



COLUMBIA FALLS JUNIOR HIGH
TRACK SCHEDULE
2025



- Practice is held from 3:30 - 4:45 p.m. Wednesdays: 2:30 - 4:00 p.m.
- Pick up M/T/TH/F by 5:00 p.m. Pick up Wed. by 4:15 p.m.

Date	Place	Start Time	Dismissal
APRIL 1, TUESDAY	1 ST PRACTICE IN THE GYM	3:30 PM MUST HAVE PHYSICAL	
APRIL 11, FRIDAY	C-FALLS	10:00 AM	9:00 AM
APRIL 25, FRIDAY	WHITEFISH	10:00 AM	8:30 AM
MAY 2, FRIDAY	POLSON	10:00 AM	7:45 AM
MAY 9, FRIDAY	KALISPELL (LEGENDS FIELD)	10:00 AM	8:30 AM
APRIL 30, WEDNESDAY	PICTURES	2:30 P.M.	

* This schedule is subject to change as per Administrative discretion.

Sports Physical **MUST be in the office by the first day of practice to participate this season!**

Please read the rules and expectations on the back!

Columbia Falls Junior High Track and Field 2025 Rules and Expectations

Paperwork Required before first track meet

- Athlete Handbook read and signed, concussion form, and insurance form (blue card)
- Rules and Expectations sheet signed by parent and student (detach and send back the bottom of this form.)
- Sports Physical on file (must be current for school year)

Practice

- Practice is held from 3:30 - 4:45 p.m. Wednesdays: 2:30 - 4:00 p.m.
- Parents should pick students by 5:00 p.m on M/T/Th/F and 4:15 p.m. on Wednesdays.
- It's important to pick up your child on time as coaches can't go home to their own families until all athletes are gone.

Academic Policy

- Track follows the CFJH Handbook for Academic expectations. If a student has a failing grade in any class at 3:30 PM on Friday during Track season, he/she will not be able to attend the next Friday's meet. *(Students may be able to participate in practice based on the number of ineligibilities during the track season.)*

Attendance Policy

- Students must attend all practices or at least **THREE** (if the other two are excused) in order to compete in Friday's meet.
- Excused Absences if not at practice:
 - Another Team practice with **conflicting time** or other commitments such as tutor, doctor/dentist, piano, karate, dance, etc. - *must bring a note signed by parent.*
(For weekly commitments, one permission slip is fine for the whole season.)
 - Students MUST sign out on the clipboard for excused absences (Not signing out is considered an unexcused absence). This does not apply if you were absent from school the whole day.
 - Unexcused absences will be dealt with on a case by case basis.
 - Consequences may include, but not limited to - make up the workout assigned by the coach at practice and/or exclusion from the meet on Friday.

Meet Days

- While the school will provide a uniform top, students will need shorts for meet days. (Black recommended)
- We ask that students participate in a minimum of 4 events with at least 1 running event.
- Parents are asked to watch the meets from the sidelines and not be on the field with the team.
- Students must be signed out via a coach or manager to travel home with a parent/guardian. Failure to sign out will result in the loss of privilege to attend the following track meet.
- Students are **not allowed** to travel home with anyone other than their parents or legal guardian unless they have a transportation liability waiver filled out, signed and approved by the administration before the day of the track meet.