



# **Maple Grove**

# **Track and Field**

# **2025 Handbook**

## Maple Grove Coaching Staff

Sean Heaton	Head Coach/Distance	HeatonS@district279.org
Mike Herdan	Sprints	HerdanM@district279.org
Mikayla Whiteford	Sprints	
Jack Flynn	Sprints	
Abby Stoesz	Sprints	
Paul Meloche	Hurdles	
Mike Kuhlman	Distance	
Hannah Hempe	Distance	HempeH@district279.org
Gid Heroux	Distance	
Lauren Tillman	Distance	
Matt Detloff	Throws	DetloffM@district279.org
Val Vinokur	Throws	
Andrew Norman	Pole Vault	
Shawn Schindler	Pole Vault	
Kaylee Fisher	LJ, TJ, HJ	
Javan Copley	Strength	

## Captains

Grade	Name	Group	Grade	Name	Group
12	Kelsey Wentland	Sprints	12	Max Miley	Hurdles
10	Sam Jacobson	Sprints	12	Henry White	Pole Vault
11	Drake Wegscheid	Sprints	11	Sasha Kowalski	Pole Vault
12	Natalie Laurence	Distance	12	Addison Doherty	Throws
12	Ben Femrite	Distance	11	Aubrey Steel	Jumps/Multi
12	Kelsey Young	Distance	11	Keynan Allee	Jumps/Multi
12	Kat Bearce	Hurdles	11	Gavin Nelson	Multi

## **Registration**

**All athletes must register with the athletic office before they are allowed to practice.** This includes paying the activity fee and getting a physical if you have not had one in the last three years. Registration information can be found on the track website or the Maple Grove Senior High athletics page. Registration is online through [SMART SCHOOL](#).

## **Communication**

- Stack Team App is used for weekly communications, just-in-time updates, and meet results. Download and follow Maple Grove Track and Field:  
<https://maplegrovetrackandfield.teamapp.com/>
- Follow us on Twitter @maplegrovetrack

## **Practice**

- Practice for senior high students begins on Monday, March 10th at 3:00 pm, finishing between 4:30 and 5:00. Practice for middle school students starts on Thursday, March 13th at 3:15pm, finishing at 4:45pm.
- Locker rooms are available for changing into your track clothes. Do NOT leave your personal items in the locker room. Secure all valuable items, do not leave them sitting out unattended.
- **When you cross the street to go to the track use the crosswalk at the light.** There are accidents that happen in front of the school, do not be the cause of one.

## **Transportation**

- Middle School Students; activity buses leave the middle schools at 2:50 each day and will drop you off at the HS. **The bus leaves MGMS (route 270) leaves the front side of the building, OMS (route 374) leaves on the east side of the building.** We will have a coach helping students find the bus on the first day. When you arrive at the high school, change quickly and go to your coach, you have a limited time to practice. Be polite and don't run around in the school.
- A Late bus is available Tuesday-Thursday. Buses leave the high school at 4:45. The main office receives a report of students that are assigned to late activity busses each week
- On "away" meet days, we will come pick you up at the middle school if you are competing in the meet. If it is a home meet you will take the activities bus to the high school as though it was practice. After meets, buses will always return athletes to the high school only.
- For more specific information, contact [busquestions@district279.org](mailto:busquestions@district279.org)

## **Attendance**

- **BE ON TIME!** All athletes are expected to attend practice each day and daily attendance will be documented at the beginning of practice. Captains and coaches will lead your group in a warm-up and stretching and announcements will be made.
- Attendance at practice helps determine event participation at meets and will help determine your ability to earn a varsity letter.
- Varsity and JV athletes will have some scheduled practices on Saturdays that are

pre-arranged and communicated by their area coach. All absences (unexcused or excused) must be communicated directly to the athlete's area coach in advance of the absence.

- Multiple absences will be handled by the following actions:
  - After the first absence, coaches will talk with the athlete.
  - After the second absence, the coaches have the right to withhold participation from a meet/event.
  - The third unexcused absence will result in the removal from the team.
- Excused absences may include illness, doctor's appointments, a major family event, required school event that cannot be scheduled at an alternate time.

## Meet Participation

- To qualify for participation in a meet an athlete must be in good academic standing and participate in practices throughout the entire season. Athletes that are held out of practice for injury or academic or behavior misconduct may also be held from competing in a meet. Additionally, If an athlete has an **unexcused** absence the week or day before a competition which impacts the performance of the athlete and/or relay, the coach may withdraw the athlete from an event/s. Athletes must communicate their planned absences in advance with the coach in order to be considered for participation in a meet.
- At track meets, athletes are expected to prepare for competition; when they are not, they should be encouraging other athletes in the meet. The expectation is that athletes will stay to the end of the meet to encourage their teammates.
- If an athlete plans to ride home from a meet with a parent and not on a bus a written note needs to be given to a coach 24 hours before the meet (this allows us to accommodate bus schedules).

## Spectators

- **Only athletes and coaches should be in the competition area.** This includes the track, infield, throwing vectors, jumping, and pole vaulting areas. Please remain in the areas designated for spectators at each meet. Interfering with an athlete's competition could result in your athlete being disqualified.

## Uniforms

- You will be issued a team uniform before the first meet. DO NOT share your uniform. You are responsible for the uniform. If you lose it you will have to pay for a new one. Make sure you remove hip numbers (varsity only meets) before you wash your uniform or the adhesive will damage it.

## Injuries

- If you think you have an injury, tell your coach and see the trainer. The trainer's office is located in the athletic hallway. There is no charge to get an evaluation. Results of evaluation should be shared with your coach and parent/guardian.

## **Chemical Policy**

By joining the track and field team athletes are agreeing to follow the chemical free rules defined by Maple Grove Senior High School and the Minnesota State High School League. Violations will be handled according to MSHSL District policy.

## **Respect and Cooperation**

Cooperate and be courteous with your coaches and captains. We will always work in your best interest and in the best interest of the team. Each track athlete is expected to exhibit exemplary behavior while representing Maple Grove Senior High. Respect officials, your teammates, coaches and especially your competition.

## **Tryouts**

- Monday March 10th - Friday March 14th will be high school tryouts. Tryouts are open to only athletes who are registered for track and field.
- 8th grade athletes hoping to try out for the team must register for a limited number of tryout spots. 8th grade tryouts begin on March 14th at 3:15pm. There will be two sessions of 8th grade tryouts on Thursday March 13th and a final session on Friday March 14th at 3:15pm.
- You can only register with the high school you are scheduled to attend based on school boundaries. Please make sure you do not register for another high school's team.
- No 7th grade athletes may register or tryout for Maple Grove Track and Field team due to team size constraints. Our coaching staff and facilities cannot safely handle the number of student athletes that annually wish to participate on our team.
- Tryout results will be communicated on Teamapp over the weekend of the 15th of March. Athletes who do not make the team will have their registration fee and booster fee refunded in full.
- Team selection will be based on athletic performance per event area and overall conduct during the first week of practice.

**For Frequently Asked Questions and Responses, check out this link:**

 [2025 MGTF - Frequently Asked Questions](#)

## **2025 Track and Field Schedule**

Date	Location	Meet Name	Who Competes
4/1	Maple Grove	Blaine Dual	All
4/8	Maple Grove	Osseo Dual	All
4/15	SLP	SLP Quad	All
4/22	Minnetonka	Joe Lane/Rogness Invitational	Varsity
4/24	Maple Grove	JV Tri	JV
4/25	Hamline University	Hamline Elite Meet	Qualifying athletes
4/29	Maple Grove	Crimson Invite	Varsity
4/30	Osseo	(10th grade and under) JV Invitational	JV
5/6	Rogers	Varsity True Team Sections	Varsity
5/8	Park Center	JV True Team Sections	JV
5/13	Osseo	District 279 Meet	Top 8 in each event
5/15	Maple Grove	JV Conference	JV
5/20	Elk River	NWSC Conference Prelims	Varsity
5/21	Elk River	NWSC Conference Finals	Varsity
5/28	Forest Lake	Section 5AAA Prelims	Varsity
5/30	Forest Lake	Section 5AAA Finals	Varsity
6/10	STMA	State Meet (Class AAA)	Qualifying athletes
6/12	STMA	State Meet (Class AAA)	Qualifying athletes

## **2025 Maple Grove Track and Field Lettering Policy**

To be considered for lettering, all track and field student athletes must meet BOTH of the following requirements:

- A. Maintain MSHSL Eligibility throughout the duration of the season.
- B. Be in good standing with coaches and team
  - This includes but is not limited to, ZERO unexcused absences

In addition to the above expectations, athletes must also attain one of the 3 following benchmarks:

1. Participating in 5 Varsity meets of a single season (or approximately 70% of the Varsity Regular Season)
2. Represent our team at TWO of the following meets:
  - a. Varsity True Team Sections
  - b. Northwest Suburban Conference Championships
  - c. Section 5AA Championships
  - d. State Championships
3. Achieve a lettering standard TWICE at a varsity meet using Fully Automated Timing (F.A.T.).

## **Lettering Standards**

### **Boys**

100M 11.9  
200M 23.8  
110H 17.00  
300H 42.8  
Long Jump 19'7"  
400M 53.0  
Triple Jump 39'11"  
800M 2:05  
High Jump 5'8"  
1600M 4:57  
Shot Put 41'0"  
3200M 10:38  
Discuss 115'00"  
Pole Vault 10'6"

### **Girls**

100M 13.3  
200M 27.6  
110H 17.37  
300H 50.0  
Long Jump 15'6"  
400M 62.0  
Triple Jump 33'1"  
800M 2:25  
High Jump 4'8"  
1600M 5:33  
Shot Put 29'0"  
3200M 12:35  
Discuss 90'0"  
Pole Vault 8'6"