



Frequently Asked Questions:

How will I be communicated with throughout the season?

- Download [HelloTeam App](#) on your phone. Create a login and then follow instructions to link to your student athletes accounts. This is used for weekly communications, but also for “just-in-time” updates regarding meets, bussing, and other notifications. We recommend both you and your athlete have a login.
- Weekly Updates- Coach attempts to post a Weekly Update for Athletes in HelloTeam from Coach Heaton each Sunday evening.
- The Booster Club will share volunteer needs, event updates, and other announcements in this Weekly Update or on the track & field website: <https://maplegrovetrack.github.io/> Contact MGTfbooster@gmail.com if you need assistance
- HelloTeam app will be the primary place for information, but please follow us on social media for photos, announcements, and buzz building for our athletes.
- Instagram [@mgtrackandfield](#)
- Twitter: [@maplegrovetrack](#)

When does registration open?

- February 2nd for grades 8-12
- Register on the EduTrack website. Click on the soccer ball for “Sports & Activities”
- Grades 9-12 tryouts will be open to all who are interested. (No limit)
- Grade 8 tryouts will be limited to the first 50 boys and 50 girls who register.
- You must have a physical on file with the athletics office to register. Do not contact the office to see if you have one on file. It will let you know if you do not when you go to register. Physicals just be updated every 4 years.

When are tryouts?

- March 9-13 for grades 9-12
- March 12th (2 sessions in one day) and 13th (1 session) for 8th grade
- There will be buses after school from the middle schools to the high school, but the late bus/activity bus only runs T, W, Th. See below for important bus details.
- Team roster will be announced on or before March 16th via on HelloTeam.
- Athletes that do not make the team will receive a FULL REFUND of registration fee.

What date does practice begin?

- March 16th for all athletes who make the team (Grades 8-12)

When does practice start and end?

- 3 PM - 4:45 PM for Senior High (sometimes practice will end slightly before or after depending on the type of workout for the day)
- 3:15 PM - 4:45 PM for Middle School (after they get off the activity bus- could be 3:30 when busses run late occasionally)

How do middle school athletes get to Maple Grove Senior High for practice?

- There are activity buses that run from both OMS and MGMS to Maple Grove Senior High. Please contact your schools front office (MGMS, OMS) to confirm bus number and location.

Is there an activity bus athletes can ride home from practice?

- The district has activity buses that run on Tuesdays, Wednesdays, and Thursdays and are scheduled to leave MGSH at 4:45 PM on those days. The stops are more spread out than regular bus stops. For more specific information, you can contact the Transportation Department at: busquestions@district279.org.
- **IMPORTANT!** You must get a bus pass from the assistant athletic director when you check out your uniform/equipment to place on their phone or somewhere they can show the bus driver each day.

What is the booster club fee and what is it used for?

- First athlete \$100. And \$50 for a second athlete in the family. Third or more athlete \$0. Fees cover areas coaching, bussing, track equipment (hurdles, pole vault, throws), admin/insurance, and special events for student athletes.
- The booster fee is critical to help pay for the full and part time coaches we have supporting this very large track and field team. With over 150 athletes on the team, the District funding does not fully cover our coaching needs for a team of this size.
- Historically, we have not required individual athlete fundraising throughout the year like many other teams do so paying the booster fee eliminates the burden of having to sell something! We may consider when event groups require high cost equipment.
- The booster club is always looking for sponsorships and charitable giving from community partners. Contact MGTFbooster@gmail.com. We also hope you will join us at our dine and dash (restaurant) fundraisers as this is an important source of funds. And please share the details with friends and family to maximize donations to the program.

Why do we have to volunteer at meets?

- Hosting a track and field meet is a huge event that takes a lot of people working together to make it run smoothly.
- If you can't volunteer, we are asking for a \$100/family "buyout" that will be used to hire workers, allowing the coaches to coach and the meet to run efficiently.
- We are asking that each family volunteer for **1-2 shifts** this season (Approx 3-4 hrs)

What do we do as a volunteer?

- Volunteering is a great way to support our track and field program and meet other parents while still getting to see your athlete perform!
- You CAN, and should, step away to watch your athlete compete when it is time for their event.
- There are many needs at a track meet and no experience is needed. A few examples of what we need help with are: raking the sand pits after an athlete jumps; standing by the gate to make sure no athletes cross the track during a race; putting the high jump or pole vault poles back up; hand timing races at the finish line; concession stand sales.
- More information will be provided about signing up for shifts or how to pay the buyout at the Mandatory Season Kickoff.

Can my athlete compete in two MGSB spring sports?

- No. Given the commitment required for track & field, you can't be on a second varsity spring sport team. Club sports are ok, but the varsity in season sport takes priority for practices and meets.

What can my student do between now and the start of practice to prepare?

- In HelloTeam App, there are links to training workouts for sprinters, distance, throwers and jumpers. There will also be captains' practices March 3-7 from 2:30-3:30pm at MGSB for grades 9-12. Meet in the cafeteria.
- What equipment does my student need? Good running shoes: [TC Running](#) or Schuler Shoes in Maple Grove offer a discount (Schulers requires our coupon, TC running you just need to ask) and their specialists can fit your athlete with the proper shoe
- Appropriate layered clothing for the weather- [here is a link](#) with ideas on how to dress
- A watch that can time intervals (distance runners).
- Spikes (optional)- you can wear normal running shoes to practice and race in, but for more competitive runners, track spikes will give you an edge. There are different spikes for sprinters, mid-distance/distance, jumpers and throwers, so for new runners, you may want to forgo or wait until your athlete has a good idea of the events they are doing before purchasing.

Does my student get a uniform?

- Yes- these will be handed out at practice most likely the week after tryouts. Date will be posted on HelloTeam.

Can we order merchandise?

- Yes- we have two rounds of orders. Watch HelloTeam and Weekly Updates for specific dates/deadlines.

Are there pictures taken for this sport?

- We need parent volunteers to take meet photos. These will be made available on social media or website.

Who determines what event my athlete will participate in?

- During the tryout athletes will communicate their event area preferences to the coaching staff via a Google form.
 - Throws
 - Pole vault
 - Jumps
 - Sprints
 - Distance
 - Hurdles
- Some athletes may be interested in multiple of these areas and that is preferable.
- Athletes throughout the season may compete in different events at each meet.
- Athletes may share with coaches on a meet to meet basis what events they prefer to compete in, but coaches discretion is always the last deciding factor in the competition line up depending on the logistical considerations, athlete progress and wellness considerations, and competitive considerations.

Is there bussing to and from meets?

- A bus plan will be noted on Teamapp for each meet.
- Buses will be provided to and from every away meet unless the meet is at Osseo or Park Center.
- If we compete at Osseo or Park Center, students are expected to determine their own transportation.
- At every other meet riding the bus is MANDATORY for a few reasons: safety and team building. If parents watch their athletes at the meet, please let them know their bus ride home with their teammates is an important part of the athletic experience and you will meet them at MGSJ when they get off the bus.
- Exceptions will be made for school sponsored events like band concerts, conferences, etc.
- All athletes without excused absences will be expected to attend every meet they are competing in beginning to end.
 - Do you have too much homework? Bring it with you! Finish it in between your events.

What's the difference between Varsity and JV?

- To be a varsity participant, you need to be in the top 3 of your event or top 4 for a relay. All other runners compete at the JV level. Your coach will let you know before the meet what level you are.
- There are some meets that only JV athletes will participate in. Some meets are grade specific and only have participants 10th grade and under.

Where can I see what heat or flight my athlete is in and their results?

- When the meet uses an electronic timing system, the information can be found in the [Athletic.net](#) app or on their website. Links to results can be found on HelloTeam also.

Some meets are hand timed/hand scored meaning hand held timers are used and results are reported to the coaches and they will be shared later on HelloTeam. The link to our team results spreadsheet is also where you will find entries for which events your athlete is signed up for in the upcoming meet.

What is the order of events at a track and field meet?

Field events

- Field schedules vary meet to meet.
- High jump, pole vault, shot put, and discus follow a girls followed by boys order (or vice versa). The time the second gender starts is determined by when the first ends.
- Long jump and triple jump sometimes run together boys and girls at smaller meets and operate whenever athletes are ready. At bigger meets, athletes will be given a flight with a start time listed on the Teamapp documents.

Track events

- 4×800 Meter Relay
- Boys 110 Hurdles / Girls 100 Hurdles
- 100 Meters
- 4×200 Meter Relay
- 1600 Meters
- 4×100 Meter Relay
- 400 Meters
- 300 Hurdles
- 800 Meters
- 200 Meters
- 3200 Meters – Boys and girls may run together
- 4×400 Meter Relay

Brand new to track & field?

- **Relays**- 4x200m relay: The “4” indicates the number of runners. The other number is the distance. In this example, each athlete runs 200 meters ($\frac{1}{2}$ of the track) and then hands the baton to the next teammate. There are marks on the track called exchange lanes which is the space they have to hand the baton off in. If they do it outside of these marks, the relay team is disqualified.
- **Hurdles**- The height of the hurdle varies for boys vs girls and 300m hurdles are spread out farther between each hurdle. This race is a sprint endurance race. 100m (girls) and 110m (boys) hurdles are a sprint.
- **Jumps & Pole Vault**- For high jump and pole vault you get 3 at each height of the bar. If you clear it on the first or second try, you stop and wait until all athletes have done their attempts and then the bar is moved up to the next height and then the athletes get another round of attempts. If you don't clear a height after all of your attempts, you are done. Long jump and triple jump usually allow 3 (4 at smaller meets) to jump as far as possible. Sometimes there are “prelims” which means all entrants do the above and then the top marks move on to finals. This applies later in the season for the bigger meets like true team sections, conference, sections, and state
- **Throws**: Similar to long and triple jump, you get a set number of attempts to throw the shot put or discus as far as possible. Prelims and finals occur as well in later meets.
- **Each lap is 400 meters.**

- **Sprints:** 100m is the home straight away only ($\frac{1}{4}$ lap). The 200m starts on the top of the back curve and is a half of a lap. The 400m is a one lap, or quarter mile, race.
- **Distance:** 800m is a half mile and is two times around the track. 1600m is a mile and is 4 times around the track. 3200m is 2 miles and 8 times around. A bell is rung when they start their final lap.
- **Why do they not line up next to each other for some races?** Due to the shape of a track, starts need to be staggered so that the athletes are all running the same distance. For longer races you will see the athletes “cut in” at a designated spot and then all run in the inner lane.
- **What if my athlete wants to do both field and running events?** Many athletes do both. Events have a check in times at meets and athletes need to let the officials know when they are going back and forth so they don’t get skipped. Athletes need to talk with the coaches on how best to navigate. MSHSL rules allow athletes to compete in a total of 4 events at each meet. Of the 4 events 3 can be track events, 3 can be field events, or 2 of each. No athlete can compete in more than 2 events 800m or longer in one meet.
- **How can I watch field events?** You are allowed to go down near the field events to support the athletes, but please be mindful where you are walking or standing so as not to interfere with the athletes or judges.
- **How do I know what time my athlete runs, jumps or throws?** We will know the start time of a meet, but if it's a “rolling meet” that means that an event starts once the one prior finishes. The exact time depends on how many athletes are competing. For example, if there are 48 girls signed up to run the 100m hurdles, there could be 6 heats (8 lanes each heat) that need to be run before the boys 110m hurdles are set up and their heats start. You can refer to the “order of events” list above to guess an approximate start time as well as look at the Athletic.net heat sheets. A few meets have a set time for each race/field event flight, so even if an event finishes early, the next one won’t start until the designated time.
- **Will there be food for purchase at the meets?** Our booster club runs the concession stand for home varsity meets, but not always JV. We will include this information in meet announcements. For meets at other locations, we will try to find out in advance. Typically if a school has concessions for purchase it’s pizza, candy bars, gatorade, water, soda, popcorn, snacks and sometimes chicken sandwiches. Payment options vary.

Do you have to pay to get into a track meet?

- Some meets do have a fee to enter, but typically it’s the larger meets. The meets we know of that charge are: Our Crimson Invite, District 279 meet, Minnetonka Invite, Conference, Section and State meets. We will pass along information about how to buy tickets online or payment options accepted at the gate if we are able.

What should I eat the day of a track meet?

- It will vary depending on what event you are doing and who you are and what works for you, but [here is some advice](#) from Runner’s World on what to eat for an after-school race

When will my JV runner be done for the season?

- JV runners will be done the week of the JV Conference meet. May 7th, 2025 will be their last day of practice and their day to turn in their uniforms.

Is there senior night?

- Yes! We will be celebrating our seniors at the April 8th home meet.

Is there an end of season celebration?

- Yes. It will be held at the high school during the week of June 2nd. Watch HelloTeam for specifics.

How does my student earn a varsity letter?

- Information on how to earn a letter is in the handbook on HelloTeam. Specific criteria apply to each event.

Who can I contact with questions?

- Feel free to email the booster club mgtfbooster@gmail.com and we will respond or pass along your question. Otherwise, encourage your athlete to speak to a coach at practice.
- We have a Mandatory Season Kickoff with parents and student athletes at MGS. Watch HelloTeam or track website for date(s). You can learn more and ask questions there.