

Fort Couch Middle School Track and Field - 2026

Coaches: Mr. Beaver and Mr. Toth, Field Events

Mr. Calvetti, Ms. Fedko, Ms. Rubican and Mrs. Senneway, Track Events

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Track: Order of Events

(Subject to change)

Track Events*

1. Girls' 100M Hurdles
2. Boys' 110M Hurdles
3. 1600M Run
4. 100M Dash
5. 400M Dash
6. 4X100M Relay
7. 800M Run
8. 200M Dash
9. 4X400 Relay (optional)

Field Events

10. Shot Put
11. Discus
12. Triple Jump
13. Long Jump
14. High Jump

*On Home Meet days, all available team members are needed to help move hurdles on/off the track.

****Practice is not necessarily cancelled due to rain.** Dress accordingly. If the weather is questionable at 2:00, coaches may decide to cancel completely. Students are permitted to call home to notify parents of the practice. When in doubt, plan for the weather just in case.

Team communication is handled through our SportsYou app. You and/or your parents must join in order to get team information, communication, and the schedule.

The code is: **HHSCRLJ2**

General Information

- Dates and times are subject to change.
- All forms must be submitted and approved by the first practice or you will not participate.
- We practice daily at USCHS beginning at **3:45**. Students will be dismissed at 3:28 to get changed and then will be picked up on the field side of the building at **3:35**.
- Practice concludes at **5:00**. You are to be picked up **promptly** in the upper USCHS parking lot.
- Meet uniforms include black shorts and white socks with your FC jersey. No exceptions.
- No jersey on Meet day, no participation.
- All **Home** meets will be held at USCHS Track and will begin at **3:30**. Pick-up is in the USCHS lot at approximately **5:30-6:00**, but you may leave earlier.
- Pick-up after all **Away** meets is at Fort Couch at the main entrance on the field side.
- Students must ride the team bus home after away meets unless they have a completed Parent Transportation Approval. Download it on SportsYou. There are no exceptions.
- **Attendance:** In order to compete at an Away meet, you must be at practice the day before and have regular attendance. Two absences may result in your missing the next away meet.
- Involvement in other sports or the Musical will hinder your commitment to Track, so please carefully consider your participation as the attendance policy will apply.