

Uniform Shorts: Assumption Track and Field

A shorts purchase should be determined by “event groups” and the performance level at which your daughter is expected to perform. The former is easier to predict, so let’s go with that.

- **Running** (or jumping) events – if your daughter expects to compete in a running or jumping event, then she could possibly compete on a relay at some point in time. She should buy the Varsity level girl shorts we describe below.
- **Throwing** events – if your daughter expects to compete in throwing events only, she doesn’t expect to ever run in any races (she may actually run in a race, but it would never be anything important – it’d be for training purposes only), then she should purchase a pair of non-spandex shorts as described below.

Now, some girls may never make it to a big Varsity caliber meet. If so, then wearing a pair of non-spandex shorts would be ok. We prefer that each of the girls think of themselves as a potential Varsity athlete, however, so we recommend that everyone at least consider buying Varsity level girl shorts.

1) Varsity level girls – we ask our Varsity girls who expect to compete in running events to wear a pair of solid black spandex. These would be identical to a pair of solid black volleyball shorts. Our only uniform restrictions are that girls competing on relays wear matching uniforms. Otherwise, the only real restriction is that uniforms only include a single logo. E.g., they cannot say “Nike” on the leg of your shorts, and then also say “Nike Pro” on the waistband, as that would be two logos. We also need the girls to get a pair of solid black spandex shorts. I.e., we do not want them in black with stripes, black with white inseams, etc. The spandex shorts do need to be solid black.

Varsity level girls who expect to possibly compete in any running event should purchase a pair of solid black spandex shorts with a 3” inseam (up to 4” is ok)

Again, although many shorts come with words or designs printed across the waistband, we need the girls to buy a pair of solid black with only one small logo on the front like the picture shows below.



Here's a list of acceptable shorts that I found at the Dick's Sporting Goods website:

Adidas Womens Tech Fit 3" Boy Shorts (Item Number: 11789092) - \$22.00

Mizuno Women's Low Rider Club Volleyball Shorts (Item Number: 3986123) - \$24.99

Under Armour Women's HeatGear Sonic Shorts (Item Number: 12886386) - \$24.99

Under Armour Women's Authentic 4" Compression Shorts (Item Number: 18185196) - \$24.99

2) Non-spandex shorts – we allow our throwers, girls who do not expect to compete in running events, to wear a pair of more standard black shorts. These would be the type of shorts you can find in the bookstore. We also allow our more JV level girls to compete in these shorts, as they are not as likely to run in the more competitive weekend meets where matching rules would be more strictly enforced on the relays. It's important to note, however, that excepting Eastern Relays at the end of April, at least some of our weekend meets may involve JV level girls. It's also possible for a girl to improve within the season and develop into someone who's good enough to compete in a Varsity level weekend meet. As I said last night, that's obviously the goal of this team for each girl.

A typical pair of the "non-spandex shorts" is pictured below. They are black and have a white siding or white striping on them. The pair below has white siding, but another pair of acceptable Nike shorts that's available at Dicks have white striping instead (similar, but different to what's pictured below). Something similar is also sold in the bookstore as well, and we used them in Cross Country. Anything close to this is acceptable, as long as any writing on them says "Assumption" or includes the Assumption "A".



You should be able to purchase these shorts in the Bookstore. Again, as long as the only writing on them is something that says "Assumption" or is the Assumption "A", they're acceptable.

Here's a list of acceptable shorts that I found at the Dick's Sporting Goods website:

Under Armour Women's Great Escape II Shorts (Item Number: 18441306) - \$29.99

Under Armour Women's Escape Running Shorts (Item Number: 4043231) - \$24.99

Nike Women's Tempo Shorts (Item Number: 11783408) - \$30.00