



2025 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 develops a strong work ethic. We will strive to identify each athlete's strengths and areas of improvement while encouraging athletes to turn their potential into success on and off the field!

Our vision:

1. All athletes will learn proper training progressions and strategies towards meeting their individual goals and objectives.
2. All athletes will experience a high level of conditioning that could possibly influence future lifestyle choices.
3. All athletes will learn the importance of teamwork.

Our goal:

It is to create a competitive and character driven program where maximum effort is the standard. "Don't cheat your self-mentality" We hope that each athlete will remember 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...

1. Team involvement.
2. Develop stronger work ethics.
3. Value the importance of making a commitment.
4. A sense of achievement "I can attitude".
5. Lifetime of memories... remember the lessons learned, friendships gained, and goals achieved.

Athlete Expectations/Rules:

Being a part of a team requires great commitment and sacrifice. Those who are not willing to sacrifice for the team will never be successful at what they undertake. All athletes are expected to conduct themselves with professionalism both on and off the track.

A. General Team Rules

1. Each athlete must understand practices are intense and require hard work while there. Athletes are expected to give 100% effort at each practice.
2. Each athlete must be on time for every practice and not leave practice early without approval. Practice will begin promptly at 3:45 and end at or before 5:45 (vertical and horizontal field athletes might end practice at 6:15 once or twice a week). **DO NOT BE**

LATE! Every minute equals 5 burpees. If you are late, please bring a note from your teacher.

3. Each athlete must have the proper attire for meets and practices (running shoes, spikes, running clothes, sweats, and water bottle). Prior to boarding the team bus each athlete will need to be dressed in team uniform/warm up.
4. Each athlete entered in a running event must remain at the meet until the conclusion of the track meet unless it is a weekday meet (none home meet). Field event (only) athletes must stay at the meet until each team member in that event has finished (home meets they must stay for the entire meet).
5. Athletes are responsible for maintaining a clean area during and after practices and track meets. We will always leave an area better than we found it. If asked by a coach, athletes will participate in setup and breakdown of practice/meet equipment.
6. Each athlete will compete in the events that the coaches feel will be most beneficial to the team, not necessarily in the events of the athlete's choosing. At coaches' discretion some athletes will compete in multiple events as needed to best help the team.
7. No athlete will be allowed to have a cell phone and other electronic devices (watches are excitable) in usage once entering the track area.
8. Practice, team functions, meetings, and home meets are mandatory for all track athletes. If you do not consistently attend practice your opportunity to compete in meets may reduce, and potential suspension from the team. If a player has more than 3 unexcused absences during track season, the Head Coach has the right to dismiss the athlete indefinitely from the program. Excused absences include but aren't limited to a medical emergency, family emergency, or family illness. All absences must be reported to Coach Estes or Coach Sanders by a parent or guardian prior to the start of practice for that day using the following email address absentMHStrack@gmail.com. Missing practice or leaving practice early consistently for a job will be considered unexcused. Scheduled appointments and doctor visits should not interfere with track practice, if possible.

B. Athlete conduct

9. Athletes must treat all coaches with proper respect. Talking back, arguing, fooling around when a coach is talking to the team, or refusing to do what is asked will not be tolerated.
10. Athletes will treat teammates with respect. There will be no talking bad about, harassing, or making fun of a teammate for any reason.
11. Athletes using profanity or other inappropriate language are not tolerated.
12. Athletes will be respectful in the building to all adults.
13. Athletes will excel in the classroom and be an example to their peers. A GPA of 2.0 is required to participate in athletics, but we expect track and field athletes to far exceed that minimal mark.
14. Cheating, fighting, and use of tobacco, alcohol, or other illegal drugs will not be tolerated. (Any athlete found violating this rule will be dismissed from the track and field program indefinitely)

In addition, rules and school policies mentioned in your student athlete handbook are applicable. We expect all athletes to demonstrate maturity and good judgments in all their actions. The most important thing to remember is that you represent a championship program, act accordingly on and off the track.

If any athlete violates the above rules, they will face one or more of the following consequences depending on the severity of the incident.

1. Dismissal from practice and an unexcused absence.
2. Suspension from one or more meets.

3. Dismissal from the team indefinitely.

*Failure to follow this rule will result in loss of participation and lettering opportunities.

Multisport Athletes rules

1. Any athlete participating in a high school (in season varsity sport) AND/OR Track Club must consider the following information before deciding to join the Milton High School Track and Field team:
 - a. Athletes participating in a high school AND/OR Track Club, will not be allowed to participate in Milton High School Track and Field meets (only modified practices) until their in-season sport has ended or the athlete submits documentation stating that they have concluded/suspended their high school or Track Club season.

Please see the examples below:

 - i. Same sport example: An athlete will not be allowed to participate in both Club track and Milton track and field at the same time so he or she will need to wait until after Nationals before joining our team (if qualified). This decision is in place to protect the athlete and reduce the potential of overtraining and diminishing athlete performances during potential training and performance peaks.
 - ii. Different sport example: An athlete will be allowed to occasionally practice with the team with permission from their other sport. Weekend participation in track meets is allowed if the athlete participates in modified training sessions leading up to that meet. Example: If playing basketball, you must get permission from your coach before attending a modified track and field practice in preparation for participating in a weekend track and field meet.
 - b. At the conclusion of their high school sport or Track Club season, the athlete will need to complete 5 consecutive team training sessions before being eligible for meet entries and 8 consecutive training sessions before being eligible for entry as a relay team participant. Individual/relay team entries will be determined by practice performances for all athletes.
2. The lettering policy for athletes joining after the official start date will be based on the current team lettering criteria (see below) starting once the athlete officially joins full-time based only on the times recorded during the remainder of the team meets.

General Track Meet Information:

We will participate in both weekday and weekend meets. Invitational Meets (8-30 teams) will be held primarily on Friday's and/or Saturday's usually last from 8:00am to 4:00pm. Entries in weekend meets are based on each athletes current ability, our first and foremost objective will be to enter our top competitors (as determined by practice and meet results) in those events that give us the best opportunity to help us be the most competitive, regardless of the athlete's grade. If you are selected to run in a weekend Invitational meet, you must stay the whole duration of the meet. We are a team and should act accordingly at major meets by supporting the performances of our teammates. Parents may take their children home after the meet has concluded.

Dual, Tri, and Quad meets (2 or 3 teams) are held during the week starting at 4:30 and ending around 9:30pm (pending the number of participating teams). These Track meets are designed to help athletes find a niche on our teams, create a positive experience for our runners, allow athletes to participate in

other events they typically wouldn't enter, and get automated times to track personal records. Coaches will give every athlete a competitive opportunity within the framework of a team concept to gain experience and show his or her competitive ability.

Athletes: Upon arriving at an away meet or prior to a home meet, team captains will take the entire team on a warmup lap and immediately begin the warmup routine. **Everyone on the team will be expected to participate in our TEAM warm-up and help with setting up and packing up our track team area at the end of a meet.** It is your responsibility to check in for your event on time and to compete in that event.

Although individual performance and awards are stressed in track and field, it is still a team sport. Therefore, if on the day of a meet, a coach asks you to run in a different event to help the team score points, you will do so without question or you will be limited future running opportunities.

Participation Policy:

If a track athlete or parent has a concern about their child's participation, the following procedure must be followed:

STEP 1- Athlete must visit with their event coach and/or Coach Estes/ Coach Sanders about their concern. The athlete will be given all the information related to their participation status, including their strengths and weaknesses. 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 or Coach Sanders @ sandersm2@fultonschools.org and we will setup a meeting with our athletic director Kory Keys.

Transportation to and from Competition:

* Athletes transported from Milton High School to an away competition via district bus must also return to Milton High School via district bus or be released to their legal guardian at the competition site.

* Athletes participating in the meets are allowed to transport themselves to the competition **if** transportation release wavier submitted and on file with the track and field staff. Those athletes driving themselves to the meet are not allowed to transport other student athletes.

* Athletes will not be released to anyone other than a legal guardian. Friends, relatives, neighbors, etc., are not legal guardians. Team policy further requires that any athlete not returning to Milton with the team via district bus give the head coach written notification and visual confirmation of the presence of a legal guardian before departure. Sign-out paperwork will be available at each away meet. **Failure to follow these procedures will result in suspension from the team indefinitely.**

Academics:

This program will stress the importance of being a student-athlete. While we want our athletes to achieve success on track, we are more concerned with them achieving success in life. The Milton T & F coaching staff believe that success in the classroom is an integral part of being a complete student-athlete. All athletes must meet state, county, and school requirements in order to remain eligible for participation.

Your academic eligibility will be based on the report card you receive in January, if you are not eligible at that time, you will not be allowed to attend any practices or meets for the entire 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 the 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 in the Varsity County or Region Championships qualify for a varsity letter (relay team members must contribute equally).
- ☐ Meet Option 1 or Option 2 criteria.

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 3 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

New and returning (none lettered) athletes: Special lettering opportunity 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 2 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- 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 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 requires more than 2 TCO, they will "NOT LETTER".