

# North Albany Middle School Track and Field Program

2025



**Track practice begins on March 11th through May 3rd**

To keep the program running smoothly, students, parents, and coaches need to agree in advance on some guidelines. The following rules and regulations will apply to the intramural track program:

## **Rules and Regulations**

1. It is a State requirement that athletes have a physical every two years. **7<sup>th</sup> and 8<sup>th</sup> grade participants must have a physical to participate** (a physical is not required for 6<sup>th</sup> grade participants.)

2. **Practice schedule –**

\*Monday, Tuesday, Thursday, **Friday** on early release Wednesdays from 2:50-4:00 PM.

\*Monday, Tuesday, **Wednesday**, Thursday on full day Wednesdays from 2:50-4:00 PM.

**(please see attached calendars for reference)**

First practice will begin on Tuesday March 11th. Please be prompt when picking up your child, as coaches have to wait until every student is picked up.

3. **Track meets will be held at Timber Ridge Middle School and are scheduled for:**

Date	Time		Location
<b>Tuesday April 8th 2025</b>	4:00pm	Timber Ridge Middle School vs. <b>North Albany Middle School</b>	Timber Ridge Middle School
Thursday April 10th 2024	4:00pm	Memorial Middle School vs. Calapooia Middle School	Timber Ridge Middle School
Tuesday April 15th 2024	4:00pm	Memorial Middle School vs. Timber Ridge Middle School	Timber Ridge Middle School
<b>Thursday April 17th 2024</b>	4:00pm	<b>North Albany Middle School</b> vs. Calapooia Middle School	Timber Ridge Middle School
Tuesday April 23rd 2025	3:00pm	Timber Ridge vs. Calapooia Middle School	Timber Ridge Middle School
Thursday April 24th 2025	4:00pm	Memorial Middle School vs. <b>North Albany Middle School</b>	Timber Ridge Middle School
<b>Saturday May 3rd 2025</b>	9:30am	<b>All School District Track Meet</b>	High School TBD

4. A note from parent/guardian will be required to excuse an absence from practice or a meet.
5. Team members will, at all times, follow the guidelines outlined in the NAMS Student Handbook in our planner. Any violation will result in disciplinary action by the school and/or removal from the track program. Students must also be present for any run-offs (when applicable) before a meet or that student may lose his/her position in the event.
6. There is NO FEE for track and field and registration includes a t-shirt.

**PLEASE KEEP THIS PAGE FOR YOUR RECORDS AND INFORMATION**

