



# 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; athletic support; Plastic Water Bottle.
    - Optional Dress - scarf; ear cups; running suit; spandex. (No Boxers ever)  
(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; athletic support; Plastic Water Bottle.
    - Optional Dress - Shorts above the knee; t-shirt. (No Boxers ever)  
(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; athletic support; Plastic Water Bottle.
    - Optional Dress - Shorts above the knee. (No Boxers ever)  
(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; athletic support; Full UNIFORM worn under sweats; Plastic Water Bottle.
    - Optional Dress - Running Spikes. (No Boxers ever)  
(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.

## Men's Varsity Qualifying Times & Distances

Event	Men's Time	City Championship Qualifying Time
100 meters	11.75sec	11.3sec
200 meters	23.5sec	23.0sec
400 meters	54.0sec	51.0sec
800 meters	2:08min	2:01min
1600 meters	5:00min	4:45min
3200 meters	10:45min	10:30min
Steeple Chase Men's is 3000m	Without Water 11:00min With Water 11:30min	Without & With Water 10:39min & 11:11min
Long Jump	18'0"	19'5"
Triple Jump	38'0"	39'4"
Shot Put	39'0"	40'9"
Discus	100'0"	103'0"

Last Updated: December 9, 2006



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

