

## FMS Indoor Track 2023

Hello Indoor Track Families,

Welcome! The Indoor season starts in 4 weeks on February 27th! Our season is **basically just the month of March**. Practices will be held after school Monday-Thursday, 2:45-3:45. I will send out a newsletter each week updating you about the week's practices and meets. Here is some important information about FMS Indoor track.

**Practices:** 2:45-3:45, meet in the gym for practice. We'll be done in time for student-athletes to hop on the late bus to get home at 3:50

Come prepared for practice every day with running shoes, water bottle, and a positive attitude! We will try to head outside for a short run each day as part of our warmup so have a jacket/sweatshirt, hat and gloves.

Following the team warm-up we will divide into different groups based on your events some days and full group strength workouts other days.

**Track Meets:** 5pm start, Portland EXPO, 239 Park Ave, Portland (next to the Portland Sea Dogs Stadium). The Cost is adults-\$4, students (K-8) - \$1, students (9-12) - \$2, senior citizens free with athletic pass or \$2 without pass

**Here is a list of the Indoor Track Events (Southern Maine Middle School Indoor Track League Rules, Procedures & Miscellaneous)**

1. Boys and girls have the same events except for the spacing of hurdles, the starting height in the high jump, the weight of the shot for Senior Division, and the hurdle height for Senior Division.
2. Junior Division (6th grade): 40 yd. Dash, 45 yd. Hurdles, 150 yd. Dash, 240 yd. Dash, 440 yd. Dash, 600 yd. Run, Shot Put, 560 yd. Relay, no 1000, no High Jump.
3. Intermediate Division (7th grade): 40 yd. Dash, 45 yd. Hurdles, 150 yd. Dash, 240 yd. Dash, 440 yd. Dash, Shot Put, 560 yd. Relay.
4. Senior Division (8th grade): 40 yd. Dash, 45 yd. Hurdles, 240 yd. Dash, 300 yd. Dash, 440 yd. Dash, Shot Put, 840 yd. Relay.
5. Open Events (Intermediate & Senior Division): 1000 yd. Run, 1-Mile, High Jump.

**Event Limitations:** An athlete may enter a maximum of two events, as follows:

- a. 2 field events (not possible for the Junior Division).
- b. 1 field & 1 running event.
- c. 2 running events, only one of which may be a floor event (40 or hurdles), and only one of which may be a circular event (150, 240, 300, 440, 600, 1000, mile).
- d. Any 1 event and the relay. Only exception to the Event Limitations Rule is that the relay may be added as a third event, as long as it does not make it a third running event.

More information can be found under the Falmouth Athletic page with updated announcements. **Our Meet Schedule is there as well.** Most of our meets are on Friday and Saturday evenings this year.

<https://athletics.falmouthschools.org/teams-schedules/winter-sports/indoor-track>

Please make sure the transportation and photo release information have been signed. They are found under your child's PowerSchool account.

We are excited for the indoor track season to begin! I am hoping to see some familiar XC faces!! This is going to be fun!!!!

Happy Running, Jumping, and Throwing!

See you all Soon!

Coach Amy

