

# REGISTRATION DUE MARCH 9TH

To participate this year, you need to register at [registermyathlete.com](http://registermyathlete.com)

Tutorial - [Register My Athlete Tutorial TVHS - YouTube](#)

## BJH TRACK SCHEDULE

Track Conditioning Begins March 9 at 3:15 pm at BJH

Conditioning will be Monday – Friday after school. All Athletes are encouraged to participate!

Track Tryouts are March 14 @ BJH 3:00 pm

See details on Track Calendar



Meet Times are 3:15 p.m. unless otherwise noted

<b>Day</b>	<b>Date</b>	<b>School</b>	<b>Place</b>
Wednesday	April 13, 2022	Centennial, South Davis, Centerville, Bountiful	@Viewmont
Wednesday	April 20, 2022	Centennial, Millcreek, Shoreline, South Davis, Bountiful	@Viewmont
Wednesday	April 27, 2022	South Davis, Centerville, Mueller Park, Millcreek, Bountiful	@Woods Cross
<b>Qualifying Meets</b>			
Wednesday	May 4, 2022	South End Qualifying Meet	@ Woods Cross High @2:15
<b>District Meet</b>			
Friday	May 13, 2022	Davis District Track Championship	@Syracuse High @2:30

**Conditioning Begins March 9 – March 25  
3:00 PM @BJH**

**BJH Track and Field Calendar of Events 2022**

**MARCH 2022**

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Conditioning 3:00 @BJH	<b>10</b> Conditioning 3:00 @BJH	<b>11</b> Conditioning 3:00 @BJH	<b>12</b>
<b>13</b>	<b>14</b> Conditioning 3:00 @BJH	<b>15</b> Conditioning 3:00 @BJH	<b>16</b> Conditioning 3:00 @BJH	<b>17</b> Conditioning 3:00 @BJH	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> Conditioning 6:15 A.M.@VHS	<b>22</b> Conditioning 6:15 A.M.@VHS	<b>23</b> No practice	<b>24</b> Conditioning 6:15 A.M.@VHS	<b>25</b> Conditioning 6:15 A.M.@VHS	<b>26</b> Viewmont mock meet \$30
<b>27</b>	<b>28</b> 6:10 AM Practice @VM	<b>29</b> 6:10 AM Practice @VM	<b>30</b> No practice	<b>31</b> 6:10 AM Practice @VM	6:10 AM Practice @VM	

**APRIL 2022**

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> <b>Spring Break</b> Independent workout	<b>5</b> <b>Spring Break</b> Independent workout	<b>6</b> <b>Spring Break</b> Independent workout	<b>7</b> <b>Spring Break</b> Independent workout	<b>8</b> <b>Spring Break</b> Independent workout	<b>9</b>
<b>10</b>	<b>11</b> 6:10 AM Practice	<b>12</b> 6:10 AM Practice	<b>13</b> <b>Meet @ VIEWMONT</b> 3:15 pm	<b>14</b> 6:10 AM Practice	<b>15</b> 6:10AM Practice	<b>16</b>
<b>17</b>	<b>18</b> 6:10 AM Practice	<b>19</b> 6:10 AM Practice	<b>20</b> <b>Meet @ Viewmont</b> 3:15 pm	<b>21</b> 6:10 AM Practice	<b>22</b> 6:10AM Practice	<b>23</b>
<b>24</b>	<b>25</b> 6:10 AM Practice	<b>26</b> 6:10 AM Practice	<b>27</b> <b>Meet@ Woods Cross High</b> 3:15 pm	<b>28</b> 6:10 AM Practice	<b>29</b> 6:10 AM Practice	<b>30</b>

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
1	2 6:10 AM Practice	3 6:10 AM Practice	4 <b>South End Meet @ Woods Cross High 2:15 pm</b>	5 6:10 AM Practice District Qualifiers Only	6 6:10 AM Practice District Qualifiers Only	7
8	9 6:10 AM Practice District Qualifiers Only	10 6:10 AM Practice District Qualifiers Only	11 6:10 AM Practice District Qualifiers Only	12 6:10 AM Practice District Qualifiers Only	13 <b>District Championship Meet @ Syracuse High 2:30 pm</b>	14
15	16	17	18	19	20	21

# Things to know about Track

Conditioning begins Wednesday March 9<sup>th</sup> 3:00 pm outside BJH.  
Track Practice begins Monday, March 28<sup>th</sup> 6:10am at Viewmont Track

The REQUIREMENTS to be part of the team are as follows”

- Maintain all grades to remain eligible. 2.0 GPA
- Maintain citizenship grades. No U’s
- Participation fee paid and all forms completed, signed and turned in
- Acquire and complete all work missed due to meets
- Be to all practices on time, every day, unless given permission by a coach.
- Maintain equipment and facility
- Give 100% to the team in practice, meets and off the field.
- Have a positive attitude towards teammates and coaches no matter what role is given.
- Respect the opposing team, staff, scorekeepers, and the facilities.
- Ride the bus to and from meets unless given permission to ride with a parent. (Use sign out sheets)
- Follow all school and district rules.
- If you are injured, REPORT your injury to a coach IMMEDIATELY!
- HAVE FUN!

There are no cuts in track. Congratulations...you will make the team! With 13 different events, there is something for everyone. Some events are limited, but you can participate in something. Players can participate in 1 – 4 events per qualifying meet. It is YOUR responsibility to communicate to the coaches what you want to participate in each week.

**Join Remind 101 for updates and reminders on all things track!**  
**Enter this number: 81010**  
**Text this message: @bjhrun**

# Fee Breakdown

\$50 participation fee

\$10 bus fee

\$47 apparel fee – sweats and tank

# Track and Field Events

## Sprints

100 Meters (top 10 sprinters)

200 Meters (top 10 sprinters)

400 Meters (top 10 sprinters)

Hurdles (top 10 sprinters)

## Long Distance

1600 meters (1 Miles) (unlimited runners)

800 Meters (½ Mile) (unlimited runners)

## Throwing

Discus

Shot Put

## Jumping

High Jump

Long Jump

## Relays

4 x 100 meter (4 runners run 100 Meters)

4 x 400 meter (4 runners run 400 Meters)

2 x 400 meter



Viewmont Track Fundraiser – March 26<sup>th</sup> – 9 A.M. – 12 P.M.

\$30 to participate – 2 events per athlete – 3 if in relay. Great to participate to understand how meets run. Athletes are encouraged to participate but not required. Can be paid at VHS, on mydsd (with request) or at the meet.