

## 2026 Milton High School

### TRACK RULES AND POLICIES



#### **Milton High School Track and Field Mission Statement**

To provide a safe and competitive environment that fosters self-motivation, perseverance, discipline, and strong work ethic. We strive to identify each athlete's strengths and areas for improvement while encouraging them to turn potential into success—on and off the field!

#### **Our Vision**

- All athletes will learn proper training progressions and strategies to achieve their individual goals and objectives.
- All athletes will experience a high level of conditioning that may positively influence future lifestyle choices.
- All athletes will learn the importance of teamwork.

#### **Our Goal**

To create a competitive, character-driven program where maximum effort is the standard. We promote a *"Don't cheat yourself"* mentality. We hope each athlete remembers how their experience in Track and Field made them a competitor both on and off the field.

#### **Athletes typically gain the following from being on our track team:**

- Team involvement
- Stronger work ethic
- Appreciation for commitment
- A sense of achievement and an "I can" attitude
- Lifetime memories—lessons learned, friendships gained, and goals achieved

#### **Athlete Expectations and Rules**

Being part of a team requires commitment and sacrifice. Those unwilling to sacrifice for the team will not succeed. All athletes are expected to conduct themselves professionally both on and off the track.

#### **General Team Rules**

- Practice is intense and requires hard work. Athletes must give 100% effort at every practice.

- Be on time for every practice and do not leave early without approval. Practice begins promptly at **3:45 PM** and ends at or before **5:45 PM** (vertical and horizontal field athletes may finish at 6:15 PM once or twice a week). **DO NOT BE LATE!** Every minute late equals **5 burpees**. If you are late due to a school commitment, bring a note from your teacher.
- Wear proper attire for meets and practices (running shoes, spikes, running clothes, sweats, and water bottle). Before boarding the team bus, athletes must be dressed in team uniform/warm-up.
- Athletes entered in a running event must remain at the meet until it concludes unless it is a weekday away meet. Field-event-only athletes must stay until all teammates in that event finish (home meets require staying for the entire meet).
- Maintain a clean area during and after practices and meets. Leave every area better than you found it. Athletes will assist with setup and breakdown of equipment when asked.
- Athletes will compete in events chosen by coaches to best benefit the team. Coaches may assign multiple events as needed.
- No cell phones or electronic devices (except watches) may be used once entering the track area.

## **Attendance Policy**

Attendance at all practices, team functions, meetings, and home meets is mandatory. Missing practice for other commitments (including a job or participation in a non-Milton-affiliated sport) will be considered **unexcused**.

Each athlete is allotted **10 unexcused absences** ("freebies") during the season. These may be used for any reason and will not count against the athlete. The only exception being the day before a meet where the athlete is competing, an absence will remove them from a relay team or if you miss the day we are hosting a team event (automatic TCO; more than 2 TCO will limit your ability to letter). If an athlete exceeds 10 unexcused absences, they will be **ineligible for the next meet**. Continued absences beyond this limit may result in **removal from the team and becoming disqualified from earning a varsity letter**.

**Excused absences** include only the following:

- Death in the family
- Family emergencies
- Illness with a doctor's note

All absences—whether excused or unexcused—must be reported to **absentMHStrack@gmail.com** before the start of practice. Whenever possible, schedule appointments so they do not interfere with practice.

## **Athlete Expected Conduct**

- Treat all coaches with respect. Talking back, arguing, fooling around during instructions, or refusing to comply will not be tolerated.

- Treat teammates with respect. No harassment, negative talk, or making fun of others for any reason.
- Profanity or inappropriate language is prohibited.
- Show respect to all adults in the building.
- Excel in the classroom and set an example for peers. A **minimum GPA of 2.0** is required for athletics, but we expect athletes to exceed this standard.
- Cheating, fighting, and use of tobacco, alcohol, or illegal drugs will result in **immediate dismissal** from the program.
- All school policies in the Student Athlete Handbook apply. Athletes represent a championship program—act accordingly on and off the track.

**Violations of these rules may result in:**

- Dismissal from practice and an unexcused absence
- Suspension from one or more meets
- Indefinite dismissal from the team

*Failure to follow these rules will result in loss of participation and lettering opportunities.*

## **Multisport (In Season) Athlete Rules**

### **1. Eligibility and Participation**

- Any athlete participating in another high school *in-season varsity sport and/or* non-school sport should review the following before joining the Milton High School Track and Field team:
  - Athletes involved in another Milton high school sport or non-school sports **will not be allowed to compete in Milton Track and Field meets** (only modified practices) until:
    - Their in-season sport has ended, **or**
    - They submit documentation confirming the conclusion or suspension of their other sport/club season.

### **2. Examples**

- **Non-school sport (same sport) Example:**  
An athlete cannot participate in both Club Track and Milton Track and Field simultaneously. They must wait until after Nationals before joining our team (if qualified). This rule helps prevent overtraining and performance decline during peak training periods.
- **Other School Sport (different sport) Example:**  
An athlete may occasionally practice with the team **with permission from their other sports coach**. Weekend meet participation is allowed if the athlete completes modified training sessions beforehand.  
*Example:* If playing basketball, you must get your coach's approval before attending a modified track practice in preparation for a weekend meet.

### 3. Non-school and Other School Sport Post-Season Requirements

- After finishing their other sport or Track Club season, athletes must:
  - Complete **5 consecutive team training sessions** before being eligible for meet entries.
  - Complete **8 consecutive team training sessions** before being eligible for relay team participation.

*Note:* Event entries will be based on practice performance.

### 4. Lettering Policy for Multisport Athletes

- Athletes joining after the official start date will follow the current team lettering criteria. Eligibility will be based only on times recorded during the remaining meets.

## General Track Meet Information

- **Weekend Invitational Meets:**

- Typically held on Fridays or Saturdays, lasting from 8:00 AM to 4:00 PM.
- Entries are based on current ability and team competitiveness, regardless of grade level.
- If selected for an Invitational, athletes must stay for the entire meet to support teammates.

- **Weekday Dual/Tri/Quad Meets:**

- Start at 4:30 PM and end around 9:30 PM.
- Designed for athlete development, event exploration, and recording personal bests.

- **Athletes Responsibilities:**

- Upon arrival, captains lead a warm-up lap and routine.
- All athletes must participate in team warm-ups and assist with setup and cleanup.
- Athletes must check in for events on time and compete as scheduled.

- **Team-First Policy:**

- If asked to compete in a different event to help the team score, athletes must comply or risk reduced future opportunities.

## Athlete Participation Concerns

- **Step 1:** Athlete meets with their event coach or Coach Estes/Coach Tama to discuss concerns. Coaches provide feedback and improvement strategies. Coaches will give honest feedback and try to encourage the athlete to work on specific skills to improve his or her performance. Practice and meet performances are very important for those athletes trying to increase his or her opportunities to participate in larger meets.
- **Step 2:** Refer to Step 1. Our main focus is to teach our athletes responsibility and learn how to handle their difficulties. If you have a concern about your child's treatment or anything else about our program (NOT INCLUDING PARTICIPATION) please contact *Coach Estes* ([EstesL@fultonschools.org](mailto:EstesL@fultonschools.org)) or *Coach Tama* ([TamaM@fultonschools.org](mailto:TamaM@fultonschools.org)) to schedule a meeting with *Athletic Director Kory Keys*.

## **Transportation Policy**

- Athletes traveling to away meets by district bus must return by bus **or** be released to a legal guardian at the site.
- Athletes may drive themselves if a transportation waiver is on file.  
*PER FULTON COUNTY POLICY:* Athletes driving themselves cannot transport other student-athletes who are not their siblings.
- Athletes will only be released to legal guardians. Written notification and visual confirmation are required before departure. Failure to comply results in indefinite suspension.

## **Academic Policy**

- Academic success is a priority. All athletes must meet state, county, and school eligibility requirements.
- Eligibility is determined by the January report card. Athletes who are ineligible at that time cannot attend practices or meets for the season.

## **Varsity Letter Criteria**

All letter awards for Milton Track and Field will follow the lettering marks and guidelines presented below.

### **LETTERING MARKS:**

Event	Boys	Girls
100m	11.6	13.6
200m	24.0	28.2
400m	54.0	64.0
800m	2:08.0	2:40.0
1600m	4:55.0	5:55.0
3200m	10:30.0	12:55.0
HH/LH	17.4'	18.0'
300m IH	44.0	54.0
400m Relay	45.0	52.6
1600m Relay	3:34.0	4:20.0
Shot Put	41-0'	28-0'
Discus	115-0'	82-0'
Long Jump	18-6'	14-4'
Triple Jump	38-0'	29-0'
High Jump	5-8'	4-6'
Pole Vault	11-0'	8.5'



### **LETTERING GUIDELINES:**

- \* Performance must be consistent or part of natural progression and improvement throughout the season.
- \* ALL EVENTS: Individuals that qualify for the top 10 performance list at Milton for his or her event qualify for a varsity letter.
- \* Any athlete who scores (1-8) in the Varsity County or Varsity Region Championships qualifies for a varsity letter (relay team members must contribute equally).
- \* Other: Meet Option 1 or Option 2 criteria (see section below).

**Returning Varsity letter earners:**

Option 1 criteria:

- Meet varsity lettering marks or guidelines.
- Less than 2 TCO- Team Commitment Opportunities
- STAY #CTTP committed to the process
  - Put forth undeniable effort in practice every day.
  - Misses no more than 10 practices (unexcused absences)
- Attend the entirety of the following team events:
  - Team event- Polar Bear Games - Team Building
  - Team event- Milton Showcase
  - Team event- North GA JV Invitational
  - Team event- Milton Senior Night
  - Team event- Tri/Quad-Meet
  - Team event- Milton Awards Ceremony
  - Team event: Attend the "Milton Student Informational" or the "Out the blocks Informational" meeting
  - Team event: Participate in any Preseason Stadium- Track Equipment Setup/ clean up
  - Team event: Participate in any Postseason Stadium- Track Equipment Storage/ clean up

---

**None lettered athletes:** Special lettering opportunities will be made available to 1st time lettering athletes if they meet the following requirements.

Option 2 Criteria:

- Less than 2 TCO- Team Commitment Opportunities
- STAY #CTTP committed to the process
  - Put forth undeniable effort in practice every day.
  - Misses no more than 10 practices (unexcused absences)
- Attend the entirety of the following team events:
  - Team event- Polar Bear Games - Team Building Day
  - Team event- Milton Showcase Invitational
  - Team event- North GA JV Invitational
  - Team event- Milton Senior Night
  - Team event- Tri/Quad-Meet
  - Team event- Fulton County Middle School Exhibition Assistance
  - Team event- Milton Awards Ceremony
  - Team event: Attend the "Milton Student Informational" or the "Out the blocks Informational" meeting
  - Team event: Participate in any Preseason Stadium- Track Equipment Setup/ clean up
  - Team event: Participate in any Postseason Stadium- Track Equipment Storage/ clean up

---

ONLY 2 Team Commitment Opportunities (TCO) will be allowed for all athletes that miss team events during the season. A missed team event = TCO and falls under the following criteria:

1. Not present/ absent for event.
2. Departed event early. Sign-out and sign-in sheets will be at each event.
3. Not assisting or participating in the requested event or task during the meet..."not all in".

**If an athlete acquires more than 2 TCOs, they will NOT be eligible for a varsity letter.**