



High School of American Studies Track & Field FAQ Sheet



Team Membership

- The Sport of Track & Field allows for a generous inclusion policy. All athletes wishing to abide by the team's stated policies and continue to train to improve their personal performance will be considered a full member of the American Studies Track Team.
- All member athletes may attend all meets whether they are competing in them or not.
- All member athletes compete in Developmental Meets and Borough Championships.
- Participation in Invitational Meets and the City Championship Meet are based upon qualifying times. If only one athlete qualifies for the City Championship Meet then we will all attend to support them for their event(s).
- Varsity Membership is an exclusive niche within the Track & Field Program at the High School of American Studies. Varsity status does not imply whether an athlete will compete in competitive meets. Instead the title of Varsity applies to an athlete that has met certain standards that are universally recognized. (refer to charts on the reverse side of this sheet)

Behavior Becoming an Athlete (Code of Conduct)

- Consistency & Attitude (PSAL & Team Requirements)
 - Athletes must have attended no less than twelve practices before their first competition.
 - Lateness and infrequent attendance will be grounds for punitive action or dismissal.
 - On days of normal school attendance, an athlete must be present in school in order to participate in any team practice or competition.
 - Each athlete must have all of their required forms up to date and on file.
 - All rules included in signed contracts remain in effect unless otherwise noted.
 - Fighting and inappropriate behavior at practices and ESPECIALLY at competitions will be met with swift and appropriate action. (Please do not discover what is meant by this statement)
- Appropriate Attire at Practices & at Competitions
 - Cool Practice (Outdoors below 65 degrees)
 - Mandatory Dress - Running Training Shoes; sweat pants; long sleeve shirt; wool hat; gloves/mittens; white socks; upper athletic support; Plastic Water Bottle.
 - Optional Dress - scarf; ear cups; running suit; spandex.
(All mandatory attire must be worn through stretching, warm-up and workout)
 - Warm Practice (Outdoors between 75 & 65 degrees)
 - Mandatory Dress - Running Training Shoes; sweat pants; long sleeve shirt; white socks; upper athletic support; Plastic Water Bottle.
 - Optional Dress - Shorts above the knee; t-shirt.
(All mandatory attire must be worn through stretching& warm-up; optional dress may be worn during the workout only)
 - Hot Practice (Outdoors over 75 degrees)
 - Mandatory Dress - Running Training Shoes; sweat pants; white socks; t-shirt; upper athletic support; Plastic Water Bottle.
 - Optional Dress - Shorts above the knee.
(All mandatory attire must be worn through stretching& warm-up; optional dress may be worn during the workout only)
- All Competitions & Meets
 - Mandatory Dress - Running Training Shoes; UNIFORM Sweats; white socks; t-shirt; upper athletic support; Full UNIFORM worn under sweats; Plastic Water Bottle.
 - Optional Dress - Running Spikes.
(All mandatory attire must be worn through stretching& warm-up; Uniforms are visible only during actual races; Uniforms are to be clean and unwrinkled)



Varsity Status is Determined as Follows:

- Athletes must meet any two of the following three requirements to attain the designation of Varsity Athlete...
 1. Achieve a Varsity qualifying time in a competition. (refer to chart below)
 2. Compete in three consecutive seasons. (Could include cross-country & Indoor winter track)
 3. Currently in the twelfth grade.

Women's Varsity Qualifying Times & Distances

Event	Women's Time	City Championship Qualifying Time
100 meters	13.5sec	13.0sec
200 meters	28.0sec	27.25sec
400 meters	65.0sec	61.5sec
800 meters	2:35min	2:29 min
1500 meters	5:35min	5:19min
3000 meters	12:00min	11:39min
Steeple Chase Women's is 2000m	Without Water 8:20min With Water 8:50min	Without & With Water 8:00min & 8:30min
Long Jump	14'0"	15'3"
Triple Jump	29'0"	31'0"
Shot Put	28'0"	29'6"
Discus	74'0"	77'0"

Last Updated: December 9, 2006



New Stadium on Randall's Island. (400m Track is brand new)

