

2025 Track & Field

Middle School Handbook



Cohner Davis

Middle School Coordinator

Cedar Hills Recreation Center

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TUALATIN HILLS
PARK & RECREATION DISTRICT

Program Schedule:

- *First Day of Practice: March 6th 2025*
- *Last Day of Practice: May 15th 2025*
- *District Meet: May 15th 2025*

Practice Schedule: *Official practice times subject to change based on space availability.*

- *Practice Days: Tuesdays & Thursdays*
- *Practice Times: 4:15 pm - 5:30 pm (ISB 3:15 pm – 4:30pm)*
- *No practice during the week of spring break (March 25th & 27th), on holidays, or during any days that school campuses are closed.*

Track & Field Mission Statement:

THPRD's Track & Field program aims to introduce and nurture a love for the sport among area youth. Our primary goals are to highlight the value of teamwork, foster lasting friendships, and cultivate good sportsmanship throughout every step of the track and field journey. We warmly welcome students of all ability levels, emphasizing recreation, enjoyment, and personal growth. Join us and experience the excitement and camaraderie of track & field!

Pick-Up Protocol:

Recognizing the busy schedules of both athletes and adults, we ensure that practices conclude promptly at 5:30 pm (3:30 pm for ISB), with students ready for pick-up at the scheduled time. We kindly request parents be punctual and consider carpooling if time of pickup may pose an issue.

Program Locations:

Our Middle School program locations include Cedar Park, Conestoga, Five Oaks, Highland Park, ISB, Meadow Park, Mt. View, Stoller, Tumwater, and Whitford. Please note that practices are held on campus, while meets are conducted off-campus.

REGISTRATION INFORMATION:

Registration for Middle School Track & Field opens on the first day of Winter class registration, Saturday, December 7th.

You can register online at www.thprd.org, by phone at 503-629-6340, or by visiting any THPRD recreation facility.

**Please note that a THPRD account is required for registration.*

EMERGENCY INFORMATION:

To ensure the safety of your child, having current emergency contact information on file, accessible through your THPRD account online, is required. Your THPRD account is linked to an email address, which will be used for updates and important notices throughout the season. Please verify all student info, as well as email addresses, are up to date.

Cedar Park	CH39100
Conestoga	CH39101
Five Oaks	CH39102
Highland Park	CH39103
Meadow Park	CH39104
Mt. View	CH39105
Stoller	CH39106
Tumwater	CH39107
Whitford	CH39108
ISB	CH39109
Pre-Season Clinic	CH29110



INCLEMENT WEATHER:

While our program operates in various weather conditions, including hot and cold, wet and dry, we prioritize safety and will not practice in thunder and lightning. THPRD follows Beaverton School District closures. Therefore, if schools close due to inclement weather, both on-site practices at schools and off-site meets would be canceled.

INAPPROPRIATE ATTITUDE:

Disruptive behavior and disrespect toward coaches, property, or other athletes will not be tolerated. Consequences may include the child sitting out for the remainder of practice, with parents being notified at pick-up. Persistent interruptions or talking during team addresses by the coach may lead to a warning, which will then count as a first offence if the behavior continues.

STUDENT CODE OF CONDUCT: 4-Chance Policy

Offence 1: A warning to the athlete.

Offence 2: An additional warning as well as a call or email to home.

Offence 3: Adults of athlete will be contacted. Possible suspension from practice or meet.

Offence 4: Adult will be contacted by THPRD Management staff. A meeting will be scheduled to discuss appropriate action. Athlete will not be permitted to participate in practices or track meets until meeting with THPRD management staff takes place.

END OF PRACTICE:

Practice concludes at 5:30 pm, except for ISB, where it ends at 4:30 pm. We kindly ask that you ensure a timely pick-up for your child, as our staff may have additional duties and commitments following practice hours.

Prompt pick-up helps maintain a safe and efficient environment for everyone involved.

ELECTRONIC DEVICES:

- Cell phones may only be used to call or text parents or guardians.
- Music players and similar electronic devices are not allowed during practice.
- Athletes must check out with a coach before leaving practice or after meets; failure to do so may be counted as one offence.

VOLUNTEERING: <https://www.volgistics.com/appform/550179543>

At practices: We appreciate volunteers! If you would like to help at your child's school, we ask that you fill out a THPRD general volunteer application. These can be found online on THPRD's volunteer webpage.

At meets: We can use a number of volunteers for timing and field event support during track meets. If you're interested in helping out during any of the scheduled meets, please register on our One Day Events Page (link shown above).

MEET INFO:

THPRD track & field meets take place on Tuesdays and Thursdays at local high schools. Similar to a regular practice day, students meet with coaches after school for roll call and instructions. Bus transportation is provided to the meet location. Parent/Guardian must pre-arrange transportation home for the child once the meet has concluded from the meet venue.

The season will consist of 1 offsite practice, 2 regular season meets with other Beaverton schools, and a District meet. No qualification is needed for participation in the District meet. All team members can and should participate.

DISQUALIFICATIONS:

The THPRD Track Program is recreational in nature; we take an educational approach to all aspects of the program. We are not as stringent in rules as some other programs, this is an introduction to the sport and we treat it as such. However, in respect to all competitors and the sport, occasionally we will need to call a disqualification.

Disqualifying Actions and Behaviors

A competitor who interferes with another competitor.

A competitor who is unsporting or uses unacceptable conduct.

A competitor who receives any assistance from any other person.

A competitor who fails to complete an event in accordance to its guidelines.

6TH, 7TH, & 8TH GRADE TRACK MEET DAYS

Starting Times: Field Events and Running Events begin at 5:25 PM

1. Unless otherwise directed by League Best Practices, the official rule book for the meets will be the N.A.S.F. rules for track and field.
2. All participants must be entered into meets by their coaches on Athletic.net prior to the scheduled meet day. Coaches will be provided with a specific deadline for entries.
3. Individual athletes will have an entry limitation, generally set at three events, though the exact number will be communicated to coaches before entries are due on Athletic.net.

IMPORTANT NOTES:

- Running events take precedence over field events. Any participant called to a running event must first check in with the official at their current field event. Upon completion of their running event, they will be allowed to re-enter the field event at the same point where they left (e.g., same height, throw, attempt, etc.) This re-entry must occur promptly—no later than 10 minutes after the completion of the running event.
- Athletes must communicate with the clerk; failure to do so will prevent them from completing all their attempts. While coaches provide assistance, it is ultimately the athlete's responsibility to stay aware of the meet order of events.
- Athletes should note the event preceding their own race and remain near the starting area during that event to ensure they hear officials when called to start.

TRANSPORTATION:

THPRD will provide one-way bus transportation from schools to track meets using BSD buses. Please note that there is **no transportation** provided back to middle school campuses after the conclusion of a meet. Adults must pre-arrange transportation home from meet venue. Please ensure your THPRD account has an up-to-date email address to receive all relevant updates.

TRACK MEET EVENT SCHEDULE

Please note that we operate on a rolling start time, meaning that each event will begin as soon as possible after the completion of the previous event. The times provided below are estimates, and the actual start times may vary depending on the number of heats and the efficiency of the meet. **All times are subject to change.**

RUNNING EVENTS

Running Order for All Events: Girls Division first, followed by the Boys Division.

It is very important for athletes to know the order of events and be prepared to report to the start line at least 5 minutes before their race begins.

- 5:25 PM - 4 x 100m Relay
- 5:40 PM - 1500 Meter *
- 6:00 PM - 100 Meter
- 6:25 PM - 400 Meter
- 6:50 PM - 800 Meter
- 7:10 PM - 200 Meter
- 7:35 PM - 4 x 400 Relay

FIELD EVENTS

Running events take priority over field events.

5:25 - 6:30 PM

- Boys High Jump
- Girls Shot Put
- Girls Long Jump (*and Boys, if two pits available*)
- Girls Finn Flyer Javelin
- Boys Discus

6:30 - 7:25 PM

- Girls High Jump
- Boys Shot Put
- Boys Long Jump
- Boys Finn Flyer Javelin
- Girls Discus

**** Meet Director may choose to combine races and grade for 1500m races if needed.***

AWARDS:

THPRD will provide ribbons for top 1st through 5th place finishers in each event at our regular season meets. These ribbons will be awarded based on grade level, ensuring that athletes are recognized for their achievements within their respective age groups. Please note that this is subject to change based on meet logistics or other factors.

RESULTS:

We do not use fully automatic timing; instead, we rely on a hand timing system. Results will be posted on www.athletic.net. To find the results, search by "middle school" and the school or meet date. While we strive for accuracy, please expect occasional human error and/or equipment failure.

SPECTATORS:

Remember, others are racing, throwing, and jumping throughout the facility. For the safety of everyone and to ensure the best possible competition, please be respectful and stay aware of the ongoing events.

- Spectators are expected to stay off the infield and watch from the stands.
- Some schools hold field events on the outskirts of the field. Please be mindful of the designated viewing areas and maintain a safe distance from throwing zones.
- Athletes should use extreme caution when crossing the track or warming up around the facilities to avoid interfering with active events.

Questions:

If you have any questions or need clarification on the policies and expectations outlined in this document, please feel free to contact:

- Cohner Davis at c.davis@thprd.org
- Lori Jensen at l.jensen@thprd.org
- Cedar Hills Recreation Center at (503) 629-6340