

Youth Track and Field- 2022

Thank you for participating in this year's Track and Field program. The goal for this program is to teach the fundamentals of Track & Field, promote healthy habits, and have FUN. While we will be competing, winning is not the end goal. We hope each participant will have a good experience, regardless of winning or losing. Please help us in this effort as we go throughout the season.

❖ **Practice Sessions:**

- Practices will be held Mondays and Thursdays at the Sky View High School Track.
 - 7 – 10 year olds, 6:00 pm – 7:00 pm
 - 11 – 15 year olds, 7:00 pm – 8:00 pm
- Please be on time to drop-off and pick-up your child.

❖ **Inclement Weather:**

- Coaches will make the final decision to cancel or move practices due to poor weather by 4:00 pm that day.
- Anything after 4:00 pm is considered a “game-time decision,” please use your best judgment in dropping off children if the weather is questionable.

❖ **Age Groups:**

- Children **must** run and practice with the group that represents their age as of **December 31, 2022.**
- Failure to run with the appropriate age group will result in disqualification.

❖ **Dress:**

- Be sure your child is dressed appropriately for the weather conditions.
- Running spikes and/or turf shoes are NOT allowed for participants that are 7 to 10 years of age. Running spikes are allowed, but not required, for participants 11 to 15 years of age and will be allowed at the State Meet.

❖ **Water:**

- Be sure your child brings water with him/her to all Track and Field events.

❖ **Lost Items:**

- Smithfield City Recreation & the Track and Field Coaches are not responsible for any items lost or left at the track. Be sure your child leaves practices and meets with all his/her belongings i.e. sweats, sweatshirts, water bottles, etc.

❖ **Track Meets:**

- Participants will compete in a minimum of two track meets during the season.
- 1st and 2nd place finishers at the End of Season Track Meet will advance to the State of Utah Track and Field: Northern Utah District Meet.
- Pre-registration for track meets is not required. Stickers with participant name, age group, and gender will be provided at the track meet. Participants can choose up to three events to compete in and will write the name of the events on their provided stickers.
- Please arrive a minimum of 30 minutes early for track meets. Meets will start on time and races will not be re-ran.

❖ **Meet Results:**

- Track Meet results will be posted online within 4 business days following the meet.
- Results can be viewed at smithfieldrecreation.com on the “Sports Schedules/Standings” page.

❖ **Contact Information:**

Program Supervisor, Ed Haines

Phone: 435-563-0048

Email: activities@smithfieldrecreation.com

Smithfield City Youth Track and Field

	7-8 Years	9-10 Years	11-12 Years	13-15 Years
Birth Year	(2015 – 2014)	(2013 – 2012)	(2011 – 2010)	(2009 – 2007)
50 Meter	X			
100 Meter	X	X	X	X
200 Meter	X	X	X	X
400 Meter	X	X	X	X
800 Meter	X	X	X	X
1600 Meter	X	X	X	X
4 x 100 Meter Relay	X	X	X	X
4 x 400 Meter Relay			X	X
Softball Throw	X	X		
Standing Long Jump	X	X		
Shot-Put			X	X
Long Jump			X	X

X - Indicates age group may participate in this event

- All age groups may participate in a maximum of three events
- Participants must compete in age groups according to their age on December 31, 2022
- Utah High School rules will govern events with modifications listed in the State of Utah Track and Field Program Manual 2019
- Participants may not wear jewelry, hair beads and decoration, or sunglasses (unless prescription)
- Participants may not run in bare feet or socks, shoes are required
- Only ages 11-15 may wear spikes or shoes designated for spikes during practice and meets
- Turf shoes for field events are not allowed