

2021 Track Season Information

- Every student athlete that wants to try out for track must have an updated Knox County Physical that is dated after **April 15, 2020** in order to tryout. Physical forms are available on the Knox schools website under athletics. **NO EXCEPTIONS.**
- There is a \$50 team fee. (Only if you make the team, Only keeping 40 athletes)
- There is also a \$60 insurance fee for anyone that did not cheer or play basketball for the school. (basketball/cheer has already payed)
- Every student athlete that makes the track team has to have a minimum of a 2.0 GPA from semester 1 and must maintain a 2.0 throughout the season.
- Student athletes that make the Carter Middle School track team must maintain positive behavior, as RLC will result in discipline from the track coaches as well. OSS and repeat school behavior issues can result in dismissal from the track team depending on the severity of the infraction and will be determined by the coaches.
- Student athletes must be able to stay 4-5 days a week after school for practice and have a ride home provided from practice. Students will also need rides home from the school after the bus has returned to the school from track meets.
- Be thinking about what events you would like to try out for. This will help tryouts go smoothly. Just because you try out for it does not mean that is what you will run. We will place you where your talents are needed most. The event categories are:
 - Distance-** 3200m, 4x800m, 1600m, 800m
 - Sprinters-** 100m, 200m, 400m, 4x100m, 4x200m, 4x400m
 - Field Events-** Shot Put, Long Jump, Discus
- We will have 2 separate tryout days :
 - Feb. 1st-** Tryout day for Distance and Field events until 5:00
 - Feb. 2nd-** Tryout day for sprint events until 5:30
 - IF YOU ARE TRYING OUT FOR MULTIPLE EVENTS, BE SURE YOU KNOW WHICH DAYS TO ATTEND. DEPENDING ON EVENT CHOICES YOU MAY HAVE TO COME BOTH DAYS
 - If tryouts are cancelled due to weather, we will make an announcement. Have 2 ride home plans ready
 - Report to middle school gym lobby when all remaining bus riders are called. **DO NOT WALK TO HIGH SCHOOL.**
- If you have any questions feel free to email or contact the track coaches-
 - Mr. Meade-** adam.meade@knoxschools.org
 - Mrs. Dudley-** makayla.dudley@knoxschools.org