



Laramie High School

Indoor Track and Field 2020





2020 Laramie Indoor Track Schedule (Tentative)

Day	Date	Meet	Start Time	Location
Monday	1/6/20	First Day of practice (meet at 3:30 LHS Commons Area prepared to workout)	Day One-3:30pm Practices (this may change, make sure you are signed up for <i>Remind</i> <i>Messages</i>)	Laramie High School
Saturday	1/18/20	CASPER NATRONA	10:00 A.M.	Casper, WY
Friday	1/24/20	307 Invite	9:00 A.M.	U.W. Fieldhouse, Laramie, WY
Friday	1/31/20	To be confirmed-AFA Varsity		Colorado Springs, CO
Saturday	2/2/20	To be confirmed-AFA Varsity To be confirmed- Cheyenne JV	9:00 A.M.	Colorado Springs, CO Cheyenne, WY
Saturday	2/8/20	Natrona Invite	10:00 A.M.	Casper, WY
**Thur-Sun	Feb. 13-15	Simplot Games (Qualifier Meet)	Depart 6am	Pocatello, ID
**Thursday (Departure) Friday (Competition Day)	2/20/20 Depart 2/21/20 Compete	Thunder Basin Invite	11:45am Departure time	Gillette, WY
Friday	2/28/20	Wyoming Qualifier	9:00 A.M.	U.W. Fieldhouse, Laramie, WY
**Friday-Saturday Leaving Thursday after lunch	March 6th- and 7th	State Indoor	9:00 A.M.	Gillette, WY

** indicates overnight trip and motel required. **Athletes that are missing an updated Physical, Code of Conduct or WHSAA form will not be allowed to practice until the paperwork is turned into the office and may forfeit the opportunity to compete at the first meet. All athletes are required to complete nine days of practice before competition. Sign up for the Remind messages in order to receive specific scheduled updates.**

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Remind messages for athletes- text the number 81010, then type message "@lhstrk2020"

Remind for messages parents- text the number 81010, then type message "@7200trk-20"



General Information (Expectations, goals, traveling, qualifying, lettering)

Laramie High School Indoor Track

Coaching Staff:

- Head Coach-Greg Schabron (mid/distance, 4x400m and 4x800m)
 - Contact at 721-4420 or gschabron@acsd1.org
- Assistant Coach-Dave Shannon (triple jump, long jump, high jump)
 - Contact at 721-4420 or tjump23@gmail.com
- Assistant Coach-Cody Johnson (hurdles, sprints, 4x200, team strength trainer)
 - Contact at cody.johnson.uw@gmail.com
- Assistant Coach- Chris Sherwood (pole vault, sprints)
 - Contact at 721-4420 or csherwood@acsd1.org
- Assistant Coach-Kyle Stucky (sprints, 4x200m and 4x400m)
 - Contact at kstucky@acsd1.org
- Assistant Coach-TBD (throws)
 - Contact at 721-4420 or

Expectations and Goals for Laramie High School Indoor Track Athletes

For any team or individual to be successful it is important to set realistic goals and work hard to achieve those goals. Indoor Track is a unique sport in the fact that it allows all athletes the opportunity to enjoy the training and competition. An individual athlete is successful when he/she has trained and competed to the best of his/her ability.

- **Individual Goals-It is important that athletes who wish to participate in Indoor Track are willing to work hard every day. The goal of each athlete must be to improve as an individual athlete and by doing so will help his/her team. Athletes are expected to follow coaches' instructions in order to achieve these goals. Athletes earn the privilege to compete and travel by completing every practice as instructed.**
- **Team Goals-Although team goals may differ from year to year the overall goal will be to work as a unit to compete the best the team is able regardless of adversity. The team goal will only be achieved when teammates support each other during practice and races. Teammates must be positive and supportive while working together to achieve a set goal. The team goals for the winter of 2019 will be the following:**
 - **2020 Girls team will place 3rd or higher at state**
 - **2020 Boys team will place 3rd or higher at state**



Requirements to begin practice on Monday, January 6:

Athletes that are missing any of the following items will not be allowed to practice on the first day of practice and will forfeit the opportunity to run varsity at the first meet. All athletes are required to complete nine days of practice before competition.

- 1. Physical (To be completed after June 1st, 2019 and before the athlete is allowed to practice.)**
- 2. Code of Conduct**
- 3. Parent/Athlete Contact Information Sheet (located in the back of this packet)**
- 4. Parents and athletes each sign up for Remind Messages-see page 11.**

Practice Requirements and Travel Squad:

- All athletes are representing Laramie High School. Athletes will be required to be respectful and follow instructions while traveling. Busses, restaurants will be clean prior to leaving.**
- Athletes must attend practice in order to travel and compete at meets. Each event coach will instruct athletes when and where practices are to be held. Attendance will be taken to account for travel squad and lettering requirements. Athletes must notify a coach before a missed practice (unless ill, emergency etc.) Coaches will meet weekly to determine travel squad. Coaches will report if an athlete has attended and completed practices. Visit with your event coach to get details on practice expectations.**
 - Excused absences=illness, doctor appointments, test/school makeup, college classes, college visits, etc.**
 - Unexcused absences=missing practice for another sport, work, shopping, etc.**
- When an athlete travels and competes at a meet it is his/her responsibility to know the proper warm up time and competition time. If an athlete misses an event (including a scheduled relay) without coach approval, he/she may be required to miss the next track meet and/or relay team.**
- Athletes that plan on traveling to or from the meet with parents or guardians must complete the travel release form as indicated by school policy. Two copies have been attached; additional copies can be obtained at the activity's office.**



Overnight trips:

- **Qualification standards will be established by the coaching staff. Visit with your event coach for details.**

Lettering requirements:

- 1. Athlete must attend and complete practices as instructing by coaching staff**
- 2. Athlete must compete in the assigned events at competitions**
- 3. Athlete makes an automatic qualifying or provisional qualifying mark (see page 8). Athlete that makes the mark must also complete the season. *****

or

- **Athlete participates in and completes at least 3+ years of Laramie Indoor Track. Completing at least 90% of practices, 90% of meets and coaches' discretion.**

Questions or concerns see your event coach

**Athletes that cannot complete the season because of injury, illness etc. may still earn a letter if approved by the coaching staff.

State Qualification:

- **Laramie athletes must make either the automatic qualifying standard or the provisional qualifying standard before being considered for the state team. The top 4 athlete marks (6 for shot put) that meet the standard will qualify for state if the athlete completed practices and competitions as instructed by the coaching staff.**

Uniform Checkout and Return:

- Uniforms will be checked out Wednesday, January 15th
- Uniforms will be required to be returned by athletes not competing in Outdoor Track
 - Uniforms must be returned by Thursday, March 11th to avoid \$20.00 non-refundable late fee. (For athletes not competing in Outdoor Track. We need the uniforms for the Outdoor Track athletes.)
 - Note-please remove any hip numbers or other stickers prior to washing the uniforms. If a uniform is washed with a sticker it will be damaged and a fine will be added to student account.
 - Uniforms must be washed and air dried, placed in a plastic grocery bag with the athlete's name attached or inside the bag. ALL UNIFORMS MUST BE RETURNED TO A TRACK COACH. The office will not take uniforms and cannot be held responsible for lost uniforms.
 - Lost or damaged uniform fines
 - \$100.00 for warm up top
 - \$75.00 for top (shimmel or jersey)
 - \$50.00 for shorts



Practice Schedule for Each Event Group

(Practice times/locations may be modified throughout season, please sign up for Remind to get accurate updates)

First week of practice (*Only nine days of practice are scheduled before the first meet. WHSAA rules mandate that an athlete meets the nine-day minimum practice rule before being eligible to compete. If you miss a day, you will not be able to compete at the first meet. Athletes that do not meet the minimum number of organized practices will miss the first meet but should be able to compete in the second meet in Laramie.*)

- Monday, January 6th- 3:30pm-6pm at LHS, meet in the commons area
- Tuesday, January 7th-5:55am at UW Fieldhouse (be **ready** to workout at 6am) workout to be completed by 7am, buses have been scheduled for athletes that need a ride to the high school. Buses depart at 7:10am from UW Fieldhouse. SEE YOUR EVENT COACH FOR THE WEEKLY WORKOUT DETAILS.
- Wednesday, January 8th-See breakdown below, ask a coach if clarification is needed
- Thursday, January 9th- See breakdown below, ask a coach if clarification is needed
- Friday, January 10th- See breakdown below, ask a coach if clarification is needed
- Saturday, January 11th -11am high school (hurdlers/jumpers/sprinters), Distance runners 7am-UW Fieldhouse

-----Normal practice schedule below (sign up for **Remind** to be notified of any changes) -----

Mid/Distance Runners:

- Mondays- 4:00PM, 4pm LHS commons -Be ready to run outside
- Tuesdays-6am UW Fieldhouse, 3:30pm LHS commons area ready to run and lift
- Wednesdays-3:30pm LHS commons area ready to run
- Thursdays-6am UW Fieldhouse, 3:30pm LHS commons area ready to run and lift
- Fridays-3:30pm LHS commons area ready to run (and/or swim/aqua jog)
- Saturdays-competition day or long run on your own

Hurdlers/Sprinters/Pole Vaulters:

- Mondays-7-7:40am LHS weight room/zero hour (**if** you have weights class) and 4pm LHS commons area ready to workout (and lift)
- Tuesdays-6am UW Fieldhouse
- Wednesdays-6am UW Fieldhouse, 3:30pm LHS commons area ready to workout (and lift)
- Thursdays-6am UW Fieldhouse
- Fridays-3:30pm LHS commons area ready to run (and/or swim/aqua jog)
- Saturdays-competition day

Pole Vaulters:

- Same as jumpers

Jumpers:

- Mondays- 7-7:40am LHS weight room/zero hour (**if** you have weights class) and 5pm UW Fieldhouse (high jump and select long jump/triple jump and pole vaulters)
- Tuesdays- 6am UW Fieldhouse
- Wednesdays- 6am UW Fieldhouse, 3:30pm LHS weight room (for athletes that do not have a weightlifting class)
- Thursdays- 6am UW Fieldhouse
- Fridays- 3:30pm LHS commons area ready to run (and/or swim/aqua jog)
- Saturdays-competition day

Throwers (this schedule may change slightly):

- Mondays- 4pm LHS commons area (technique work, drills and lifting-if not in weights class)
- Tuesdays- 6am UW Fieldhouse, 3:30pm (technique work, drills and lifting-if not in weights class)
- Wednesdays- 6am UW Fieldhouse, 3:30pm (technique work, drills and lifting-if not in weights class)
- Thursdays- 6am UW Fieldhouse, 3:30pm (technique work, drills and lifting-if not in weights class)
- Fridays- competition day or 3:30pm, pre meet workout LHS commons area
- Saturdays-competition day





Laramie High School Indoor Track and Field

School Records

Girls	Mark/Year	Event	Mark/Year	Boys
Kyra Wulff	17' 3½" (2017)	Long Jump	23' 2" (2019)	J. Upton
Taylor Gardner	34' 10 ½" (2019)	Triple Jump	46' 11" (2008)	Stephen Michel
Caitlyn McNerney A. Cattles	5' 0" (2011) 5' 0" (2016)	High Jump	6' 2" (2017)	Reid Baty
Kari Campbell	10' 9" (2012)	Pole Vault	14' 0" (2016)	Nate Albers
Miranda Nunley	35' 2" (2014)	Shot Put	51' 6 ¼" (2012)	Josh Teeter
Ashley Dodds	7.49	55m Dash	6.51 (2008)	Stephen Michel
T. Arsaga	8.56 (2015)	55m Hurdles	7.60 (2017)	McCade Johnson
T. Arsaga	9.90 (2015)	60m Hurdles	8.17 (2017)	McCade Johnson
Emmy Johnson	26.31 (2019)	200m Dash	22.55 (2008)	Stephen Michel
Emmy Johnson	58.56 (2019)	400m Dash	50.53 (2007)	Mike Walrath
Cassidy Meade	2:16.93 (2013)	800m Dash	1:54.00 (2007)	Mike Walrath
Emmy Johnson	5:17.90 (2017)	1600m Run	4:15.81 (2014)	Jonah Henry
Emmy Johnson	11:26.71 (2017)	3200m Run	9:20.04 (2016)	Chris Henry
Rachel Battershell Ketisa Akambasi Sierra Titensor Kyra Wulff	1:47.94 (2017)	4x200m Relay	1:33.05 (2016)	Roman Smith McCade Johnson Tyler Dahl Gage Pitt
Ketisa Akambasi Emmy Johnson Kyleigh Bingham Rachel Battershell	4:06:17 (2017)	4x400m Relay	3:24.03 (2017)	McCade Johnson Tyler Dahl Reid Baty Jason Upton
Ashley Dodds Ella DeWolf Sierra Levenne Cassidy Meade	9:53.51 (2013)	4x800m Relay	8:12.32 (2014)	Jonah Henry Chris Henry John Freeman Nathan Morgan
K. Akambasi E. Johnson K. Bingham R. Battershell	4:06.70 (2017)	SMR	3:24.03	M. Johnson T. Dahl R. Baty J. Upton



Laramie High School Indoor Track and Field
Simplot Qualifying Times 2020***

Girl's Qualifying Mark	Event	Boy's Qualifying Mark
16'	Long Jump	20'
34'	Triple Jump	40'6"
5'	High Jump	6'
9'	Pole Vault	13'
34'	Shot Put	44'
38'	Weight Throw	48'
7.85	55m Dash	6.95
9.82	55m Hurdles	8.8
27.50	200m Dash	24.25
62.0	400m Dash	54.00
2:34	800m Dash	2:05
5:53	1600m Run	4:53
12:20	3200m Run	10:20
Coach discretion	Sprint Medley Relay (200-200-400-800)	Coach discretion
Coach discretion	4x200m Relay	Coach discretion
Coach discretion	4x400m Relay	Coach discretion
Coach discretion	4x800m Relay	Coach discretion

***Qualifying marks may be modified slightly by coaching staff depending on misc. track sizes, meet cancellations, or other extenuating circumstances

(Time must be run during the Indoor 2019 season)

UW track time conversions, qualification times

1600m Women=6:00
1600m Men=5:00
800m Women =2:39
800m Men=2:10
3200m Women=12:40
3200m Men=10:30



State and Lettering Qualification Marks 2020

Girls' Automatic Qualifying Mark	Girls' Provisional Qualifying Mark	Event	Boys' Automatic Qualifying Mark	Boys' Provisional Qualifying Mark
16'5"	13'6"	Long Jump	20'11"	17'4"
34'0"	29'6"	Triple Jump	41'5"	36'6"
4' 10"	4'5"	High Jump	5'9"	5'4"
9' 3"	6'6"	Pole Vault	12'8"	9'6"
35'3"	26'	Shot Put	47'10"	37'
N/A	N/A	Weight Throw	N/A	N/A
7.63	8.2	55m Dash	6.76	7.2
9.26	10.2	55m Hurdles	8.31	9.2
26.94	29.65	200m Dash	23.36	25.2
1:02.21	66.7	400m Dash	52.56	56.5
2:25.19	2:50	800m Dash	2:01.90	2:13.8
5:28.07	6:10	1600m Run	4:35.13	4:58.58
12:02.90	13:15	3200m Run	10:02.90	10:55
1:53.24	XXX	4x200m Relay	XXX	1:36.85
4:23.65	XXX	4x400m Relay	XXX	3:39.40
10:33.09	XXX	4x800m Relay	XXX	8:43.79
4:30.77	XXX	1600m Sprint Medley	XXX	3:50.85

**The mark must be made during the season at a competition that has been approved by the LHS coaching staff.

Lettering requirements (must complete all 3):

1. Athlete must attend and complete practices as instructed by the coaching staff
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or

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Questions or concerns see your event coach or Coach Schabron

Laramie Indoor Track and Field 2020



Important Updates

Remind messages

Please sign up for text and picture messages from the *Remind* program. The message will provide practice information, meet itineraries, trip info including delays and notifications for parents.

2020 Track and Field Athletes sign up for updates:

Text the message “@lhstrk2020” to the number 81010

Or---if you prefer email gschabr@mail.remind.com

2020 Track and Field Parents sign up for updates:

Text the message “@7200trk-20” to the number 81010

Or---if you prefer email gschabro@mail.remind.com



Parent Release Form
ALBANY COUNTY SCHOOL DISTRICT #1

LARAMIE SENIOR HIGH
STUDENT TRAVEL RELEASE

(To Parent Only)

Date _____

This is to certify that _____ has my permission to ride (to/from/ both) the _____. Date _____ 20____, Location of Event _____.

I certify that I am personally transporting the above named student.

I understand that the ACSD #1 Activity Rules require that students ride the buses to and from all school sponsored events. By transporting my student, I agree to release the ASCD #1, its employees and officers from all liability with reference to the above stated transportation.

Approval must be obtained from the individuals listed below, and this form must be on file in the Activities Office OR IN THE POSSESSION OF THE HEAD COACH OR SPONSOR PRIOR to the student being released to their parent.

This form authorizes

****Release to PARENT ONLY. ****

Signature of Parent/Guardian

Signature of Head Coach or Sponsor

Signature of Activities Director or School Administrator





Parent Release Form

ALBANY COUNTY SCHOOL DISTRICT #1

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Signature of Parent/Guardian

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Signature of Head Coach or Sponsor

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Signature of Activities Director or School Administrator

