



Casteel

Track and Field

Handbook

2019



Table of Contents

Contents

Table of Contents	2
Athletes Expectations	3
Fee’s and Fundraisers	4
Practice Schedule	4
Meet Schedule	5
Lettering	6
Qualifying Standards 2018	7
School Records	8
School Records by Class	10
Transportation	16
Booster Club	18
Injury –	19
Throwing	20



Athletes Expectations

Attendance

Once the season has started, every second counts as we prepare for the upcoming meets. All team members must be present and prepared for every single practice if we are to be successful individually as well as a team.

Attendance to all practices is required. If any player has two unexcused absences, they will meet with coaches to determine what action will take place. Athletes who do not attend practice will not compete in meets and excessive misses will result in removal from the team. Practice starts at 3:15 every day and will end between 4:45 and 5:15 depending on the events you are competing in. If an athlete will be late for academic or other excusable reasons, it will not be held against them as long as a **parent** contacts a coach **before** the practice.

Education

Our coaching staff believes that the first part of a student athlete is more important than the second. All athletes are expected to be eligible. Progress reports will be handed out so we can make sure no players are having trouble with their grades. There is nothing worse than getting knocked out of a sport by a book.

Behavior

“First Class or No Class.” Our track athletes should not have any discipline issues. They represent Casteel track as well as in the classroom. They should set the example in class and help resolve problems rather than start them. This goes for behavior at school and away from it. Any use of alcohol or illegal drugs is reason for immediate dismissal from the team, and will not be tolerated. Any other actions the coaches deem inappropriate may also result in removal from the team.

Team

In order to be successful, all teammates must be supportive and helpful to one another. There is no room for hazing or bullying in the locker room or on the field. To help build our team unity we want all athletes to travel to and from dual meets on the bus. If you have a real problem and need to leave after a meet with a parent, the parent needs to contact the coach **prior** to the meet, and sign the player out with a coach before leaving. **No player may leave a game with anyone but their legal guardian. Please see the transportation part of this document.**



Fee's and Fundraisers

- To participate in track there is a \$60 fee that it to be paid to the bookstore.
- Athletes will not be able to receive their uniforms until they have paid the fee.
- Athletes are responsible for providing their own practice clothing and running spikes if needed.
- If you are participating in a sprinting or jumping event it is recommended that you purchase running spikes. Throwers can also purchase throwing shoes. If you are unsure as to whether or not you should purchase a special shoe speak with your position coach.

Fundraisers

Rather than have you run around selling cards and then losing between 20%-40% to a vendor we will be doing a check-a-thon with the booster club. It will allow us to keep all of the money earned and save you some time and effort. We are asking that each team member collect \$40. There will be prizes available to those who collect more.

We always welcome and encourage parents to donate to tax credit on behalf of the track team. We use those funds to purchase equipment we need such as pole vault poles ect...

Practice Schedule

A practice schedule calendar is located on the track page on the Casteel website. Generally, practice is held Monday through Friday from 3:15 to around 5:00. This time will be altered slightly on the day of meets or holidays. Any day we don't have school we will be planning on practice to be from 8:00 AM to 10:00 AM.

Over spring break practice will be from Monday –Thursday the first week and Tuesday – Friday the second week. Please plan any vacations over the middle part of spring break to minimize missing practice.

Meet Schedule

2019 Casteel Track & Field Schedule

Date	Meet Name	Location	WHO
Wed, Feb 27	Williams Field Dual Meet	WF High School	All Levels
Fri, Mar 1	Desert Classic	Queen Creek HS	Varsity
Wed Mar 6	Maricopa & Mesquite Multi	Casteel High School	All Level
Fri, Mar 8	Becky Matthews	Desert Vista HS, Phoenix	JV/Fresh
3/22-3/23	Chandler Rotary	Chandler High School	Varsity
Wed, Mar 27	Poston Butte & Tempe Multi	Tempe High School	All Levels
Fri, Mar 29	Ron Smith Classic	Shadow Mountain High School	Varsity
Fri, Apr 5	Casa Grande Kiwanis	Casa Grande High School	Varsity
Wed, Apr 10	Marcos De Niza Dual	Casteel High School	All Levels
Wed, Apr 17	Chandler City Meet	Chandler High School	All Level
Fri, Apr 19	Southeast Valley Championship	Queen Creek HS, Queen Creek	Varsity
Wed, Apr 24	Desert Vista Last Chance Meet	Desert Vista HS, Phoenix	??
Wed, May 1	Day one State	MCC	Varsity
Sat, May 4	Day two State	MCC	Varsity





Lettering

- **Standard 1:** Attendance is required at all practices unless you have a legitimate written excuse.

Standard 2: Athletes must demonstrate a good work ethic, positive attitude and good sportsmanship. Remember that you are representing yourself, your family, your team, and your school. You should do so in a socially acceptable manner.

Standard 3: Participate in at least 50% of the varsity meets and finish the season in good standing (including being eligible from an academic and attendance standpoint).

Standard 4: Perform at the levels listed below.

NOTE: If an athlete meets all 4 standards, a varsity letter is earned automatically. If an athlete meets 3 of the 4 standards, the coaching staff will decide.

Varsity Letter Minimum Requirements

BOYS	EVENT	GIRLS
16.50	100/110 High Hurdles	17.50
44.50	300 Intermediate Hurdles	57.00
11.5	100 M	13.54
24.00	200 M	28.00
52.00	400 M	1:04.24
2:04.00	800 M	2:34.24
4:50	1600M	5:30.0
10:30.00	3200M	11:55.24
18'6"	Long Jump	14'
38'6"	Triple Jump	30'
5'10"	High Jump	4'7"
42'	Shot Put	28'06"
115'	Discus	75'
11'0"	Pole Vault	7'06"
125'0"	Javelin	75'00"

Qualifying Standards 2018



2019 AIA STATE TRACK & FIELD QUALIFYING STANDARDS

DIVISION II

BOYS

GIRLS

EVENT	AUTOMATIC	PROVISIONAL	AUTOMATIC	PROVISIONAL
4X800 RELAY	8:15.91	8:42.48	10:12.42	11:03.49
H. HURDLES	15.26	16.11	15.77	17.16
100 METERS	10.91	11.28	12.34	12.88
1600 METERS	4:27.16	4:36.38	5:21.49	5:37.47
4X100 RELAY	43.01	44.65	49.79	52.49
400 METERS	50.26	51.48	58.93	1:02.84
300 HURDLES	40.55	42.34	46.78	50.04
800 METERS	1:58.82	2:02.33	2:22.14	2:28.42
200 METERS	22.28	22.88	25.56	26.47
3200 METERS	9:41.37	10:10.75	11:29.86	12:21.75
4X400 RELAY	3:26.20	3:34.89	4:06.81	4:22.91
POLE VAULT	13' 0"	11' 6"	9' 6"	8' 0"
HIGH JUMP	6' 2"	5' 10"	5' 2"	4' 10"
LONG JUMP	21' 8"	20' 9"	17' 0"	15' 10"
TRIPLE JUMP	43' 4"	40' 5"	34' 5"	31' 5"
SHOT PUT	47' 3"	44' 2"	36' 6"	32' 0"
DISCUS	148' 4"	131' 9"	109' 3"	96' 2"
JAVELIN	146' 1"	129' 7"	94' 8"	84' 0"

- ALL TRACK TIMES MUST BE WIND-LEGAL ELECTRONIC TIMES (F.A.T.)

In order to qualify for state you must meet the provisional mark in a qualifying invitational meet. If you reach the automatic mark you will be qualified for the state meet. If you reach the provisional mark you will make it if you are in the top 24 in your event. You can check to see your ranking at athletic.net.



School Records

Casteel Men's Track and Field Records 2018

Shot Put	43'4.5"	Brock Dieu	4.18.18
Discus	125'06"	Jack Littleton	4.18.18
Long Jump	20'03"	Zach Nelson	4.06.18
Triple Jump	40'7.75"	Zach Nelson	4.25.18
High Jump	5'08"	Zach Nelson	3.02.18
Pole Vault	10'08"	Bailey Martin	4.06.18
Javelin	160'01"	Jayce Knutsen	5.04.18
100 M Dash	11.00	Brandon Thomas	5.04.18
110 M Hurdles	17.85	Preston Daugherty	4.18.18
200 M Dash	22.15	Isaac Davis	4.14.18
300 M Hurdles	42.12	Preston Daugherty	4.20.18
400 M Dash	48.08	Isaac Davis	4.14.18
800 M Dash	2:01.01	Matthew Abramson	4.20.18
1600 M Run	4:32.33	Derek Baca	4.14.18
3200 M Run	9:49.51	Derek Baca	5.04.18
400 M Relay	42.48	M. Johnson, I. Davis, B. Thomas, C. Gapen	4.18.18
1600 M Relay	3:22.04	M. Abramson, M. Salonic, I. Davis, Collin Gapen	4.18.18
3200 M Relay	8:11.48	D. Carlson, M. Abramson, D. Kirkland , D. Baca	4.18.18



Casteel Women's Track and Field Records 2018

Shot Put	30'07"	Cassidy Riddle	4.14.18
Discus	76'09"	Maraya Carroll	4.20.18
Long Jump	16'07"	Lael Bowser	4.14.18
Triple Jump	31'06"	Elizabeth Cruz	4.02.18
High Jump	4'08"	Baley Follett	4.03.17
Pole Vault	12'08"	Taylor Starkey	4.20.18
Javelin	111'10"	Tyla Biggs	5.04.18
100 M Dash	12.53	Morgan Lewis	5.04.18
100 M Hurdles	16.44	Tyla Biggs	4.20.18
200 M Dash	25.85	Morgan Lewis	4.18.18
300 M Hurdles	49.05	Holly Deem	5.05.17
400 M Dash	61.85	Morgan Lewis	4.25.18
800 M Dash	2:28.19	Cassidy Cann	4.25.18
1600 M Run	5:33.24	Cassidy Cann	5.04.18
3200 M Run	12:09.21	Cassidy Cann	5.04.18
400 M Relay	50.51	O. Jackson, I. Brown, T. Biggs, M. Lewis	4.14.18
1600 M Relay	4:08.93	M. Rich, M. Morrow, O. Jackson, M. Lewis	5.04.18
3200 M Relay	10:24.33	R. Lewis, M. Radder, T. Hall, C. Cann	4.20.17



School Records by Class

Casteel Men's Track and Field Freshmen Records 2018

Shot Put	43'4.5"	Brock Dieu	4.18.18
Discus	116'02"	Brock Dieu	4.11.18
Long Jump	19'10"	Brandt Goodwin	4.26.17
Triple Jump	38'01"	Dallin Clark	4.20.18
High Jump	5'08"	Dominic Digian	4.11.18
Pole Vault	10'08"	Bailey Martin	4.06.18
Javelin	160'01"	Jayce Knutsen	5.04.18
100 M Dash	11.51 _(11.44 wind aided)	Collin Gapen	4.21.17
110 M Hurdles			
200 M Dash	22.87	Isaac Davis	4.21.17
300 M Hurdles	49.22	Sam Larson	4.20.16
400 M Dash	50.00	Isaac Davis	5.05.17
800 M Dash	2:01.11	Derek Baca	4.25.18
1600 M Run	4:32.33	Derek Baca	4.14.18
3200 M Run	9:49.51	Derek Baca	5.04.18
400 M Relay	44.80	M. Richsteing, I. Davis, B. Goodwin, C. Gapen	4.01.17
1600 M Relay	3:52.71	M. Abramson, D. Auclair, M. Rama, J. Rucker	2016
3200 M Relay	9:30.92	A. Haro, J. Martin, J. Martinez, T. Mayhew	2016



Casteel Men's Track and Field Sophomore Records 2018

Shot Put	41'9.5"	Jack Littleton	4.06.18
Discus	125'06"	Jack Littleton	4.18.18
Long Jump	19'8.75"	Zach Nelson	4.21.17
Triple Jump	39'7.5"	Zach Nelson (*2.2)	4.21.17
High Jump	5'06"	Zach Nelson	4.21.17
Pole Vault	8'00"	D.Barrientes/M.Contreras	4.20.17
Javelin	141'04"	Wyatt Reidhead	4.06.18
100 M Dash	11.18	Collin Gapen	4.14.18
110 M Hurdles	19.88	Trey Brooks	4.21.17
200 M Dash	22.15	Isaac Davis	4.14.18
300 M Hurdles	45.25	Mathew Abramson	4.20.17
400 M Dash	48.08	Isaac Davis	4.14.18
800 M Dash	2:02.49	Matthew Abramson	4.26.17
1600 M Run	4:57.78	Daniel Kirkland	4.20.17
3200 M Run	10:36.57	Kyle Shirley	4.07.17
3200 M Relay	9:21.80	E. Baldwin, J. Clement, S. Mayhew, W. Clayton	4.01.17



Casteel Men's Track and Field Junior Records 2018

Shot Put	41'5.75"	Will Perry	4.20.18
Discus	121'10"	Will Perry	4.18.18
Long Jump	20'03"	Zach Nelson	4.06.18
Triple Jump	40'7.75"	Zach Nelson	4.25.18
High Jump	5'08"	Zach Nelson	3.02.18
Pole Vault	10'01"	David Barrientes	4.02.18
Javelin	113'10"	Bodie Mully	4.06.18
100 M Dash	11.00	Brandon Thomas	5.04.18
110 M Hurdles	17.85	Preston Daugherty	4.18.18
200 M Dash	22.92	Brandon Thomas	4.14.18
300 M Hurdles	42.12	Preston Daugherty	4.20.18
400 M Dash	49.86	Matthew Abramson	4.20.18
800 M Dash	2:01.01	Matthew Abramson	4.20.18
1600 M Run	4:50.99	Kyle Shirley	3.02.18
3200 M Run	10:26.94	Kyle Shirley	3.25.18



Casteel Women's Track and Field Freshmen Records 2018

Shot Put	23'06"	Ashlyn Mickelson	4.02.18
Discus	65'02"	Hannah Hudson	3.03.17
Long Jump	15'00"	Lael Bowser	4.21.17
Triple Jump	30'0.5"	Braidyn Nichols	4.14.18
High Jump	4'08"	Baley Follett	4.03.17
Pole Vault	11'06"	Taylor Starkey	5.11.17
Javelin	44'09"	Maeghan Kendall	4.18.18
100 M Dash	12.53	Morgan Lewis	5.04.18
100 M Hurdles	18.09	Holly Deem	4.21.17
400 M Dash	61.85	Morgan Lewis	4.25.18
300 M Hurdles	49.05	Holly Deem	5.05.17
400 M Dash	61.85	Morgan Lewis	4.25.18
800 M Dash	2:33.03	Cassidy Cann	4.07.17
1600 M Run	5:57.39	Cassidy Cann	4.21.17
3200 M Run	13:30.55	Elizabeth Chavez	3.04.16
400 M Relay	52.95	L. Bowser, I. Brown, H. Deem, M. Herrera	4.01.17
1600 M Relay	4:26.85	T. Hall, M. Fargher, O. Jackson, M. Radder	



Casteel Women's Track and Field Sophomore Records 2018

Shot Put	27'11"	Cassidy Riddle	4.21.17
Discus	76'09"	Maraya Carroll	4.20.18
Long Jump	16'07"	Lael Bowser	4.14.18
Triple Jump	31'06"	Elizabeth Cruz	4.02.18
High Jump	4'06"	Elizabeth Cruz	4.06.18
Pole Vault	12'08"	Taylor Starkey	4.20.18
Javelin	59'08"	Brenna Shifley	4.02.18
100 M Dash	12.90	Tyla Biggs	4.21.17
100 M Hurdles	16.75	Tyla Biggs	4.21.17
200 M Dash	27.40	Lael Bowser	5.04.18
300 M Hurdles	50.73	Holly Deem	5.04.18
400 M Dash	63.09	Marisa Morrow	5.04.18
800 M Dash	2:28.19	Cassidy Cann	4.25.18
1600 M Run	5:33.24	Cassidy Cann	5.04.18
3200 M Run	12:09.21	Cassidy Cann	5.04.18



Casteel Women's Track and Field Junior Records 2018

Shot Put	30'07"	Cassidy Riddle	4.14.18
Discus	71'10"	Lorin Feininger	4.14.18
Long Jump	12'0"	Aynsleigh Burns	3.02.18
Triple Jump	26'06"	Shelby Haas	4.18.18
High Jump			
Pole Vault	8'01"	Shelby Haas	4.02.18
Javelin	111'10"	Tyla Biggs	5.04.18
100 M Dash	12.97	Tyla Biggs	4.02.18
100 M Hurdles	16.44	Tyla Biggs	4.20.18
200 M Dash			
300 M Hurdles			
400 M Dash	64.19	Odalis Jackson	4.02.18
800 M Dash	2:44.89	Megan Fargher	3.09.18
1600 M Run	5:54.48	Macie Sanders	4.20.18
3200 M Run	13:18.09	Macie Sanders	4.14.18

Transportation



CHANDLER UNIFIED SCHOOL DISTRICT ATHLETIC DEPARTMENT

ATHLETIC TRANSPORTATION

All student athletes must ride on the district sponsored transportation provided to all athletic events/competitions and/or practices (as applicable).

A student-athlete may ride home *after the competition* only with their own parent(s)/guardian(s) so long as the parent/guardian notifies the coach in written form. The note should identify date, student-athlete name, parent/guardian name, and signature of parent/guardian. Carpooling of student-athletes is not permitted regardless of parent permission.

The Head Coach is responsible to collect and keep all signed permission slips through the end of the season.

A Head Coach/team may choose to be more restrictive and require all student-athletes to go to and from the competition on district transportation.

The only exception to this District Athletic directive is golf. Refer to "High School Athletic Team Off-Site Practice Student Athlete Transportation Waiver".

Transportation to and from meets.

This is the district's policy on transporting athletes to and from athletic competitions. These are not our rules they are the district rules.

Summary:

1. You must ride the bus to meets.
2. Parents can take their own kids home **after** local multi meets. No form needed they just need to stay until the **meet is over**. They must find and sign out with Coach Whitaker or Clark **before** leaving.
3. If parents are taking their own kids home from **invitational meets** they must give the completed Student Transportation Form to Coach Whitaker or Clark **before** leaving for the meet. The coaches must physically see you and must sign them out. **This must be done for each invitational.**



Casteel Track and Field Student Transportation Form

- This must be given to Coach Whitacre or Clark prior to the team leaving for the meet.
- You must physically see and sign out with either Coach Clark or Whitacre prior to leaving.
- Under no circumstances can you transport any student from a meet that is not your own.

Failure to do any of these three things may result in removal from the team.

Today's Date: _____ School Year: _____

Student Name [print]: _____

Parent(s) Name(s) [print] _____

School: _____ Activity _____

ACCEPTANCE OF RESPONSIBILITY AND WAIVER OF LIABILITY

I/we understand that the District accepts no responsibility or liability for verifying, or for failing to verify, either the status of the automobile insurance for any of the drivers the undersigned Parent/Guardian/Student has/have authorized to drive the above named Student.

I/we assume full responsibility for liability incurred and understand that the vehicle's owner or driver's personal insurance will be primary in case of an accident.

I/we acknowledge and agree to defend and hold the District harmless, including, but not limited to, its current and future employees, the Governing Board, executors, administrators, insurers, its successors and assigns for, from and against any and all liability, claims, demands, costs, charges and expenses of every kind related to any personal bodily injury or injury to property occurring while the above named Student is traveling to and from off-site practices/activities or other related events with his/her parent(s) or other designated responsible adult.

Parent/Guardian Printed Name

Parent/Guardian Signature

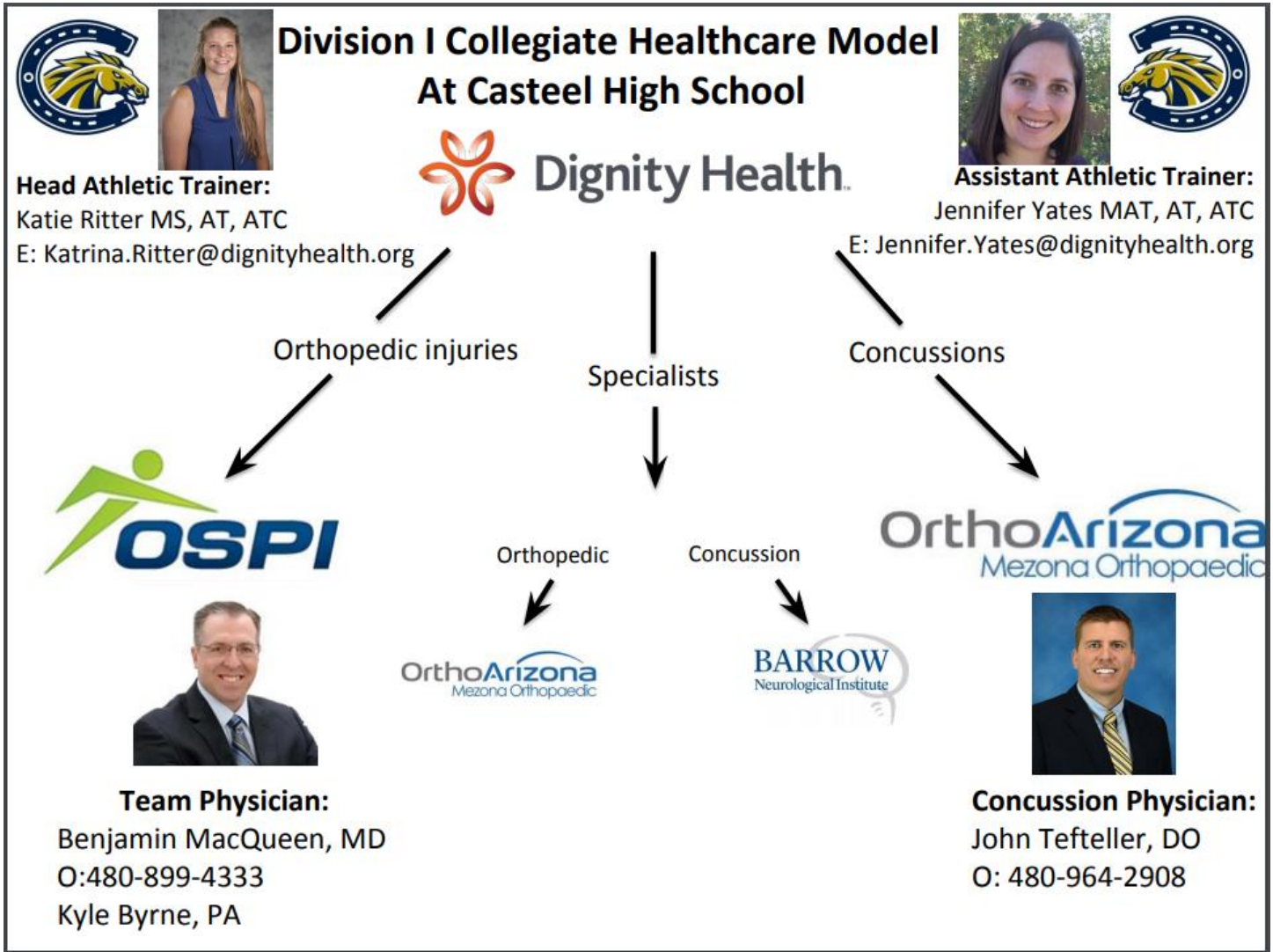


Booster Club

Casteel Track and Field – NEED TO KNOW!

Please review this information to be sure you are in the know for our 2019 Track Season.

Injury –



At Casteel High School we strive for the same level of athlete healthcare that you would see at a Division 1 college. If the athlete has an injury or illness that is above the level of care they can provide you will be encouraged to utilize the Dignity Health network and be seen by our team physician Dr. Benjamin MacQueen at the Orthopedic Sports Performance Institute (Gilbert), or OrthoArizona (Gilbert or Chandler). It is of the utmost priority that your athletes remain on the field and participate in sport safely, but when injury does arise, the team of medical professionals that service Casteel High School will be there to help.



Throwing

Throwing Events Safety Guidelines

[Return to Table of Contents](#)



Due to the inherit danger of throwing events these are the following guidelines we will adhere to at Casteel High School.

1. No throwing may occur if a coach is not present.
2. No throwing athlete will give a non athlete throwing athlete a disc, shot or javelin to “try” with out a coach there to help correctly instruct them.
3. When drilling specific skills and mutiple throwers are participating all throwers will be expected to stay behind the designated line. All throwers will wait to retrieve their implements until the coach tells them to get them. While athletes are retrieving their implements no throws may take place until the coach signals the area is clear.
4. While throwing in the rings athletes will stand behind the fence/net not againt it so that shots or discus will not hit them.
5. The athlete throwing is expected to inspect the throwing area to make sure it is clear and that no one is in danger of being struck by a throwing implement.
6. If an athlete is in the throwing area retrieving implements or measuring in a meet they must keep their eyes forward at all times until they are clear of the throwing area.
7. No horseplay or unsafe behaviors in the throwing areas will be tolerated.

Consequences

1. If any of these guidelines are not followed, the thrower will be spoken with and excused from practice that day.
2. If the same thrower has a second offense and does not follow the rules he will be suspended from throwing and will not be reinstated until he has met with the Head Coach, and the Athletic Director has cleared him/her to return.

I agree to abide by the following guidelines and understand the consequences if I do not.

Printed Name

Signature

Date