

Track and Field 2025  
(April 1st - May 29th)

Google Classroom Code = wd2sjyf

6th Grade Remind = @harttrack6

7th Grade Remind = @runwhart

8th Grade Remind = @runwhart2

Clothing Order Due Friday, February 28th

Physical/Final Forms Registration:

<https://rochester-mi.finalforms.com/>

Parent Meeting Tuesday, April 8th @ 4:30pm

Pay to Play is due Thursday, April 17th:

<https://rochesteronline.ce.eleyo.com/courses/category/114/athletics-pay-to-participate/middle-school-pay-to-participate>

Coaches:

Chris DeVantier (Head Coach)

Amber Golden (6th Grade Girls)

Jim Cromie (6th Grade Boys)

Bethany Strausbaugh (7th Grade Girls)

Leesa Stumpf (7th Grade Boys)

Paige Flowers (8th Grade Girls)

Sam Castillo (8th Grade Boys)

# Hart Middle School Track and Field 2025 Families

Friday, February 28th = Uniform Order is due!

Monday	Tuesday	Wednesday	Thursday	Friday
March 31 No Practice	April 1 1st Practice 2:30-4:30pm	Practice 2 2:30-4:30pm <b>20% off Hanson's Running Shoes from 5-8pm in Lake Orion and Utica</b>	6th Grade Field Trip to Zoo Practice 3 2:30-4:30pm	½ Day of School 4 No Practice
April 7 Practice 2:30-4:30pm	Practice 8 2:30-4:30pm <b>Parent Meeting in the Gym at 4:30pm</b>	9 <b>PSAT for 8th Grade</b> No School for 6th and 7th graders No Practice	Practice 10 2:30-4:30pm	11 <b>Orange Theory Workout</b> Practice 2:30-4:30pm
April 14 Practice 2:30-4:30pm	Practice 15 2:30-4:30pm	Practice 16 2:30-4:30pm	17 <b>PAY TO PLAY IS DUE</b> <b>Practice Meet at Hart Middle School 2:30-5:00pm</b>	18 No School No Practice
April 21 No School No Practice	22 <b>1st Meet (3:45pm) Hart vs Reuther at Reuther Middle School</b>	Practice 23 2:30-4:15pm <b>4pm Dismissal for Athletes not in Relay/Field/Hurdle Events</b>	Practice 24 2:30-4:15pm <b>4pm Dismissal for Athletes not in Relay/Field/Hurdle Events</b>	Practice 25 2:30-4:15pm <b>4pm Dismissal for Athletes not in Relay/Field/Hurdle Events</b>
April 28 Practice 2:30-4:15pm	29 <b>2nd Meet (3:45pm) Hart vs Van Hoosen at Hart Middle School</b>	30 <b>Picture Day!</b> Practice 2:30-4:15pm	May 1 <b>3rd Meet (4pm) Hart vs Larson at Hart Middle School</b>	2 Practice 2:30-4:15pm
May 5 Practice 2:30-4:15pm	6 <b>4th Meet (4pm) Hart vs Smith at Hart Middle School</b>	Practice 7 2:30-4:15pm	8 <b>5th Meet (4pm) Hart vs Avondale at Hart Middle School</b>	9 Practice 2:30-4:15pm
May 12 Practice 2:30-4:15pm	13 <b>6th Meet (4pm) Hart vs Baker at Hart Middle School</b>	Practice 14 2:30-4:15pm	15 <b>7th Meet (3:45pm) Hart vs West at Hart Middle School</b>	16 <b>Games and Donut Truck Dismissed at 4pm</b>
May 19 Practice 2:30-4:15pm	Practice 20 2:30-4:15pm	Practice 21 2:30-4:15pm	22 <b>Rochester City Meet (4pm) at Rochester High School</b>	23 No Practice
May 26 No School No Practice	27 7th Grade Field Trip to Cedar Point Qualifier Practice if not on the field trip	28 8th Grade Field Trip to Detroit Qualifier Practice if not on the field trip	29 <b>Oakland County Meet 6th, 7th &amp; 8th Grade Qualifiers at Clarkston High School</b>	30 No Practice

Monday, June 2nd = Bowling Party at North Hill Lanes (Celebration and Certificates)

**Welcome to the 2025 Hart Track team.** We are glad that you have made a commitment to join the team. Track requires a lot of hard work and dedication. We expect all members of the team to come prepared to work every day. You will see the positive results of your efforts by the end of the season. The information below is for you to become familiar with our upcoming track season. Share this information with your parents. It outlines our expectations and some of the requirements you need to follow during the season.

**A parent information meeting will be held on Tuesday, April 8th at 4:30pm following practice in the Hart Gym. This is to answer any questions and relay any other important information.**

The team uniform is the same from the last few years as well as Cross Country. If you have any difficulty purchasing the jersey we would be glad to provide one for you. If you need financial assistance please contact the Hart Interim Principal, Michael Bennion at mbennion@rochester.k12.mi.us Any shorts/pants can be worn to complete the uniform.

We are offering other clothing items for purchase. These are not mandatory. These include a hoodie, t-shirt, shorts and sweatpants. We are happy to offer a concession stand in which we sell drinks and food during home track meets.

#### **Participation Requirements:**

- **You must have a physical on file with FINAL FORMS to participate in the first practice:**  
<https://rochester-mi.finalforms.com/>
- **Pay to participate is due on 4/17**
- **Practice Requirements: See attached schedule**

Practice is an integral part of belonging to Hart's track program. Daily attendance is mandatory. **We make exceptions for team members that have other commitments on an individual basis. Feel free to email Mr. DeVantier at school with these concerns.\*\*\* cdevantier@rcs-k12.us**

Lead with HART continues at Track. We expect student athletes to follow the directions of the coaches throughout practice, this includes our warm up run, long sub runs, as well as breakout group workouts. If an athlete receives one warning, a discussion with a coach will take place and a form will need to be signed by a parent and returned before the athlete can practice. If a second concern happens, Head Coach will call the parent. Until communication is achieved, that athlete will not be allowed at practice. For a third incident, the athlete may be released from the team.

#### **Practice Guidelines:**

1. Athletes are expected to be on the track to set up equipment and warm-up by 2:35.
2. Bring all of your equipment outside at the start of practice (sweats, jacket, running shoes, spikes, water).
3. Shorts, t-shirts, sweats, and running shoes are required dress code for practice. No team uniforms will be worn at practice.
4. Bringing your own water is mandatory. We cannot provide water.
5. The hallways/lockers are not open after practice. Please bring all of your books, coats, etc. to practice so you can exit directly from the locker room to the outside door.
6. Have your ride pick you up promptly at the end of practice (see attached schedule) on the south side of the building, near the gym. It is extremely inconvenient for coaches to have to wait for athletes to get picked up.
7. Dress warm and in layers. Springtime in Michigan is interesting.

**Meet Requirements:**

1. Athletes can leave when they are finished with their events. Remember that you are part of the Track and Field team, if you can stay, you should support your school team.
2. We will meet prior to each **Home Meet** on the track. Bring all of your school and meet materials with you at that time.
3. All athletes not in a hurdle event need to be available to help set up hurdles and pull them off the track.
4. **All** remaining athletes need to help put away the supplies at the conclusion of a meet.
5. **Away Meets** will not have a bus. Athletes should be there 30 minutes before the meet begins for warm up.
6. Most Meets end at 7:00pm, Nutrition and Hydration is important because the Meets can be over 4 hours after school.

**Uniforms:**

1. The team uniform is the same from the last few years as well as Cross Country. The team jersey purchased by each athlete should be worn to each meet. These will be our official uniform.
2. T-shirts (white only) may be worn **under** your uniform.
3. Spikes are not mandatory. If you purchase these they can only be 1/4 of an inch or less.
4. Hard objects (clips, beads, etc.) are not allowed in the hair during meets per MHSAA rules.
5. Hanson's has a 20% off night at the Utica and Lake Orion stores on Thursday, April 3rd!

**Parent Help:**

We need parent volunteers to help out during our home meets. Parents will help time running events and/or help run a field event. Please see attached volunteer sheet to share your ability to help out. **Feel free to email Mr. DeVantier at school with any concerns.\*\*\* cdevantier@rcs-k12.us**

Thanks for your help and support,  
 Chris DeVantier (Head Coach)  
 Amber Golden (6th Grade Girls)  
 Jim Cromie (6th Grade Boys)  
 Bethany Strausbaugh (7th Grade Girls)  
 Leesa Stumpf (7th Grade Boys)  
 Paige Flowers (8th Grade Girls)  
 Sam Castillo (8th Grade Boys)

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 -  
 I have read over the 2025 track season information with my child and am aware of the requirements he/she must attend to.

\_\_\_\_\_  
 Parent Signature

\_\_\_\_\_  
 Student Athlete Name (print)

\_\_\_\_\_  
 Grade Level

**\*\*\*Return this slip to Coach Strausbaugh in A12 or hand into the Main Office**

# Order of Track Events

(Field Events are on-going: 3 attempts for Athletes: Shot Put,  
Long Jump & High Jump)

3200m Relay (4x800)

55m Hurdles

100m

800m Relay (4x200)

1600m

400m Relay (4x100)

400m

70m

800m

200m Hurdles

200m

3200m

1600m Relay (4x400)

# 2025 Hart Track Volunteer Form

Thank you for your interest in helping out our track team this year. With 400+ kids being involved in our meets we need a lot of help to keep things moving. Please sign up for time keeping, field events or concession stand during our 6 Home Meets. Any parent able to volunteer would be appreciated.

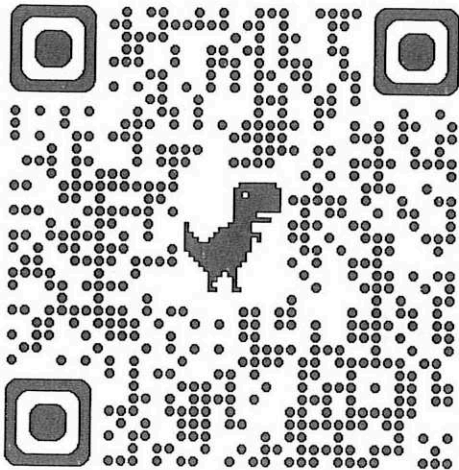
We need MANY parent volunteers at each home meet.

If you are available to help please sign up in our sign-up genius.

Please show up 15 minutes before the start of the meet.

Scan the QR code or go to

<https://www.signupgenius.com/go/9040D45A9AB2FA2FF2-54410479-hart#/>



<u>Event</u>	<u>School Record</u>		<u>County Qualifying</u> (2024 winner)	
	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>
70 m	8.09	8.5	8.8 (8.51)	9.7 (9.16)
100 m	11.54	12.5	12.1 (11.26)	13.4 (12.47)
200 m	23.78	26.8	25.9 (24.03)	28.9 (25.60)
400 m	53.02	60.69	58.3 (52.91)	66.8 (56.16)
800 m	2:06	2:25.5	2:20 (2:08)	2:41 (2:19)
1600 m	4:56.13	5:32	5:15 (4:40)	6:01 (5:18)
3200 m	10:45.5	11.49	Q 12:50 (10:26) AQ 11:50	Q 14:30 (11:12) AQ 13:25
55 m hurdles	8.42	8.9	9.2 (8.00)	9.8 (8.9)
200 m hurdles	27.61	29.8	29.0 (26.54)	33.5 (29.96)
High Jump	5'8"	5'3"	5'2 (5'8")	4'8 (4'10")
Long Jump	19'	14'7"	16'09" (17'8")	14'0" (15'11")
Shot Put	45'7"	39'4"	37'09" (46'4")	35'06" (35'4")
400 m relay	48.5	53.00	(47.39)	(52.32)
800 m relay	1:38.7	1:51.31	1:52 (1:36)	2:05 (1:51)
1600 m relay	3:54.98	4:23:27	4:15 (3:53)	5:00 (4:15)
3200 m relay	9:24.4	10:38.7	10:30 (9:06)	12:30 (10:07)

Oakland county results are based on 2024.

ORDER BY  
FEBRUARY

27

# HART MIDDLE SCHOOL TRACK TEAM SHOP SPRING 2025

1 SINGLET REQUIRED PER ATHLETE



**\$35.00**  
YOUTH TRACK  
SINGLET

1 SINGLET REQUIRED PER ATHLETE



**\$35.00**  
WOMENS TRACK  
SINGLET

1 SINGLET REQUIRED PER ATHLETE



**\$35.00**  
MENS TRACK  
SINGLET



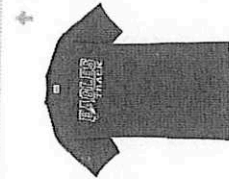
**\$26.00**  
Port & Company  
Youth Core  
Fleece Hoody  
**Youth**



**\$26.00**  
Port & Company  
Ultimate Pullover  
Hooded  
Sweatshirt



**\$15.00**  
Gildan Youth  
Ultra Cotton  
100% Cotton T-  
Shirt  
**Youth**



**\$15.00**  
Gildan Heavy  
Cotton 100%  
Cotton T-Shirt



**\$16.00**  
Sport-Tek Youth  
Short Sleeve  
Competitor T-  
Shirt  
**Youth**



**\$16.00**  
Sport-Tek  
Women's  
Competitor T-  
Shirt



**\$16.00**  
Sport-Tek  
PosiCharge  
Competitor Tee

PAGE 1 OF 2

+ NAME/TEAM NUMBER PERSONALIZATION AVAILABLE + UPGRADES APPLY FOR LARGER SIZES



BSN SPORTS

MTS Customer Support - ref # 12874248  
1-800-749-3813 | myteamshop@bsnsports.com  
Team Coordinator Chris Devantier cdevantier@rochester.k12.mi.us



Access Code

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www.bsnteamssports.com



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Order 2/3 to 2/27

No orders will be accepted after the deadline.



ORDER BY  
FEBRUARY  
27

# HART MIDDLE SCHOOL TRACK TEAM SHOP SPRING 2025




**\$22.00** Badger Men's B-Core Track Short



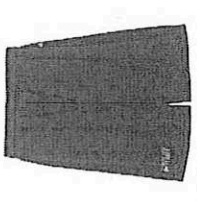
**\$22.00** Badger Ladies' B-Core Track Short




**\$22.00** Badger Youth Track Short **Youth**



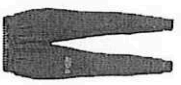
**\$22.00** Badger B-Core Pocketed Short



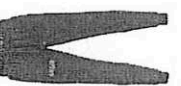
**\$22.00** Badger Youth Basic Performance Short **Youth**




**\$30.00** BSN SPORTS Men's Cotton Rich Fleece Joggers



**\$30.00** BSN SPORTS Women's Cotton Rich Fleece Joggers



**\$30.00** BSN SPORTS Youth Cotton Rich Fleece Joggers **Youth**



**\$30.00** Gildan Heavy Blend Open Bottom Sweatpant



**\$28.00** Gildan Youth Heavy Blend Sweatpant **Youth**

PAGE 2 OF 2  
+ NAME/TEAM NUMBER PERSONALIZATION AVAILABLE + UPGRADES APPLY FOR LARGER SIZES



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Order 2/3 to 2/27



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Team Coordinator Chris Devantier@cdevantier@rochester.k12.mi.us

No orders will be accepted after the deadline.

THE  
MOUNTAIN  
VIEW  
CAMP

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