

Guideline and Information regarding Track Meets

1. Types of Track Meets: our team competes in a variety of meets during the indoor and outdoor seasons. We have different expectations for each season.

- **Indoor Season:** the indoor season lasts from January until early March. During this period of time, the team competes in indoor track meets.
 - **Competing as a Club Team:** the team does compete in some indoor meets where we are not allowed to compete as Assumption HS. In these situations, we run as part of the Louisville Track Club. There is an official Louisville TC singlet that the girls will wear in these meets. Girls who do not have this singlet may be asked to purchase one for \$20.
 - **Transportation:** as indoor facilities are somewhat limited and are not local (i.e. no indoor facility exists within the Greater Louisville area), the team may have to travel anywhere from 1-3 hours to compete in indoor meets. Whenever possible, we attempt to provide transportation to these meets. Each girl is otherwise responsible for obtaining her own ride. Please note that the girls are not allowed to drive themselves to meets that are not held in an adjacent county.
 - **Competition:** competing in indoor track meets is optional for every girl on the team. Note, however, that all girls on the team will train competitively during the indoor season whether they compete or not.
- **Outdoor Season:** the outdoor season includes the regular season, which begins in mid-March and continues until mid-May, and the KHSAA postseason, a 2-3 week period that includes the Regional and State Championship meets.
 - **Transportation:** outdoor meets are typically held at a track facility within Jefferson County. Although we can always attempt to arrange transportation to one of these meets for a group of girls, we do not do so unless there are specific requests from the girls that are made well in advance. Each girl is otherwise responsible for obtaining her own ride.
 - **Competition:** competing in outdoor track meets is required for every girl on the team, but due to the limited nature of entries at certain meets, we cannot necessarily enter the entire team in each outdoor meet on the schedule. Our goal is to enter girls in no less than 5-6 meets during the outdoor season.
 - **non-KHSAA postseason competition:** after the State Meet, we may have girls competing in various postseason events such as the USATF or AAU Championship series, New Balance Outdoor National Championship, etc. Unless we are unable to do so, we provide coaching for athletes who would like to pursue these opportunities.

2. Other Meet-related topics

- **Team Uniforms:** every girl on the team must have a white uniform singlet and black uniform shorts. For girls who competed in Cross Country, this uniform is the same uniform we used during Cross Country season.
 - **Uniform ordering** – for girls who need a uniform, information on uniform purchases will be provided in January (and March, for girls who join the team late due to participating in the Winter sport). The basic uniform singlet is about \$27, and the uniform shorts are about \$20.
 - **Uniform shorts** - the uniform shorts are a solid black spandex short that can be purchased at stores like Dick’s Sporting Goods. These are the same shorts as the solid black volleyball shorts that many girls already own. *Note that the “Nike Pro” spandex shorts are not a legal uniform short, as these shorts have an extra logo on the waistband which is not allowed (i.e. violates NFHS and KHSAA uniform rules).*
- **Meet hosting duties:** the team hosts several meets where we ask the girls on the team to help with putting on the meet.
 - **Derby Middle School Invitational** (Friday-Saturday, March 22-23): this is a major fundraiser for our program and we require every girl on the team to assist with putting on this event. This is the only event where each girl is required to help.