

NORTH GWINNETT



BULLDOGS

TRACK & FIELD



**2025 PARENT-ATHLETE
HANDBOOK**

2025 TRACK & FIELD SCHEDULE

Date	Meet	Location	Who Competes
1/21 & 1/22	Parent Info Meetings	North Gwinnett High School Multi-Purpose Room (MPR)	All athletes & parents should attend one date
2/13	Home Dual vs Hebron	North Gwinnett High School	All
2/22	Gary Billion Invitational	North Gwinnett High School	All
2/26	Lambert Wednesday Night #1	Lambert High School	JV
3/1	Longhorn Stampede	Lambert High School	Varsity
3/4	Mill Creek JV	Mill Creek High School	JV
3/8	Jerry Arnold Challenge	Mill Creek High School	Varsity
3/15	Twilight Invitational	North Gwinnett High School	All
3/20	Whitley Freshmen Showcase	Parkview High School	9 th Graders
3/25	All-Comers at Mill Creek	Mill Creek High School	JV
3/28- 3/31	Gwinnett County Championship	Collins Hill High School	Varsity
4/2	JV County Championship	Parkview High School	Top JV
4/5	Spring Break Showdown	Marietta High School	Varsity
4/17	GAC Classic Invitational	Greater Atlanta Christian	Varsity & select Top JV
4/22 & 4/23	Region 7-6A Championship	Peachtree Ridge High School	Varsity
5/3	Sectional A Qualifier	McEachern High School	Sectional Qualifiers
5/9 & 5/10	6A State Championship	Carrollton High School	State Qualifiers

COACHING STAFF:

Head Coach - Chris Carter (Distance)
Bobby Anderson (Boys Sprints & Hurdles)
Graham Oakley (Distance)
Joel Reid (Boys Sprints)
Bryan Mergenthal (High Jump)
Kim Russell (Distance)

Janelle Barnes (Girls Sprints & Hurdles)
Earl Barnes (Girls Sprints & Hurdles)
Eddison Toby (Jumps & Throws)
Zach Luna (Pole Vault)
Marcus Potter (Long Sprints)
Bob Whitfield (Throws)

COMMUNICATION & TEAM INFO: Team Website – www.northtfxc.com
Remind – text “@northtfxc” to 81010
Threads & Instagram - @northtfxc

PARTICIPATION REQUIREMENTS:

- Meet all school, GCPS, & GHSA eligibility requirements
- Complete all info on Rank One (including current physical & insurance
 - Rank One instructions can be found on the “Team Info” page of our website

CORE TEAM VALUES

- **Integrity**
 - What you do when no one else is watching
 - We must be whole in our pursuit of excellence. Even a small crack can sink the entire ship.
- **Sacrifice**
 - Giving up something good for something better
- **Practice = Performance**
 - The Process: effort, focus, attendance, sleep, nutrition, stretching, strengthening, off-season training
 - Take care of the process at practice and meet results will take care of themselves.
- **Consistency**
 - The consistent pursuit of excellence brings success: day after day, week after week, month after month, year after year.
- **Team**
 - You are an important part of the team.
 - The team always comes first.

WHAT IS TRACK & FIELD?

- Traditional Events (may vary at some meets):
 - FIELD EVENTS:
 - Pole Vault
 - Shot Put
 - Discus
 - High Jump
 - Long Jump
 - Triple Jump
 - RUNNING EVENTS:
 - 4x800m Relay
 - 100m/110m Hurdles
 - 100m
 - 4x200m Relay
 - 1600m
 - 4x100m Relay
 - 400m
 - 300m Hurdles
 - 800m
 - 200m
 - 3200m
 - 4x400m Relay

WHAT IS TRACK & FIELD? (cont.)

- Running events are usually divided into “heats” based on previous performance (seed time). Final results combine performances from all heats in that event.
- Pole Vault and High Jump are contested based on entry height, with each athlete choosing the height at which they enter the competition. Each athlete has 3 attempts to clear a height. Once they clear a height they move on to the next height, where they will have 3 more attempts at that height.
- Shot Put, Discus, Long Jump, and Triple Jump may be contested in “flights” based on previous performance. Athletes have 3 attempts, with the best attempt determining overall finish order. Some meets (invitationals & championships) may take the athletes with the best marks from the first 3 attempts to finals, where they will get 3 more attempts.
- Team scores are determined by adding up the points scored by that team’s individuals & relays, with the team with the highest point total winning.
- Invitationals & Championships meets are usually larger, with teams being limited to the top 2 or 3 performers in each event. JV & other weekday meets usually allow unlimited entries for each team in at least some events. Varsity athletes may or may not race in JV & weekday meets as they prepare for Invitationals & Championships.

TEAM RULES & EXPECTATIONS:

- **Coaches’ Discretion**
 - Situations may arise that require altering or that are not covered by team policies. Coaches have the authority & discretion to alter team policies when appropriate. Alterations will be rare and may apply to an individual athlete or the entire team at the discretion of the coaching staff.
- **Athlete Expectations**
 - Athletes will be respectful toward teammates, coaches, meet officials, parents, & other teams.
 - Athletes are expected to always be good representatives of North Gwinnett High School. This includes showing good sportsmanship, only being in allowed areas at meets, and giving full effort at practices and meets.
 - Profanity and inappropriate or demeaning language will not be tolerated.
- **Club Track Teams**
 - Athletes who wish to attend club track practice during North Gwinnett’s track season must meet the following conditions:
 - Must attend all North Gwinnett H.S. practices (practice/workouts may be adjusted at discretion of NGHS event coach & head coach). After indoor national meet, NGHS team practice will be of primary importance through H.S. State Meet.
 - Must give Coach Carter & their event coach: club team’s name and coach’s contact info; a printed club track practice & meet schedule (including dates, times, and locations)
 - Must communicate daily with North Gwinnett & Club track coaches about workouts & training to ensure coordination between both groups.
 - Meet the marks/standards below before the 1st day of NGHS practice.

*Marks/Standards:

- Nike Indoor Nationals
 - Girls – <https://tinyurl.com/25NikeIndoorGirlsMarks>
 - Boys – <https://tinyurl.com/25NikeIndoorBoysStandards>
- Adidas Indoor Track Nationals
 - Girls & Boys – <https://adidastfnationals.com/standards>
- New Balance Indoor Nationals
 - Girls & Boys – <https://nbnationalsin.com/standards>

- **Practice Expectations**
 - We will practice every day after school, this includes **Digital Learning Days**.
 - **Missed practices may result in athlete being removed from meets and/or relay teams, being ineligible to letter/banquet/awards, being ineligible for varsity competition, and/or dismissal from the team. Track is a TEAM sport. Your attendance at practice is an important part of our team success!**
 - We will have optional practices over Winter & Spring Breaks. This will be communicated in advance. This may be an expectation for Varsity athletes.
 - Practice starts at 2:30 and will end around 4:30 (depending on your individual event)
 - Athletes must have appropriate attire & shoes for practice and should be prepared to practice in any weather. Athletes who are unprepared for practice will be sent home and counted absent (this includes medical devices – inhalers, etc.).
 - Athletes are expected to attend ALL practices in their entirety unless:
 - the athlete was absent from school (more than ½ the school day)
 - the athlete’s parent obtained prior permission from both their event coach & the head coach (this includes absences for doctor’s visits, etc.)
- **Practice Attendance Rules:**
 - **Once an athlete’s attendance falls below 90%, that athlete will be held out of meets until attendance is again above 90%**
 - **If an athlete’s attendance falls below 80%, that athlete may be dismissed from the team.**
 - **Athletes who are absent more than once the week of a meet may be held out of that meet, regardless of attendance percentage.**
- **Meet Expectations**
 - Athletes must come to meets prepared with uniform and appropriate gear & shoes. Athletes can compete in regular running shoes, but most athletes choose to compete in spikes or event-specific shoes. See a coach for help choosing shoes.
 - Athletes must arrive to meets on time to allow for check-in, warm-up, etc. (as determined by event coach & head coach). Meet schedules will be sent via e-mail and posted on our team website in advance of the meet.
 - Athletes should bring proper hydration & nutrition to meets. See a coach for help with this.
 - At Invitationals, Championships, & Home Meets: Athletes competing in running events must stay until all their teammates are finished competing unless permission is given by event coach & head coach. Athletes competing in field events must stay until all athletes in their event(s) are finished competing unless permission is given by event coach & head coach.
 - Athletes are expected to attend all meets and compete in all events in which they are entered.
 - **Missed meets may result in athlete being removed from future meets and/or relay teams, being ineligible to letter/banquet/awards, being ineligible for varsity competition, and/or dismissal from the team.**
- **Unexcused Absences**
 - athlete misses practice or meet without permission from event coach & the head coach (includes missing without notification, missing for invalid reasons, etc.)
 - **Practice: 1st unexcused practice absence = warning and missed meet; 2nd unexcused practice absence = dismissal from the team**
 - **Meets: 1st unexcused meet absence = dismissal from the team**

PARENT HELP – WHAT CAN YOU DO?

- A successful season requires a lot of help from parents! We need help with the following:
 - volunteering at our home meets
 - concession stand
 - tickets/gate
 - clerk/checking in athletes
 - handing out awards at meets
 - athlete entry/exit to the track
 - getting hurdles & blocks to designated areas
 - set up before & clean up after meets
 - booster club officers & volunteers
 - Awards Ceremony
 - pictures & social media

TEAM DUES, FUNDRAISER, & BUDGET:

- Team Dues (**due by Feb. 12th**):
 - \$400 – new athletes; never participated in T&F/XC (includes uniform, team shirts & sweats)
 - \$350 – XC who have never participated in T&F (includes team shirts & sweats)
 - \$300 – returning athletes (includes team shirts only)
 - Additional siblings - \$200 (sibling is a new athlete); \$150 (sibling is a returning athlete)
 - Checks (“NGHS Track & Field Booster Club”)
 - Include athlete name(s) in comments section
 - Venmo (@NGHSTrack-and-Field):
 - **Ensure safety feature is off to avoid added fees by Venmo**
 - Include athlete name(s) in comments section
- Team Fundraiser
 - Double Good Popcorn
 - late February (specific dates: TBD)
 - Details to come in late Jan/early Feb
 - Local Business Spirit Nights
 - % of sales donated to team
 - dates & locations - TBD



BUDGET (projected)

Expenses:

Track Supplies/Facility/Operations	\$10,000
Athletes Uniforms/Gear/Awards	\$25,000
Asst. Coach Stipends	\$20,000
Home Meets	\$5,000
Travel & Certification (Coaches)	\$2,000
Meet Entry Fees	\$4,000
TOTAL	\$66,000

Income:

Team Dues	\$52,000
Fundraisers	\$10,000
Home Meets	\$3,500
TOTAL	\$65,500

LETTERING CRITERIA

- To earn a Varsity Letter:
 - Compete in the Varsity County Meet (individual or relay)
 - Seniors who have competed in Track & Field for 3+ years and end each season in good standing
 - Meet one of the Lettering Standards below
- To Letter with Recognition (plaque):
 - Score in the Varsity County Meet (individual or relay)
 - Place top 4 in the Varsity Region Meet (individual or relay)
- To Letter with Recognition (large plaque):
 - Break a School Record (individual or relay)
 - Score at the State Championship Meet (individual or relay)

Men's Lettering Standards

	9 th	10 th	11 th	12 th
100	11.8	11.6	11.4	11.2
200	24.5	24.0	23.5	23.0
400	56.0	55.0	54.0	53.0
800	2:15	2:10	2:07	2:05
1600	5:10	5:00	4:50	4:45
3200	11:20	11:00	10:50	10:40
110h	18.5	17.5	17.0	16.5
300h	47.0	46.0	45.0	44.0
Shot Put	35'	37'	39'	40'
Discus	90'	100'	110'	115'
Long Jump	17'	18'	19'	20'
Triple Jump	35'	37'	39'	40'
High Jump	5'6"	5'8"	5'10"	6'0"
Pole Vault	9'	10'	11'	12'

Women's Lettering Standards

	9 th	10 th	11 th	12 th
100	13.6	13.4	13.2	13.0
200	28.0	27.0	27.5	27.0
400	66.0	64.0	63.0	62.0
800	2:50	2:45	2:40	2:37
1600	6:10	6:00	5:50	5:45
3200	13:30	13:10	12:50	12:40
100h	18.5	18.0	17.5	17.0
300h	54.0	52.0	50.0	49.0
Shot Put	25'	27'	29'	31'
Discus	70'	80'	85'	90'
Long Jump	14'6"	15'	15'6"	16'
Triple Jump	28'	30'	32'	33'
High Jump	4'4"	4'6"	4'8"	4'10"
Pole Vault	7'	8'	9'	10'