March 26 Region Meet @ SF All region teams 3:30pm – no bus

**March 29** **Juab Invitational @ Juab HS** 1:00pm – 11:30/9:00

April 1-5 Spring Break

**April 5 Decathlon Meet @ Delta HS** TBD Suburbans

**April 12-13 Utah County Invite@ Skyridge** Fri: 2:00pm – 12:30/9:00

Sat: 8:30am 7:00am/1:30

April 15 Pole Vault Region Meet @ Salem 3:30pm – no bus

April 16 Region Meet @ Timpview (SF, MM) 3:30pm – 2:00/8:00

**April 19 Skyhawk Invite @ Salem Hills** 3:00pm 1:45 drop

April 23 Region Meet @ Wasatch (SF, SPr, TV) 3:30pm – 1:30/9:00

**April 26 Nebo Invitational @ Maple Mtn** 2:00pm – 12:30 drop

April 29 Pole Vault Region Meet @ Salem 3:30pm

April 30 JV Region Meet @ Salem Hills 3:30pm 2:00 drop

**May 3-4 BYU Invitational @ BYU** Fri: 8:00am Suburbans

Sat 8:00am Suburbans

**May 8-9 Region Championships @ Maple Mtn** Wed 3:30pm – 2:00 drop

Thurs 3:30pm – 2:00 drop

**May 16, 18 State Championships @ BYU** Thurs 8:00am Suburbans

Sat 8:00am Suburbans

**Bolded** meets are state qualifiers

February 21, 2024

Schedule subject to change. Latest schedule posted on our team web site: https://sfhstrack.weebly.com