

# **2024 TOMAH TRACK & FIELD HANDBOOK**

**DISCIPLINE**

**COMMITMENT**



**TOUGHNESS**

**EFFORT**

**PRIDE**

**SET YOUR GOALS HIGH AND DO NOT  
STOP UNTIL YOU GET THERE**

# TRACK LETTERING SYSTEM

## YOU MUST:

- You must finish the season in good standing (academically eligible and/or no current code violation)
- Have no more than 1 unexcused absence from school or from practice

## PLUS one of the below criteria:

- Place 8<sup>th</sup> or better in the Conference or Regional Meet.
  - If in a relay, you must beat another team.
- Perfect attendance at all meets, practices, and following the character points.
- Meet any one of the event goals below in a meet.

EVENT	BOYS	GIRLS
SHOT PUT	43'	33'
DISCUS	135'	100'
HIGH JUMP	5' 10"	4' 10"
LONG JUMP	19' 5"	15' 6"
TRIPLE JUMP	40'	32'
POLE VAULT	11'	7' 6"
100	11.3	12.9
200	23.5	27.5
400	53.0	62.5
800	2:03.0	2:35.0
1600	4:40.0	5:50.0
3200	10:25.0	13:00.0
110/100 HIGH HURDLES	15.5	17.5
300 HURDLES	43.0	52.0
4X100 RELAY	46.5	53.0
4X200 RELAY	1:38.0	1:53.0
4X400 RELAY	3:35.0	4:20.0
4X800 RELAY	8:25.0	10:40.0

**Ultimately, the coaches have the final word in who will letter and who will not. Below is what we look for who letters and who does not.**

To become a better, more successful athlete, (and young adult) you must do these four things on and off the track:

1. Discipline
  - a. Do your job
  - b. What's right > What's convenient
2. Commitment
  - a. Be true to your word and don't let yourself or others down

- b. 100% of your mind and body focused on task at hand
- 3. Effort
  - a. When a great athlete meets another great athlete, effort wins
  - b. Separates elite from gifted
- 4. Toughness
  - a. How much does it take to break you?
  - b. How much “storm” can you withstand before you buckle under the pressure?
  - c. Built through reps of adversity

### **ABSENCE POLICY**

If you are absent unexcused from school and/or practice the day before a meet, you may not be able to participate in that meet.

<b>Unexcused Absence</b>	<b>Penalty</b>
1	Miss one contest
2	Miss two contests
3	May be asked to leave the team

What is an unexcused absence?

- 1) Being absent without validation from school and/or practice.
- 2) Missing a practice for work, driver’s education, going to do another sport that is not part of an athlete’s dual sport commitment to Tomah High School, or another avoidable excuse.
- 3) Missing practice without telling the coach. Your coach needs to be notified **PRIOR TO PRACTICE NOT THE DAY BEFORE**. You can get ahold of your coaches by texting, emailing, or calling our school phone.

If you absolutely MUST miss a scheduled practice because of an appointment that cannot be changed, let your coach know about it **ahead of time**. Occasionally there may be a conflict that can’t be resolved. Ask your coach what the workout is for that day and try to work-out on your own. Do not expect to receive an excused absence unless your coach knows of it and approves it ahead of time.

Coach Eswein  
 School Phone: 608-374-5411  
 E-mail: collineswein@tomah.education

Coach Von Haden  
 Phone: 608-374-7035  
 E-mail: jessavonhaden@tomah.education

## PRACTICE EXPECTATIONS

1. You are to attend every practice. During the school week, practices are scheduled from 3:30 to 5:45 PM Monday through Friday unless you are participating in a meet that day.
  - 1) Be dressed and ready to begin your workout at 3:30. Be on time. Avoid scheduling appointments, meetings, etc. during our practice time.
  - 2) We will meet up in the loft right away for practice or in math lab. This is where important information about practices, meets, etc. will be discussed, so be on time!
  - 3) **Cell Phones stay in locker room or in bag in high school.** Lockers will be issued for those who want them.
  
2. Dress appropriately for practice. **Dress in layers!** Sweatpants or long tights, a long-sleeved top, hat, gloves and other layers are needed if we're going to be outside in cold weather. Have a second pair of shoes to use when coming inside to lift. We want to keep the indoor facilities clean.
  - PANTS OR TIGHTS MUST BE WORN IF WEATHER IS UNDER 65 DEGREES FOR WARM-UP!!
  - Supportive training shoes for practice and training are CRUCIAL if you want to prevent leg injuries (SHIN SPLINTS)
    - Good running trainers- Asics, New Balance, Brooks, Mizuno
  
3. Performing a proper warm up and stretching are extremely important for all track athletes. Complete the warm-up and stretching routine correctly and regularly every day to help you perform better and to prevent injury. It is also a good idea to stretch after practice, especially after a tough workout.
  - A warm-up prior to practice or an event at a meet, should take approximately 20- 30 minutes
  - Cool-down after practice or even a meet should take approximately 10-15 minutes
  
4. If you become injured for any reason or begin to develop pain in your muscles or joints during a workout, inform your coach right away. One of the biggest shortcomings of many hard-working athletes is that they refuse to tell anyone about an injury until it is too late. Do yourself and your team a favor and keep an open line of communication between you and your coach. **Our Trainer will be onsite daily unless at another sporting event.**
  
5. Perform your workouts as directed by your coach. Always do your best in practice. **PRACTICE WORKOUTS ARE WHERE YOU BECOME BETTER!**
  
6. Do your best in school. Keep your grades up. Keep your life in perspective. Exercising your mind is just as important as exercising your body. Remember, you are a STUDENT-athlete.
  
7. Live a healthy lifestyle that will allow you to perform to your best ability at meets and at practice. Eat a healthy balanced diet; stay hydrated with water throughout the day; get at least 8 hours of sleep each night. Take care of your body, and your body will take care of you.
  
8. Follow the Athletic Code-of-Conduct.

## MEET EXPECTATIONS

### **NON-NEGOTIABLES:**

- All athletes are to stay until the end of the meet.
- Encourage your teammates in practice, as well as in our meets.
- **Get up and cheer on your teammates rather than sitting around team camp.**
  - Cell phone use is limited during meets.
  - **Riding the bus to and from meets is highly encouraged.**

1. Be physically prepared for your event. Get a good night sleep for at least two nights before your race. Eat properly throughout the season.
2. Be mentally prepared for your event. Starting the night before, go over mental repetitions and visualize yourself being successful. Mental reps can have just as much benefit as physical reps. On meet day, know the event you'll be competing in, when it begins, and who you'll be competing with.
3. Be "equipment ready." Have your gear packed and ready the night before the meet. Include extra socks, shoes, and a warm-up top. If weather deems it necessary, bring a stocking cap, gloves, a long-sleeved top to race in, tights (if you have them), and a rain suit. Always have your uniform and warm-up clothes ready. General rule—it's better to have it and not need it, than to need it and not have it.
4. Be meet focused. When you arrive at a meet, immediately get jersey and warm-ups on, get gear situated at camp, walk around event area to familiarize surroundings and stretch out legs, and get marks for any events needed (relays, jumps, etc.). Know when your events are scheduled to happen and have a plan in your mind for when you should begin your warm-up. Pay attention to how the meet is running if events are moving slow or fast.
5. Please respect your fellow teammates and your coaches and use headphones on the bus to away meets. Some people prefer to hear music before a meet, others do not.
6. Take all your gear off the bus once we've reached our destination and stash it at team camp. Once we are off the bus, no one should need to return to the bus until the meet is over. At the meet, sit as a team, and attend the awards ceremony as a team.
7. Please remember to behave in a classy manner. You not only represent yourself, but also your school, your coaches, your teammates, your family, and your community.
8. Always accept your performance and the performances of all your teammates. We are one group, one team.
- 9. Help bring equipment (tent, poles, water, etc.) off the bus**

# TOMAH BOYS TRACK RECORDS

100 METERS	ALEX BOYKO	10.70	2023
200 METERS	BYRON NEAL	21.65	2013
400 METERS	JOHN WILLIAMS	49.2	1973*
800 METERS	DANE BROWN	1:57.5	2001
1600 METERS	DEREK STORKEL	4:14.42	2009
3200 METERS	DEREK STORKEL	9:10.73	2009
110 HIGH HURDLES	JAKE DELLAMUTH	14.89	2011
300 I. HURDLES	NATHAN BRENNEKE	40.3	1995
400 METER RELAY	LOGAN REGO BAILY HYATT BILLY KALLAND, JR JALEN FIGGINS	42.99	2019
800 METER RELAY	MATT FERRY CORY WHITE JAKE DELLAMUTH BYRON NEAL	1:29.21	2010
1600 METER RELAY	SAM FLEMING CODY DWYER MILES BECKJORDEN DEVON TERRY	3:26.91	2013
3200 METER RELAY	LUCAS ECKELBERG CHRIS SMITH BRETT NICOL BRAD ZUPANCICH	8:10.7	1995
LONG JUMP	MATT FERRY	22' 6 3/4"	2010
TRIPLE JUMP	COLLIN ESWEIN	45' 2"	2015
HIGH JUMP	CORY WHITE	6' 6"	2011
POLE VAULT	BEN HAINES	14' 3"	2006
SHOT PUT	KYLE WHALEY	57' 9"	2013
DISCUS	KYLE WHALEY	171' 8"	2013

\* TIMES CONVERTED FROM YARDS TO METERS

# TOMAH GIRLS TRACK RECORDS

100 METERS	DONNA MATTHEISEN EMILY HAINES	12.54 12.54	1988* 2009*
200 METERS	SUE FINN TIFFANY BILDERBACK	26.04 26.04	1987* 1999*
400 METERS	TIFFANY BILDERBACK	58.14	1999*
800 METERS	HANNAH WILCOX-BORG	2:21.47	2021
1000 METERS	MELISSA KENWORTHY	3:33.54	2000*
1600 METERS	SUZIE NEAS	4:59.85	1986
3200 METERS	SUZIE NEAS	10:37.32	1986
<b>100 HIGH HURDLES</b>	<b>LILY JOYCE</b>	<b>15.02</b>	<b>2023</b>
<b>300 LOW HURDLES</b>	<b>LILY JOYCE</b>	<b>45.15</b>	<b>2023</b>
400 METER RELAY	MELISSA MORAVEC AMY GASSER LAUREN PATTERSON EMILY HAINES	49.45	2008
800 METER RELAY	ANNALISA PETERSON JENNA JOHNSON JENNILEE MUMM MARJA MARTALOCK	1:48.64	2002
1600 METER RELAY	MACKENZIE WINCHEL KRISTY FLAGSTAD KARYN ZUHLSDORF LIZA HILLMAN	4:06.14	1995
3200 METER RELAY	NIKKI KUHL LIZA HILLMAN KARYN ZUHLSDORF MACKENZIE WINCHEL	9:53.94	1995
LONG JUMP	MELISSA MORAVEC	17' 6 1/2"	2008
TRIPLE JUMP	EMILY HAINES	38' 6"	2009
HIGH JUMP	ANN KILDAHL	5' 7"	1981
POLE VAULT	MACKENSIE PAMPUCH	9' 0"	2007
SHOT PUT	JULIE BECK	47' 5 1/2"	1990
DISCUS	JULIE BECK	160' 10"	1990
WHEELCHAIR 100 METERS	SEVANNA UTESCH	35.57	2018
WHEELCHAIR SHOTPUT	SEVANNA UTESCH	8' 0"	2018

\* TIMES CONVERTED FROM HAND TIMES

## **BE "EQUIPMENT READY"**

Have all equipment for the meet ready ahead of time. We strongly recommend that you pack your duffle bag with what you need the night before the meet to avoid rushing around and forgetting something the day of the meet.

Included in those things to pack are:

1. UNIFORM TOP AND SHORTS
2. RACING SHOES
3. SWEATSHIRT, SWEATPANTS, LAYERS, WARM CLOTHING
4. EXTRA SHOES
5. EXTRA SOCKS
6. LONG-SLEEVE TOP, RUNNNING TIGHTS (BLACK if wearing under uniform)
7. STOCKING CAP
8. GLOVES OR MITTENS
9. HEALTHY FOOD/SNACK
10. RAIN JACKET, LARGE GARBAGE BAG (if necessary)
11. SCHOOLWORK (TO WORK ON DURING BUS TRIP, AT MEET)
12. SPECIAL ITEMS (ATHLETIC BRACES, PRESCRIPTIONS, INHALERS, ETC.)
13. MONEY FOR FOOD

\*\*\*OVERPACK! Better to have it and not need it, than to need it and not have it.\*\*\*

# Track Meet Schedule

*\*This may vary depending on the meet and if there are trials and finals in some events, always make sure to check with coach\**

Girls 4x800 meter relay  
Boys 4x800 meter relay  
Girls 100 meter hurdles  
Boys 110 meter hurdles  
Girls 100 meter dash  
Boys 100 meter dash  
Girls 1600 meter run  
Boys 1600 meter run  
Girls 4x200 meter relay  
Boys 4x200 meter relay  
Girls 400 meter dash  
Boys 400 meter dash  
Girls 4x100 meter relay  
Boys 4x100 meter relay  
Girls 300 Low Hurdles  
Boys 300 Intermediate Hurdles  
Girls 800 meter run  
Boys 800 meter  
Girls 200 meter dash  
Boys 200 meter dash  
Girls 3200 meter run  
Boys 3200 meter run  
Girls 4x400 meter relay  
Boys 4x400 meter relay