

CHARGERS

TRACK AND FIELD

2024 COACH INFORMATION:

Devin Moody	Head Coach	coachdevimoody@gmail.com
Eric Kjar	Sprints	erickjar@canyonsdistrict.org
Doug Robinson	Sprints	drob@deseretnew.com
Alyssa Dalton	Jumps/Hurdles	alyssa.dalton@canyonsdistrict.org
Brandon Farzad	Throws	brandonfarzad@gmail.com
Anginae Stacey	Pole Vault	acstacey825@gmail.com
Stephanie Henstrom	Distance/Mid-distance	ohiohenstroms@hotmail.com
Jill Freeman	Distance/Mid-distance	jillfreeman@canyonsdistrict.org
Alyssa Swenson	Hurdles	Alyssaswenson11@gmail.com
Paige Hardman	Javelin	paige.hardman@canyonsdistrict.org

VISIT THE TEAM WEBSITE:

CORNERCANYONTRACK.com

Schedule & Info | Eligibility | Uniforms | Photos | Records

ITEM 1: ELIGIBILITY

Go to RegisterMyAthlete.com → Utah → Corner Canyon

STEP 1: Create Athlete Profile

STEP 2: Register for Track & Field 2023-2024

STEP 3: E-Signatures

STEP 4: Physical Form A

STEP 5: Participation Fee

COMPLETE STEPS 1-4 BY MONDAY, FEB 26TH (*NEEDED TO PRACTICE)

STEP 1: CREATE ATHLETE PROFILE

- Go to RegisterMyAthlete.com and CREATE ACCOUNT
- If you already have an account, skip to Step 2

STEP 2: REGISTER FOR TRACK & FIELD 2023-2024

- After your profile is complete, login to your RegisterMyAthlete profile.
- Click on REGISTER FOR A SPORT, select "2023-2024 Girls/Boys Track & Field"
- **NOTE: Until an athlete has completed this step, they will NOT appear on the coaches roster and the coach has no way of knowing if the physical or fee has been completed.

STEP 3: E-SIGNATURES

- After adding "2023-24 Girls/Boys Track & Field" and filling out all of the required info, click SCHOOL REQUIREMENTS. This will take you to the Registration Checklist.
- The first item of the checklist is reading through the registration documents and "signing" that you have read and agree to the documents.

STEP 4: PHYSICAL FORM A

- The UHSAA (Utah High School Athletics Association) requires a yearly physical for athletes to practice or compete with the team.
- The physical form is a specific document called the UHSAA PHYSICAL FORM A
- Download and Print the Physical Form A (found on the Team Website)
- Turn in the complete document (to the CCHS Main Office).
- **NOTE: Once the physical form has been turned in to the main office it will NOT be automatically entered in as "complete" on the RegisterMyAthlete checklist. It will have to be manually entered in by the Athletic Director which could take a day or two.

COMPLETE STEP 5 IN MONDAY, MARCH 26TH (*NEEDED TO COMPETE)

STEP 5: PARTICIPATION FEE

- Go to the CCHS Main Office and pay the \$75 Participation Fee for Track & Field
- **NOTE: Once the fee has been paid it will NOT be automatically entered in as "complete" on the RegisterMyAthlete checklist. It will have to be manually entered in by the Athletic Director which could take a day or two.

ITEM 2: UNIFORMS & TEAM GEAR

- They ordering window for Uniforms & Team Gear will be every year in January. (This allows for adequate time for all sizes, products and printing to be completed by the start of the season.)
 - ORDERING WILL CLOSE THIS THURSDAY, JAN 11TH @ 11:59PM
- The front page of the team website has a link to order – **CornerCanyonTrack.com**
- If you missed the ordering window the only items that will be available during the season will be the Uniform Top. Contact Coach Moody for more details.

ITEM 3: COMPETITION SCHEDULE

***DUAL/TRI MEETS – FOR BOTH JV AND VARSITY ATHLETES**

***INVITES – VARSITY ONLY (TYPICALLY TOP 5 IN EACH EVENT UNLESS OTHERWISE NOTED)**

MARCH

Monday, Feb 26	Outdoor Track Practices Begin
Fri/Sat, Mar 8/9	*Snow Canyon Invite @ Snow Canyon (*optional – Parent Travel)
Wed, Mar 13	<u>TRI MEET</u> : Corner Canyon, Bingham @ Herriman
Sat, Mar 16	Tony Glover Invite @ Corner Canyon & Riverton
Wed, Mar 20	<u>TRI MEET</u> : Corner Canyon, Bingham @ Copper Hills
Wed/Thurs, Mar 27/28	Alpha Invite @ Timpanogos

APRIL

Wed, Apr 10	<u>DUAL MEET</u> : Riverton @ Corner Canyon
Fri, Apr 12	Phoenix Invite @ Farmington
Wed, Apr 17	<u>TRI MEET</u> : Herriman, Mt. Ridge @ Corner Canyon
Sat, Apr 20	Davis Invite @ Davis
Wed, Apr 24	<u>TRI MEET</u> : Corner Canyon, Copper Hills @ Mt. Ridge
Tues, Apr 30	<u>JV Region</u> @ Riverton

MAY

Fri/Sat, May 3/4	BYU Invite @ BYU
Wed/Thurs, May 8/9	Region Championships @ Bingham
Thurs/Sat, May 16/18	State Championships @ BYU
Mon, May 20	Track & Field Awards Banquet – 5:30pm (Cafeteria)

TRAVEL REMINDERS:

- Bus times will be listed on the team website under “2024 Track Schedule”

ITEM 4: PRACTICE SCHEDULE

OUTDOOR TRACK SEASON: FEBRUARY 26TH – SATURDAY, MAY 18TH

Monday - Thursday

2:45pm @ CCHS Track

*Fridays

**practices determined by each event group*

ITEM 5: VARSITY LETTER & STATE QUALIFYING

- A Varsity Letter is achieved by reaching one of the Letter Standards below in addition to meeting the attendance expectations (as determined by each event coach)
- An athlete can qualify for state by reaching one of the times/marks below OR they must finish in the Top 4 and the Region Championships

*All 100M, 200M, and 100M/110M hurdles times must be done with fully automatic timing and with wind legal conditions.

GIRLS TRACK & FIELD			BOYS TRACK & FIELD		
	Letter Standard	STATE QUALIFYING		Letter Standard	STATE QUALIFYING
100M	13.9	12.8	100M	12.05	11.15
200M	28.75	26.15	200M	24.4	22.58
400M	1:05.00	59.78	400M	54.00	50.51
800M	2:38.00	2:18.94	800M	2:14.00	1:57.04
1600M	5:58.00	5:07.99	1600M	4:58.00	4:18.62
3200M	12:58.00	11:14.88	3200M	10:58.00	9:27.50
100 H	18.95	15.83	100 H	17.95	15.72
300H	54.00	46.77	300H	46.00	41.00
HJ	4' 07"	5' 1"	HJ	5' 06"	6' 1"
LJ	14' 06"	16' 1"	LJ	18' 06"	20' 10"
PV	6' 06"	10' 0"	PV	9' 06"	12' 10"
DISCUS	70' 00"	105' 6"	DISCUS	105' 00"	135' 11"
JAVELIN	75' 00"	102' 5'	JAVELIN	120' 00"	154' 1"
SHOT PUT	25' 00"	35' 0"	SHOT PUT	38' 00"	47' 10"
4x100M	-	50.62	4x100M	-	43.80
4x200M	-	1:47.33	4x200M	-	1:31.65
4x400M	-	4:07.30	4x400M	-	3:27.22
4x800M	-	9:54.88	4x800M	-	8:14.98

ITEM 6: PARENT HELP

We will be hosting 3 Meets this year:

Tony Glover Invite

Saturday, March 16th

from 10am – 3pm

Dual Meet

Wednesday, April 10th

from 3:30pm – 6:30pm

Tri Meet

Wednesday, April 17th

from 3:30pm – 6:30pm

Any parents who's athletes do jumps or throws events we would love for your help at these home meets. Throughout the meet we need Parents who can help write down athletes marks / help measure the jump or throw. You don't need previous experience; we can help train you on what to do. You could help with half or all of the meet.

→ Email CoachDevinMoody@gmail.com if you would be interested in helping!