



CHARGERS

TRACK & FIELD

2020 COACH INFORMATION:

Devin Moody	Head Coach	coachdevinmoody@gmail.com
Eric Kjar	Boys - Sprints	eric.kjar@canyonsdistr.it.org
Rob Pickering	Girls - Sprints	robert.pickering@canyonsdistrict.org
Rhodes Baker	JV Sprints	david.baker@canyonsdistrict.org
Dan Olsen	Hurdles	d@coachdano.com
Daniel Carney	Boys – Distance	dscarney19@gmail.com
Jill Freeman	Girls – Distance	jillena.freeman@canyonsdistrict.org
Riley McCarter	JV Distance	mriley.mccarter@gmail.com
Amy Schmidt	Jumps	frauleinamylyn@hotmail.com
Casey Sutera	Throws	casey.sutera@canyonsdistrict.org

*If interested in Pole Vault. Contact the Utah Pole Vault Academy at utahpolevault@gmail.com

VISIT THE TEAM WEBSITE:

CORNERCANYONTRACK.com

Schedule & Info | Eligibility | Uniforms | Photos | Records

GENERAL TEAM REMIND

FOR DAY TO DAY REMINDERS & UPDATES

TEXT @CCANYON20 to 81010

ITEM 1: ELIGIBILITY

Go to RegisterMyAthlete.com → Utah → Corner Canyon

STEP 1: Create Athlete Profile

STEP 2: Register for Track & Field 2019-2020

STEP 3: E-Signatures

STEP 4: Physical Form A

STEP 5: Participation Fee

COMPLETE STEPS 1-4 IN JANUARY/FEBRUARY – NEEDED TO PRACTICE

STEP 1: CREATE ATHLETE PROFILE

- Go to RegisterMyAthlete.com and CREATE ACCOUNT
- If you already have an account, skip to Step 2

STEP 2: REGISTER FOR TRACK & FIELD 2019-2020

- After your profile is complete, login to your RegisterMyAthlete profile.
 - Click on REGISTER FOR A SPORT, select "2019-2020 Girls/Boys Track & Field"
- NOTE: Until an athlete has completed this step, they will NOT appear on the coaches roster and the coach has no way of knowing if the physical or fee has been completed.

STEP 3: E-SIGNATURES

- After adding "2019-20 Girls/Boys Track & Field" and filling out all of the required info, click SCHOOL REQUIREMENTS. This will take you to the Registration Checklist.
- The first item of the checklist is reading through the registration documents and "signing" that you have read and agree to the documents.

STEP 4: PHYSICAL FORM A

- The UHSAA (Utah High School Athletics Association) requires a yearly physical for athletes to practice or compete with the team.
- The physical form is a specific document called the UHSAA PHYSICAL FORM A (LINK ABOVE)
- Download and Print the Physical Form A by clicking on the link above.
- Turn in the complete document (to the CCHS Main Office).

NOTE: Once the physical form has been turned in to the main office it will NOT be automatically entered in as "complete" on the RegisterMyAthlete checklist. It will have to be manually entered in by the Athletic Director which could take a day or two.

NOTE: A physical is good for a school year. So if a physical was turned in for a Fall or Winter Sport it will apply for the Track season.

COMPLETE STEP 5 IN MARCH - NEEDED TO COMPETE

STEP 5: PARTICIPATION FEE

- Go to the CCHS Main Office and pay the \$60 Participation Fee for Track & Field

NOTE: Once the fee has been payed it will NOT be automatically entered in as "complete" on the RegisterMyAthlete checklist. It will have to be manually entered in by the Athletic Director which could take a day or two.

ITEM 2: UNIFORMS & TEAM GEAR

- They ordering window for Uniforms & Team Gear will be every year in January. This allows for adequate time for all sizes, products and printing to be completed by the start of the season.
- ORDERING WILL CLOSE ON THURSDAY, JAN 16TH @ 11:59PM
- If you missed the ordering window the only item that will be available during the season will be the Uniform Top. Contact Coach Moody for more details.

ITEM 3: COMPETITION SCHEDULE

*DUAL & TRI MEETS – FOR BOTH JV AND VARSITY ATHLETES

*INVITES – VARSITY ONLY (TYPICALLY TOP 4-5 IN EACH EVENT UNLESS OTHERWISE NOTED)

MARCH

Monday, Mar 2	Outdoor Track Practices Begin
Tues, Mar 17	DUAL MEET: CC @ Westlake
Wed/Thurs, Mar 18/19	Davis Super Meet @ Davis
Tues, Mar 24	TRI MEET: Lone Peak, Skyridge @ CC
Sat, Mar 28	UVU Invite @ UVU
Tues, Mar 31	DUAL MEET: Pleasant Grove @ CC

APRIL

Wed/Thurs, Apr 1/2	Alpha Invite @ Timpanogos
Tues, Apr 14	DUAL MEET: CC @ American Fork
Sat, Apr 18	Davis Invite @ Davis
Sat, Apr 25	Orem Tiger Trials @ Orem
Tues, Apr 28	JV Region @ Skyridge

MAY

Fri/Sat, May 1/2	BYU Invite @ BYU
Wed/Thurs, May 6/7	Region Championships @ Westlake
Thurs/Sat, May 14/16	State Championships @ BYU
Thurs, May 21	Track & Field Awards Banquet - 5pm (Cafeteria)

TRAVEL REMINDERS:

- *Bus times & will be announced and listed on the team website.*
- *For all competitions not held at Corner Canyon athletes must travel to the meet on the buses provided OR with a parent.*

ITEM 4: PRACTICE SCHEDULE

OUTDOOR TRACK SEASON: MONDAY, MARCH 2ND – SATURDAY, MAY 16TH

Mondays 2:55pm @ CCHS Track (later start allows for the coaches to meet)
 Tuesdays - Fridays 2:45pm @ CCHS Track
 Saturdays 8:30am @ CCHS Track (Mid-distance & Distance Athletes)

ITEM 5: VARSITY LETTER & COMPETITION STANDARDS

A Varsity Letter is achieved by reaching one of the Letter Standards below in addition to meeting the attendance expectations (as determined by each event coach)

GIRLS STANDARDS

	Letter Standard	UVU Qualifying	Davis Qualifying	BYU Qualifying	State Qualifying
100M	14.15	14.25	13.95	13.98	12.79
200M	29.8	29.90	28.90	28.62	26.28
400M	1:06.00	1:07.00	1:04.10	1:03.95	59.66
800M	2:37.50	2:40.00	2:39.50	2:39.00	2:20.41
1600M	5:52.00	6:30.00	5:52.00	5:48.00	5:11.91
3200M	12:55.00	13:00.00	12:42.00	12:50.00	11:25.52
100 H	19.00	19.10	18.10	17.89	15.72
300H	55.00	55.50	52.10	51.47	46.35
HJ	4' 06"	4' 05"	4' 06"	4' 07"	5' 01"
LJ	14' 00"	13' 00"	14' 06"	14' 03"	16' 04"
PV	6' 00"	7' 00"	7' 00"	6' 06"	9' 03"
DISCUS	60' 00"	75' 00"	84' 00"	87' 01"	106' 02"
JAVELIN	70' 00"	80' 00"	80' 00"	90' 00"	105' 08"
SHOT PUT	23' 00"	25' 00"	28' 10"	28' 00"	35' 04"
4x100M			TOP 16	TOP 9	50.79
4x400M			TOP 16	TOP 9	4:06.52

*All 100M, 200M, and 100M/110M hurdles times must be done with fully automatic timing and with wind legal conditions.

BOYS STANDARDS

	Letter Standard	UVU Qualifying	Davis Qualifying	BYU Qualifying	State Qualifying
100M	12.15	12.25	11.95	12.10	11.27
200M	24.7	24.80	24.55	24.49	22.89
400M	55.00	56.00	54.00	53.50	50.78
800M	2:10.50	2:10.00	2:09.50	2:10.00	1:58.03
1600M	4:53.00	5:10.00	4:53.00	4:49.00	4:21.62
3200M	10:55.00	10:45.00	10:28.00	10:50.00	9:34.65
110 H	18.5	18.90	18.50	17.31	15.61
300H	46.50	47.50	45.50	44.27	40.51
HJ	5' 05"	5' 06"	5' 06"	5' 06"	6' 01"
LJ	18' 00"	17' 00"	18' 10"	18' 01"	20' 05"
PV	9' 06"	9' 00"	10' 02"	10' 00"	9' 6"
DISCUS	90' 00"	100' 00"	108' 00"	122' 00"	132' 10"
JAVELIN	120' 00"	120' 00"	120' 00"	137' 09"	154' 00"
SHOT PUT	36' 00"	35' 00"	40' 00"	40' 00"	46' 00"
4x100M			TOP 16	TOP 9	44.12
4x400M			TOP 16	TOP 9	3:27.84

*All 100M, 200M, and 100M/110M hurdles times must be done with fully automatic timing and with wind legal conditions.