

SMITHVILLE TRACK AND FIELD

Track is open to any 7th or 8th grader who wants to participate. All Students interested must have a cleared sports physical through PRIVIT, our online sport physical program.

More information about PRIVIT is on our Website, click [HERE](#).

Practice will begin on Tuesday, February 28th. We will practice every school day that we have a full day of school until 4:15. We will start in the gym and will go outside weather permitting.

What you need for Practice

Regular athletic shoes for warm-ups and work out clothes for indoor and outdoor(check the weather!) We will go outside after the first couple days of practice if it is above 40 degrees outside.

If you are planning to be a sprinter or jumper, we highly recommend getting sprinting spikes. They start around \$35 and are available at all sporting goods stores or online.

Long distance runners and throwers are ok to wear normal athletic shoes although some do choose to purchase shoes for distance running.

Communication

To stay up to date on Track and Field Communications, follow us on Remind

Note: Remind limits our members so we created 4 "Teams" to join. All messages will be sent to all teams. Please only enter the code and join the team that fits your athlete

8th Boys - @mstrack27b

8th girls - @mstrack27g

7th Boys - @mstrack28b

7th Girls - @mstrack28g

If you have questions, contact Head coach Adam Roske - roskea@smithville.k12.mo.us

[Click HERE to SIGN UP for Track!](#)

Track Shirts will be our uniforms for the season and every athlete needs one to compete. We will continue to use the shirts we got last year. If you ran track last year and your shirt still fits, you do not need to purchase another one. Click below for the Track shirt order form.

[Track Shirt Order Form](#)

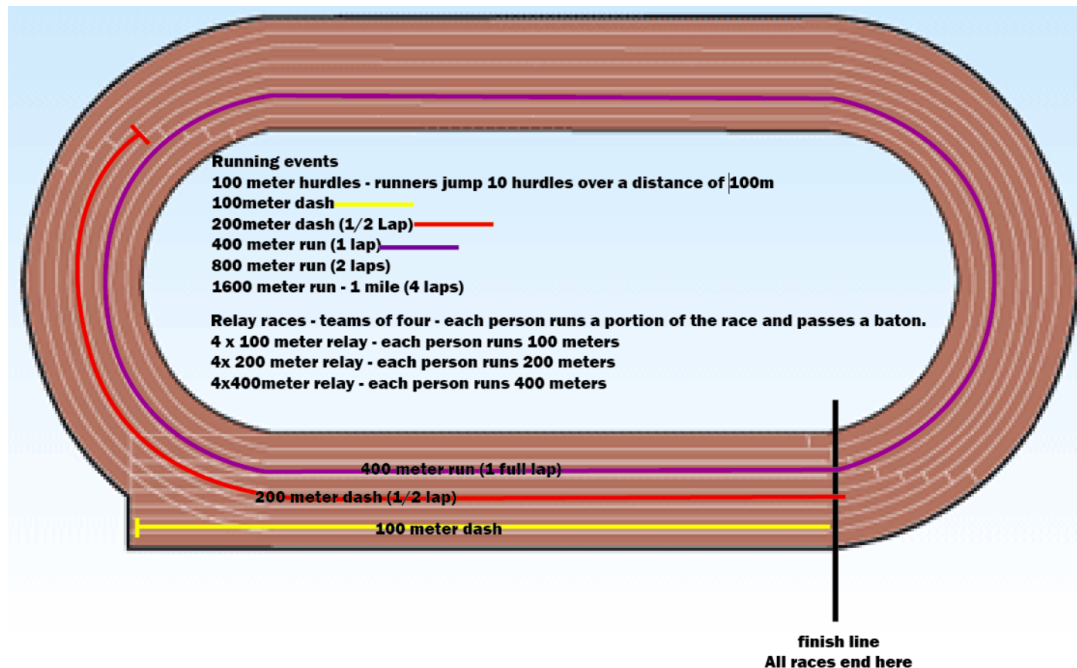
2022 Meet Schedule

3/28	@ Delta Woods	4/13/23	@ Smithville Relays
3/30/23	@ HOME	4/18/23	@ Walden
4/4/23	@ Kearney	4/20/23	@ Smithville Invite
4/6/23	@ Heritage	4/25/23	@ New Mark
4/11/23	@ HOME	4/26/23	@ Kearney Invite 7th

Meets in Red are limited entry so not all athletes will attend.

Events for Middle School Track and Field

Below you will find a list and description of the possible events a track participant is eligible to compete in. Runners are split into groups in practice to work on what will help you in your events. Groups are sprinters, long distance runners, jumpers, and throwers(shot put and discus). Some athletes will practice with different groups if your events are in different categories.



Here are some videos of the different events so you can be well informed starting this track season!

Running events

100 Meter Hurdles [video](#)

100 Meter Dash [video](#)

200 Meter Dash [video](#)

400 Meter Dash [video](#)

800 Meter Run [video](#)

1600 Meter Run [video](#)

RELAYS

4x100 Meter Relay [video](#)

4x200 Meter Relay [video](#)

4x400 Meter Relay [video](#)

Field Events

Long Jump [video](#)

Triple Jump [video](#)

High Jump [video](#)

Shot Put [video](#)

Discus [video](#)