



CARMEL GREYHOUNDS

GIRLS TRACK & FIELD

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REQUIREMENTS – FORMS & TESTING

The 2 participation forms & concussion baseline testing are required:

- **IHSAA PHYSICAL & CONSENT FORM**
 - Must be performed, signed, & dated after April 1, 2017
- **CHS EMERGENCY MEDICAL INFORMATION & CONSENT FORM**
- **CONCUSSION BASELINE TESTING**
 - Performed by St. Vincent's Sports Performance
 - No cost
 - Mandatory for all Freshmen, Juniors, and/or anyone new to Carmel Athletics

DEADLINE FOR FORMS: BEFORE working with any of our coaches!

- This allows time for processing prior to first official practice
- Forms are posted on the Athletic Department website: www.carmelgreyhounds.com
- Forms from the 2017 track & field season are no longer valid
- If you participated in a fall sport or are participating in a winter sport (this school year), those forms are still valid
- We recommend that parents keep a photo copy of all forms submitted in case a form is lost prior to processing



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ATHLETE'S EVENTS

- Due to a limited number of lanes, not all athletes can be sprinters
- Coaches reserve the right to limit sprinters to manageable numbers in both practice and meets.
- During the first weeks of practice, the sprints & jumps coaches will be evaluating athletes for the limited number of sprinter positions
- To better one's chances to become a sprinter, pre-season conditioning is certainly encouraged – and may be necessary!
- Sprinters beyond the manageable number will be moved to distance events
- Sprinters should consider their commitment to the team prior to purchasing the team uniform. No refunds will be given after a uniform is purchased

PRACTICE

- Official team practices begin Monday, February 12
- Athletes must have 10 practices of full participation before they are eligible to compete.
- Practices are mandatory – Monday thru Saturday
- Regular season practices begin **@ 3:30PM**
- There is an expectation to attend each practice and finish each practice
- Practices and meets take priority over non-school extracurricular activities
- Athletes should contact the appropriate coach to learn about pre-season training opportunities

SPRING BREAK

- Friday, March 30 through Sunday, April 8
- There will be no mandatory practice on Thursday, March 29
- Coaches will give workouts for athletes over spring break

MISSED PRACTICES

- When absent from school for the day (illness or otherwise), email Coach McRill
- If there is a reasonable conflict with school-related activities, this is an excused absence. However, 48 HOUR NOTIFICATION to a coach is required. LET US KNOW ONCE YOU KNOW OF THE CONFLICT!
- Without 48 hour notification, you give the coaches the right to consider the absence as unexcused
- For unexcused absences, the following system will be used:
 - First unexcused absence – a meeting with the coaches to review team guidelines
 - Second unexcused absence – suspension from the next meet
 - Third unexcused absence – dismissal from the team
- Coaches have the discretion on determining whether an absence is excused or unexcused.



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CRITERIA FOR EARNING A VARSITY LETTER

- Athletes must abide by all team/school rules for the entire season
- Athletes must accomplish 2 or more of the following:
 - Be on the Sectional entry list as a participant or alternate
 - Score a minimum of 10 varsity points during the season. A junior varsity athlete will score the same amount of points as a varsity athlete if the JV time/measurement is as good or better than the varsity time/measurement that scores in the varsity meet
 - Receive a coach's personal recommendation
 - Make a lettering time/measurement 2 or more times during the season:

100m Hurdles	17.4	100m Dash	13.6
200m Dash	27.4	400m Dash	63.3
300m Hurdles	51.3	800m Run	2:28
1600m Run	5:31	3200m Run	12:10
Shot Put	31'08"	Discus Throw	88'02"
Long Jump	15'06"	High Jump	4'08"
Pole Vault	8'0"	4 x 100m Relay	51.3
4 x 400m Relay Split	63.3	4 x 800m Relay Split	2:28

UNIFORMS

- Athletes must purchase uniforms (jersey and shorts)
- Athletes are responsible for uniform security, cleanliness, and presence at meets!
- After the season, the uniforms are the property of the athlete.
- Once purchased, there are no refunds.
- This year is the start of a new 3 year rotation, we will have new jerseys. We will use the same shorts.

PRACTICE PACK

- Athletes must purchase team practice pack (Does not include uniform).
- Dri-Fit tech team shirt. Cost is \$20. Make checks payable to Carmel High School.
- We will change the team shirt yearly.



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MEET GEAR

- During the indoor and outdoor season, athletes will wear the team practice pack over the uniform to each meet. As we go to meets, we want to look like a team!

MEET SCHEDULE (Tentative – Official schedule will be released at a later date)

DATE	MEET	SITE	START TIME	THOSE COMPETING
INDOOR				
Sat 3/3	MIC Indoor Meet	Depauw University	11:00 AM	“Varsity”
Sat 3/3	2017 “Individual Events”	Purdue University	9:00 AM	All Team
Sat 3/10	HSR Qualifier	Indiana Wesleyan	10:00 AM	“Varsity”
Tue 3/13	Roncalli HSR Qualifier	University of Indianapolis	6:00 PM	“Varsity”
Sat 3/25	Hoosier State Relays	Indiana University	8:00 AM	“Varsity”
OUTDOOR				
Tue 3/27	Hamilton Southeastern	HSE	5:30 PM	Varsity & JV
Tue 4/10	Ben Davis & Pike	Pike	5:30 PM	Varsity & JV
Fri 4/13	Flashes Showcase	Franklin Central	6:30 PM	Select Distance
Fri 4/13	Sprinters Showcase	Lafayette Jeff	6:30 PM	Select Sprints
Sat 4/14	Zionsville/Westfield	Zionsville	11:00 AM	Varsity/JV
Tue 4/17	Warren Central	Warren Central	5:30 PM	Varsity & JV
Fri 4/20	North Central Invitational	North Central	5:30 PM	Varsity
Tues 4/24	Zionsville	Carmel Stadium	5:30 PM	Varsity & JV
Fri 4/27	MIC Championship	Warren Central	6:00 PM	Varsity
Thu 5/3	HSE JV Invitational	Hamilton Southeastern	5:30 PM	JV Only
Fri 5/4	Hamilton County	Carmel Stadium	5:30 PM	Varsity
Tue 5/15	Sectional	Hamilton Southeastern	5:00 PM	Varsity
Tue 5/22	Regional	West Lafayette	6:00 PM	Qualifiers
Fri 6/1	State	Indiana University	TBD	Qualifiers

POTENTIAL FAMILY EXPENSES

- **Uniforms** – mandatory (Singlet - \$55.00, Shorts, \$30.00)
- **Practice Pack** – Mandatory Team Shirt – (\$20.00)
- **Spirit Wear** – optional (TBD)
- **Parent Club Dues** – (TBD)
- **Admission Fee** - \$5 per person for home meets
- **Photos** – Each athlete will be in the team photo. Optional individual photos will be available.



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TEAM CHAMPIONSHIPS

IHSAA						
State Champions	2	1998	1999			
State Runners-Up	1	2001				
Regional Champions	9	1992	1993	1995	1996	1997
		1998	1999	2001	2009	2016
Sectional Champions	14	1992	1993	1994	1995	1996
		1997	1998	1999	2000	2004
		2009	2010	2012	2015	
MIC						
Conference Champions	5	1997	1998	1999	2000	2013

IHSAA MENTAL ATTITUDE AWARD WINNER

YEAR	NAME
2004	Marie Grabinski
2015	Haley Harris

SCHOOL RECORDS

EVENT	NAME	TIME/DISTANCE	YEAR
4x800m Relay	Megan Kress Maddie Dalton Kelsey Harris Haley Harris	9.02.2	2015
100m Hurdles	Mary Steffel	14.50	1999
100m Dash	Jennifer Ng	12.56	1998
1600m Run	Katie Harrington	4.49.38	2003
4x100m Relay	Rachel Dixon Reagan Hune Elle Hawkins Cailyn Etgen	48.73	2016
400m Dash	Lexi Owens	56.37	2009
300m Hurdles	Mary Steffel	44.41	1999
800m Run	Kelsey Harris	2.13.1	2015
200m Dash	Monica Rose	25.58	1982
3200m Run	Katie Harrington	10.26.30	2003
4x400m Relay	Kristi Hertzler Lauren Johnson Kelsey O'Leary Melanie Thornton	3.52.20	2003
Discus Throw	Jackie Tayler	133'10.00"	2000
Shot Put	Rachel Winters	41'2.75"	2004
Long Jump	Cailyn Etgen	18'3.50"	2016
High Jump	Cori Werling	5'8.50"	2009
Pole Vault	Kara Deady	11' 10"	2017

IHSAA INDIVIDUAL/RELAY STATE CHAMPIONS

YEAR	NAME	EVENT	TIME
1978	Kelly Elias	440yd Dash	0.57.7
1979	Diane Busse	1 mile Run	4.57.6
1996	Brianna Johnson Lauren Waddell Angie Devoe Cody Sohn	4x800m Relay	9.21.23
1998	Sara Ayers Angie Devoe Cody Sohn Amy Marshall	4x800m Relay	9.20.72
1999	Sara Ayers Courtney Ellabarger Amy Marshall Lauren Weddell	4x800m Relay	9.17.45
1999	Mary Steffel Jennifer Ng Kelly Kulsrud Sara Ayers	4x400m Relay	3.54.05
2001	Teresa Ayers Magin Kebert Jaime Calhoun Ashley Groth	4x800m Relay	9.21.36
2001	Ashley Urick	1600m Run	4.58.51
2002	Jaime Calhoun Courtney Ellabarger Michelle Rafferty Magin Kebert	4x800m Relay	9.13.41
2003	Katie Harrington	1600m Run	4.49.38
2003	Katie Harrington	3200m Run	10.27.08
2009	Sarah Bennett Kelly McCurdy Ellen Taff Alex Chitwood	4x800m Relay	9.17.62
2010	Ellen Taff Irene Gibson Sarah Bennett Alex Chitwood	4x800m Relay	9.10.90
2011	Sarah Bennett Alex Chitwood Irene Gibson Lauren Kahre	4x800m Relay	9.13.01
2012	Sarah Bennett Taylor Cotherman Ariel Hune Lauren Kahre	4x800m Relay	9.14.39



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Name: _____
Your Email: _____
Grade: _____

Mother	Name:	_____
	Email:	_____
	Cell	_____
	Phone:	_____

Father	Name:	_____
	Email:	_____
	Cell	_____
	Phone:	_____

Event Selection

Check all events for which you would like to be considered. **Coaches make final determinations.**

X	Event	Current Personal Best
	4 x 800m Relay	
	100m Hurdles	
	100m Dash	
	1600m Run	
	4 x 100m Relay	
	400m Dash	
	300m Hurdles	
	800m Run	
	200m Dash	
	3200m Run	
	4 x 400m Relay	
	Shot Put	
	Discus Throw	
	Long Jump	
	High Jump	
	Pole Vault	