LIBERTY HIGH SCHOOL
TRACK AND FIELD

PHILOSOPHY
Athletics play an important part in the Liberty Union High School District. Student Athletes learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important part, too, in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students, spectators as well as participants, develop pride in their school and maximize individual potential.

MISSION
Our mission is to develop athletes who compete with confidence, uphold integrity, and demonstrate strong character both on and off the field.

VISION
Our vision is to instill confidence and reinforce ethical standards that promote good character.

The methods by which the aims are achieved are listed below in random order to emphasize the equal importance of each.

- Commitment
- Hard Work
- Determination
- Optimism
- Humility

MOTTO
“Prepare well, Perform well”

2026 SCHEDULE

Saturday	January 24, 2026	Winter Championship
Saturday	February 21, 2026	27th Annual Pittsburg Relays
Saturday	February 21, 2026	Viking Invitational
Saturday	February 28, 2026	Highway 4 Invitational
Wednesday	March 4, 2026	BVAL Meet – Liberty @ Pittsburg
Saturday	Mar 7, 2026	Marsh Creek Invitational
Wednesday	March 11, 2026	BVAL Meet – Liberty, Freedom, Deer Valley @ Emerald
Saturday	Mar 14, 2026	13th Annual Eddie Hart Invitational
	******* Spring Break – *March 16th to March 27th* *******	
Fri/Sat	Mar 20,21, 2026	Dublin Distance Fiesta
Saturday	Mar 21, 2026	26th Annual Coach Caccavo Memorial Relays
Saturday	Mar 21, 2026	Vanden Invitationals
Wednesday	Apr 1, 2026	BVAL Meet – Liberty, Freedom @ Heritage
Saturday	Apr 4, 2026	Stanford Invitational
Saturday	Apr 4, 2026	Antioch City Invitational
Saturday	Apr 11, 2026	Arcadia Invitational
Wednesday	Apr 15, 2026	BVAL Meet – Liberty, Deer Valley, Emerald @ Antioch
Fri/Sat	Apr 17,18, 2026	Mt SAC Relays
Wednesday	**Apr 22, 2026**	**BVAL Meet – Heritage, Emerald @ Liberty**
Saturday	Apr 25, 2026	2026 Sacramento Meet of Champions
Wednesday	May 6, 2026	BVAL Track Championships
Saturday	May 9, 2026	BVAL Track Championships
Saturday	May 16, 2026	NCS Tri-Valley Area Championships
Friday	May 22, 2026	CIF North Coast Section Meet of Champions
Saturday	May 23, 2026	CIF North Coast Section Meet of Champions
Friday	May 29, 2026	106th CIF State TF Champs Prelims
Saturday	May 30, 2026	106th CIF State Championship Finals
Monday	Jun 1, 2026	Team Banque

TEAM STANDARDS

When it comes to high standards in sports, it's all about setting a bar that pushes athletes to excel, while also emphasizing the values that make sports meaningful and rewarding beyond just winning. High standards can encompass performance, discipline, character development and ethical standards and integrity.

PERFORMANCE EXCELLENCE

- **Physical Conditioning**: Maintaining peak physical fitness, proper nutrition, and injury prevention.
- **Skill Development**: Constant focus on refining techniques, mastering the fundamentals, and evolving with new tactics.
- **Mental Toughness**: Building resilience, focus, and mental fortitude to perform under pressure.

DISCIPLINE & WORK ETHIC

- **Consistent Training**: Showing up for practice, working hard in every session, and pushing boundaries.
- **Accountability**: Holding oneself and teammates accountable for effort, focus, and progress.
- **Dedication**: Sacrificing time and energy for the pursuit of excellence and to achieve team and personal goals.

CHARACTER DEVELOPMENT

- **Leadership**: Whether you're a captain or a team member, showing leadership through actions, inspiring teammates, and guiding them with encouragement and support.
- **Teamwork**: Understanding that success isn't just individual; it's about creating a cohesive unit, where everyone contributes and sacrifices for the greater good.
- **Humility**: Celebrating achievements with a sense of humility, understanding that hard work is key to success, and always striving to improve.

ETHICAL STANDARDS & INTEGRITY

- **Fair Play**: Respecting the rules, the referees, and the spirit of competition, even when no one is watching.
- **Respect for Teammates & Opponents**: Treating everyone with respect, regardless of skill level or competition.
- **Good Sportsmanship**: Win or lose, handling the outcomes with grace, humility, and maturity.

THINGS TO EXPECT

COMPETITION
Athletes can ONLY compete in Four (4) events per meet. (NCS rule)

ACADEMICS
Athletes with a GPA of 2.5 or less will be required to complete weekly progress reports. Until the GPA is 2.6 or greater, they will be required to meet with Coach Mundy.

TRANSPORTATION
There are only 2 vans available to transport athletes; parents are needed and expected to transport athletes to meets.

If your athlete is a driver, they are ONLY allowed to drive themselves and/or siblings to district meets (Liberty, Heritage, and Freedom).

FUNDRAISING EVENTS
There are Amazon Donation lists for items needed posted on BAND. Please know that invitational meets, uniforms and equipment are solely funded by proceeds from fundraising.

SENIOR BANNER
Pictures will take place on **March 5, 2026, at 5:30** on the field. Pictures will need to be purchased prior to picture day.

SENIOR NIGHT
Will be on **April 22,2026, at 3:30**. (It is a tri-meet, so we must begin promptly, please plan accordingly.)

ATTENDANCE

Athletes are expected to attend all practices. Athletes must be in school for 2 (TWO) periods to be eligible to practice or attend track meets. Team practice is from 3:45-5:45 on school days.

- Athletes are required to check in and out of practice and track meets.
- Athletes on the non-participation list, WILL ONLY be permitted to attend practice. (The list come out every Tuesday)
- Athletes with three (3) unexcused absences will be removed from the team.
- All athletes need to message Coach Fisher as soon as possible if they will miss practice or a track meet via private chat on BAND.
- Athletes are encouraged to make appointments on Thursdays. Medical appointments MUST have note on letterhead to return to practice. The Roster will close on **February 9, 2026**.

UNIFORMS

Uniform tops will be provided; however, athletes are required to provide and wear BLACK shorts and appropriate shoes for events. Rain gear, change of clothes (sweats, socks, pants) and towels are recommended. Track meets will run rain or shine (variable conditions will cancel meet/practice)

NOTE:
Athletes are never allowed to go shirtless or just wear a sports bra while representing Liberty High School Track during practice or meets.

Athletes will be charged $100 (one hundred) for damaged or unreturned uniforms. If fees are unpaid, transcripts will NOT be released.

STANDARDS TO RECEIVE A LETTER

Event	Men		Women	
Standard	A	B	A	B
100m	11.6	11.95	12.95	13.5
200m	24.5	25.1	28.5	29.8
400m	54.5	56.8	1:07.0	1:08.5
100/110H	16.5	18.0	17.6	18.9
300mH	48.5	49.4	51.75	53.70
800m	2:14.50	2:20.99	2:40.50	2:47.99
1600m	4:59.99	5:12.50	5:56.99	6:11.99
3200m	10:59.99	11:29.99	12:59.99	13:35.99
Long Jump	18'6"	16'6"	15'6"	12'
Triple Jump	40'6"	36'	32'6"	25'6"
High Jump	5"10"	5'6"	4'10"	4'6"
Pole Vault	11'	10'	8'	7'
Shot Put	42'	37'	28'	25'
Discus	110'	90'	90'	75'

NOTE:
A Standard (Needs to be met once)
B Standard (Needs to be met twice)
4 Year Athlete

AWARD RECOGNITION CRITERIA

LEADERSHIP AWARD

This award should recognize the athlete who has demonstrated exceptional leadership skills, inspired their teammates and contributed positively to the team dynamic. It Is presented to the athlete that is recognized for the following:

- Athlete demonstrated behaviors that inspired others.
- Athlete who displayed initiative throughout the season
- Athlete who leads by example
- Athlete who promoted teamwork

MOST IMPROVED AWARD

This award should recognize the athlete who has shown the most significant improvement in their performance over the season, showcasing determination and hard work. It's about growth, effort and perseverance. It is presented to the athlete that is recognized for the following:

- Athlete who has shown measurable improvement in skills and performance
- Athlete who displayed dedication, hard work and persistence
- Athlete who maintained a can-do attitude throughout their development
- Athlete who has shown resilience and determination to improve

TOP NEWCOMER AWARD (Rising Star)

This award is meant to recognize the athlete who recently joined the team and made a remarkable impact on the team and displayed great potential. It Is presented to the athlete that is recognized for the following:

- Athlete who adapted quickly and smoothly to the team culture.
- Athlete who has built a strong relationship with teammates
- Athlete who demonstrated a strong learning mindset and eagerness to grow
- Athlete who displayed reliability, responsibility and strong work ethic.

LIBERTY SPIRIT AWARD

This award should recognize the athlete who exemplifies the spirit of our team and school, showing enthusiasm, sportsmanship, and support for their peers. It Is presented to the athlete that is recognized for the following:

- Athlete who consistently displayed a positive attitude and uplifting energy
- Athlete who reflects the spirit and values of the team
- Athlete who is committed to the team's success over personal recognition
- Athlete who actively helped, encouraged and motivated teammates

MOST VALUABLE ATHLETE AWARD

This award should recognize the athlete whose overall contribution stands out significantly. It Is presented to the athlete that is recognized for the following:

- Athlete who delivered top-level results in their role
- Athlete who contributes to wins, progress or milestones that would not have been possible without them
- Athlete who goes above and beyond expectation
- Athlete who is dependable and performs well under pressure