**Fact and information sheet:**

Landstown Middle School Principal: John Parkman

Student Activity coordinator: Shannon Drury

Head Coaches: Mr. Bostian – Boys

Mrs. Rimer-Girls track

Assistant Coaches: Ms. Peeples & Ms. Hall

Landstown Middle school track web page: [www.landstownmstrack.weebly.com](http://www.landstownmstrack.weebly.com)

**General rules of conduct:**

All student athletes are expected to conduct themselves as exemplary students, athletes and members of the community.

1. Promptness is mandatory. It is your responsibility to be on time to practices and meets.
2. In school, dress for success, in a manner that is a positive reflection on you and the team you represent.

**Student/Athlete Responsibilities:**

**Academics**: Takes precedence over everything. You must maintain a GPA of 2.0 and pass 5 classes to participate in the first semester of this school year. Progress reports are checked by the coaches.

**Attendance:** If you miss two unexcused practices during the season you may be dismissed from the team. If you have to meet a teacher after school, bring a note from that teacher. If you have an emergency and leave school, you must notify a coach or Mrs. Drury. Do not ask another athlete to tell a coach for you.

**Practice**: Begin promptly at 4:30 daily. Immediately upon dismissal, report to the locker rooms, change and proceed to the designated area, track or mat room. Nothing is to be left in the locker rooms. Inclement weather does not automatically cancel practice. **Listen to the announcements!** Athletic lockers may be assigned.

**Conduct:** Any student assigned ISS or OSS is not eligible to participate from the time the discipline is assigned until it is completed. **NO EXCEPTIONS.** An ISS is the same as an unexcused absence.Any student receiving an OSS will be suspended from the team pending an investigation into mitigating circumstances. Any decision on dismissal from the team will involve the parent, or guardian, the administration and the coaching staff.

**Materials:** Good running shoes and comfortable clothing. Dress in layers as spring sports are often cold. No tank tops, or bare midriffs are permitted. Water is provided at all practices. Please make sure you gets plenty of rest and eat a healthy lunch during the school day.

**Meet Participation**:

The VBMSL allows three runners per event to run for places and team points. Landstown Middle coaches attempt to place as many different students in a position to run for places, but the decision ultimately comes down to the teams we compete against and the level of competition we face. Alternatively, schools may elect to allow students to run exhibition heats. These are conducted exactly as a regular race, but do not count in the final point standings. The school hosting the weekly meet determined whether these exhibition heats are run. LMS will do everything we can to accommodate your chance to compete.

In Middle school track is a cap on the 800 meter and 1600 meter races. Each school is allowed 10 runners for each of these events and does not allow exhibition heats. The three top place finishers are scored.

**Landstown Middle School Track Lettering:**

Lettering for LMS track is dependent on three factors:

Attitude

Behavior

Dedication

|  |  |  |
| --- | --- | --- |
| **Race/Distance** | **Competitive times:** **Boys by age: (mins:secs)** | **Competitive times:****Girls by age (mins:secs)** |
| **100 (straight)** | **Boys Age****11 = 13.5 seconds****12 = 12.5 seconds****13 = 12.0 seconds****14 = 11.7 seconds** | **Girls Age****11 = 14.05 seconds****12 = 13.85 seconds****13 = 13.25 seconds****14 = 13.01 seconds** |
| **200 (1/2 lap)** | **Boys Age****11= 28 .0 seconds****12= 27.25 seconds****13= 26.75 seconds****14 = 25.5 seconds** | **Girls Age****11= 33 seconds****12= 31 seconds****13= 2*9* seconds****14 =27 seconds** |
| **400 (1 lap)** | **Boys Age****11= 70 seconds****12 = 68 seconds****13 = 64 seconds****14 = 61 seconds** | **Girls Age****11 = 73 seconds****12= 71 seconds****13 = 70 seconds****14 = 67 seconds** |
| **800 (2 laps)** | **Boys Age****11= 2:48 seconds****12 = 2:40 seconds****13 = 2:32 seconds****14 = 2:25 seconds** | **Girls Age****11= 3:05 seconds****12= 2:56 seconds****13= 2:49 seconds****14= 2:42 seconds** |
| **1600 (4 laps)** | **Boys Age:****11= 6:00 seconds****12 = 5:48 seconds****13 = 5:32 seconds****14 = 5:18 seconds** | **Girls Age****11= 6:40 seconds****12= 6:27 seconds****13= 6:17 seconds****14= 6:12 seconds** |