



**PARENT/ATHLETE  
HANDBOOK 2023**

# **Mill Creek Track and Field Coaches:**

Girls Head Coach: Jed Hodges (sprints, jumps)

Boys Head Coach: Will Shelton (throws)

Asst. Coach: David Moore (PV, hurdles)

Asst. Coach: Andy Christie (distance)

Asst. Coach: Andre Bevily (sprints)

Asst. Coach: Susan Larence (mid-distance)

Asst. Coach: Nick Campbell (throws)

Asst. Coach: Grayson Glover (sprints)

## **What is Track and Field?**

- A spring sport that goes from January-May
- Consists of the following events, in this order at most meets:
  1. Shot Put
  2. Discus
  3. High Jump
  4. Long Jump
  5. Triple Jump
  6. Pole Vault
  7. 4 x 800m
  8. 4 x 100m
  9. 1600m
  10. 400m
  11. 100m
  12. 100m hurdles (girls)
  13. 110m hurdles (boys)
  14. 800m
  15. 200m
  16. 300m hurdles
  17. 3200
  18. 4 x 400m
  19. 4x200m
- The Field Events go first, with 2 sessions to accommodate boys/girls and the different events
- Track events start once Field events have gotten underway, with girls running an event first, then the boys
- Running events are divided into heats, with multiple heats possibly needed depending on the event and size of the meet. Usually, the order of heats is slower to fastest, but it can vary.
- Places are determined by the best performances out of all heats
- Invitationals are big meets that feature multiple teams (sometimes as many as 20 or more). These usually take place on Saturdays and are limited to the top 2 performers in an event for a school, and usually one relay team in that event for a school. Some Invitationals for JV or underclassmen are held on weekdays.
- Dual (2 teams) or Tri (3 teams) are other popular meets. These meets allow for unlimited participants, so that all athletes get a chance to compete
- Varsity athletes may sometimes sit out of smaller meets to prepare for Invitationals

- Individuals score points for their team. Scoring is as follows:
 

Invitationals/Championship meets	Dual/Tri Meet
1 <sup>st</sup> -10 points	1 <sup>st</sup> -5 points
2 <sup>nd</sup> -8 points	2 <sup>nd</sup> -3 points
3 <sup>rd</sup> -6 points	3 <sup>rd</sup> -1 point
4 <sup>th</sup> -5 points	
5 <sup>th</sup> -4 points	
6 <sup>th</sup> -3 points	
7 <sup>th</sup> -2 points	
8 <sup>th</sup> -1 point	

## **Championship Meets**

- The biggest meets of the season are the Gwinnett County Championships, the Region 8-AAAAAAA Meet, the Sectional Meet, and the State Meet.
- The Gwinnett County Meet is mainly for bragging rights. However, if an athlete is near the top in Gwinnett, then usually they can do very well at the State level. Only the top 3 athletes for a school in each event can compete, and 1 relay team per school are allowed.
- The Region 8-AAAAAAA Meet determines who goes to the Sectional Meet. The top 4 athletes in each event move on to the AAAAAA Sectional B Meet. Region team titles are also valued very highly. Only the top 3 athletes for a school in each event can compete, and 1 relay teams per school in each of the 3 relays are allowed
- There are two AAAAAAA Sectional Meets and we are in Sectional B with Regions 4, 6, and 7. The top 8 placers in each event move on to the State Meet. Teams do not qualify for State as a team: you are represented by however many athletes get out of the Sectional, so the more athletes you qualify, the more scoring opportunities you have at State.

## **Team History**

- We have been very fortunate to have built a strong program at Mill Creek. Here are our top accomplishments
- Girls: 2013 AAAAAAA State Runner-Up, 2021 Region 8-AAAAAAA, 2019 Region 6-AAAAAAA Champions, 2017 Region 6-AAAAAAA Champions, 2016 Region 7-AAAAAAA Champions, 2013 Region 7-AAAAAAA Champions, 3 individual State Champions
- Boys: 2013 AAAAAAA State Champions, 2012 State 3<sup>rd</sup> Place Finisher, 2011 State Runner Up, 2009 State Runner Up, 2021 and 2022 Region 8-AAAAAAA Champions, 2011-2018 Region 7-AAAAAAA Champions, 9 individual State Champions, 1 relay State Champion

## **What to expect at practice**

- Practice starts at 2:30pm in the stadium and ends whenever your event coach ends your practice (usually by 4pm depending on your event)
- DO NOT GO INTO THE BUILDING AFTER PRACTICE.
- Athletes should be prepared for all weather conditions, as track features all kinds of weather during the season
- An announcement will be made if practice is cancelled-otherwise plan on being at practice
- Athletes will check in with their event coach and begin practice immediately. Attendance is vital and athletes should let their event coach if they have a conflict.
- Good nutrition and additional preventative care at home may be necessary. This may include icing, stretching, or exercises.
- In the case of injury, athletes can see our athletic trainer, Coach Watkins, in the Gym Athletic Training room before practice.

## **What to expect at a Track Meet**

- Athletes should check with their event coach to find out when they should arrive at meets
- Athletes will race in their team issued uniform. They may participate in regular running shoes, but most athletes choose to buy event specific spikes or shoes. These can be found at Runners Fit or online.
- Athletes should not leave the meet without doing their cool down, and asking a coach if there is anything they can do to help. In cases of big meets like the Jerry Arnold, some athletes may be asked to help, even if they are not participating
- Meet schedules will be sent to athletes. Schedules change from one meet to the next, depending on if it is a home meet, away meet, and how many teams are participating and weather. Athletes can also always ask their event coach for meet information before the day of the meet.
- Meet results are always posted on [ga.milesplit.com](http://ga.milesplit.com) and live results are available at the meet.
- Athletes need to be prepared for meets to run behind schedule. They should pay attention to what events are happening on the track, so they will know when to warm up.
- Athletes should be aware of all announcements. 1<sup>st</sup> call is typically made 15 minutes before an event, 2<sup>nd</sup> call is made 10 minutes before, and last call is made 5 minutes before.
- Athletes should make sure they come with the proper clothing for changing conditions
- Athletes need to be mindful of what they bring to meets and try to make sure everything is secure during meets.
- All athletes may be assigned some form of duty to help out with at the meets.
- Athletes should try and find something to do to help instead of waiting to be asked! For example, all athletes not getting ready to participate should help with the hurdles before the 100/110 and 300 hurdle races because that speeds up the running of the meet.

- Athletes should bring their own food and drink, since track meets can take several hours, but they should make sure they are healthy and will not prevent them from a good performance. See event coaches for suggestions.
- Remember the reason we host so many meets is so that all of our athletes have as many opportunities to compete as possible.

## What you can do to help

- Parents-we will need your help with manning the concession stand. You will be contacted about taking a shift for a home meet.
- We always need help with cleaning the stands and check in area at meets. We also always need help clearing starting blocks from the track after the start of a race, putting out hurdles, helping the clerk check in athletes, helping coaches at the finish line, helping coaches at the field events, etc. Event coaches will inform their athletes if they have been assigned a certain task for a meet, but when in doubt, just ask a coach or jump in and help.
- If you would like to help out in any other way, just see a head coach and they will let you know if you can pitch in!

## Social Media

- Follow us on Twitter:
- Boys: @MCBoysTandF                      Girls: @MCGirlsTandF
- And on Instagram: millcreek\_track\_and\_field

### LETTERING QUALIFYING MARKS FOR MILL CREEK BOYS TRACK

<b>Event</b>	<b>9th</b>	<b>10th</b>	<b>11th</b>	<b>12th</b>
<b>100</b>	11.8	11.6	11.4	11.3
<b>200</b>	24.5	23.9	23.7	23.5
<b>400</b>	55.5	54.5	53.5	52.5
<b>800</b>	2:20	2:15	2:10	2:05
<b>1600</b>	5:15	5:10	5:05	4:55
<b>3200</b>	11:20	11:10	11:00	10:50
<b>110HH</b>	18.5	18.0	17.5	17.0
<b>300 IH</b>	47.0	45.0	43.0	41.0
<b>Shot</b>	40'	42'	44'	46'
<b>Discus</b>	105'	115'	125'	135'
<b>P. Vault</b>	9'6"	10'6"	11'6"	12'6"
<b>L. Jump</b>	17'	18'	19'	20'
<b>T. Jump</b>	35'	37'	39'	41'
<b>H. Jump</b>	5'8"	5'10"	6'00"	6'02"

## LETTERING QUALIFYING MARKS FOR MILL CREEK GIRLS TRACK

<b>Event</b>	<b>9<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b>
<b>100</b>	14.5	14	13.5	12.9
<b>200</b>	29	28.5	28	27.5
<b>400</b>	1:08	1:06	1:03	1:01
<b>800</b>	2:50	2:45	2:40	2:35
<b>1600</b>	6:05	5:59	5:48	5:37
<b>3200</b>	13:30	13	12:40	12:30
<b>100 hurdles</b>	20.5	19.5	18.5	17.5
<b>300 hurdles</b>	1:00	56	52	48
<b>Shot</b>	28	30	32	34
<b>Discus</b>	85	91	96	101
<b>Pole vault</b>	7	7'06"	8'06"	9'06"
<b>Long Jump</b>	13' 5"	14'5"	15'5"	16'
<b>Triple jump</b>	27	28'5"	31	32'5"
<b>High Jump</b>	4'6"	4'8"	4"10"	5'

Other way to letter:

- Scoring in the County or Region Meet
- Scoring at JV County Meet
- Being on the team for three years.
- Seniors letter if they do not fall into any of the above.
- Coaches' discretion

\*\*Athletes must be in good standing with regards to attendance and behavior (Must finish the season)