

## Track Philosophy

- A winner is an athlete that has the desire for excellence and is willing to extend him or herself in the process.
- Focus should be on improvement, not winning
- You need to set goals for yourself and commit yourself to reach these goals
- Trying your best is more important than being the best

Potential vs. Performance (GAP)

**G**: Goal sets

**A**: Attitude

**P**: Perseverance

There is no such thing as a free lunch!!!!!!

## Track practice format

If you participate in more than one event, do the following:

Sprinters: always do your sprint work out first.

Throwers: go to your best event first.

Distance runners: do your distance work out first.

Jumpers: If you are not in any running events then you will practice jumping on Tuesday and Thursday. Plyometrics/running on Monday and Friday.

Example:

Monday	Tuesday	Wednesday	Thursday	Friday
Sprint work out	Relays 1 <sup>st</sup> Starts Hurdles	Track Meet	Hurdles Field event day: LJ, TJ, High Jump.....	Sprint work out
Plyometrics	Field event day: LJ, TJ, High Jump.....		Starts and relays if needed	Plyometrics

### Workout order by type of event

#### **JAVELIN RASAR**

Monday and Friday: 3:10.

Do javelin workout first, then shot or disc.

Tuesday/Thursdays: Go with shot/discus 1st.

#### **POLE VAULT RIDNOUR**

3:10-3:30: Warmups with team

3:30 on: Ridnour

Tuesday: Relays 1st, then pole vault.

#### **THROWERS FAKKEMA**

DISC/SHOT 3:10 on: With Fakkema every day if not javelin.

If javelin thrower, do javelin 1st Mon/Fri.

#### **SPRINTERS RASAR**

Monday and Friday: Sprint workout 1st

Tuesday: •If on relay, do relays first.

•If not on relay, do field events 1st

Tuesday: Sprinters do minimum 5 starts with gun.

### **HIGH JUMP GRAMBO**

Tuesday and Thursday: High jump (do relays 1<sup>st</sup>)  
Monday and Friday: running and plyometrics  
Tuesday; 1600 relay/exchanges

### **LONG JUMP BACON**

Tuesday and Thursday: Long jump (do relays 1<sup>st</sup>)  
Monday and Friday: running and plyometrics

### **TRIPLE JUMP MRS. RASAR**

Tuesday and Thursday: Triple jump (do relays 1<sup>st</sup>)  
Monday and Friday: running and plyometrics

### **DISTANCE BACON**

800, 1600, 3200. Always do distance workout 1st.

- Safety: **Never** walk by the SHOT, DISCUS, OR JAVELIN throwing areas. Throwers, if you are out in these areas to retrieve your implements, then NEVER look away from the throwing areas. THROWERS, NEVER throw an implement if a person is out there!
- RUNNERS: The command TRACK means to get out of the way. NEVER stand in lanes 1-4.
- PV: NEVER let go of your pole if you have a poor take off. Make sure all obstacles are cleared from the vaulting area.
- HJ: NEVER jump at the end or middle of the high jump cross bar.
- You may compete in four events!!!
- We will be a stronger team if you do this!!!
- I recommend that you compete in a minimum of three events!!!
- In each event, we must have two strong competitors. We must place 1st and 3rd (6 pts) or 2nd and 3rd (4 pts). We can never give up a 1st and 2nd (8 pts) in any event. We need 73 pts to win. That's 4.4 pts an event.
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## Team accomplishments

### **Boys**

1992 Tisdale Invitational Champions  
1992 MS County Champions  
1993 Cashmere Invitational Champions (Only Whatcom team that has ever won)  
1993 HS County Champions  
1993 HS District Champions  
1994 HS Missed County Championship by 1 pt.  
1995 HS County Champions  
1996 HS Missed County Championship by 1 pt.  
2003 MS County Champions

### **Girls**

1993 HS Missed County Championship by 8 pts.  
1994 MS County Champions  
2003 MS 2<sup>nd</sup> in County  
2006 HS Conference Champions

## Coaches responsibilities

### **Coach Grambo (Head HS, Assistant MS)**

Overseer of all events and all coaches  
High jump Boys and Girls HS/MS  
4x400 Relay Boys and Girls HS  
Organize the placement of all HS athletes in their events for competition  
HS uniforms  
Budget HS & MS  
HS stats  
Equipment inventory HS & MS  
Track set-up for meets HS/MS

### **Coach Ridnour (Assistant HS/MS)**

Pole Vault Boys and Girls HS/MS

### **Coach Bacon (Assistant HS/MS)**

Warm-ups for all sprinters, jumpers, and distance runners HS  
Distance 800,1600, and 3200 Boys and Girls HS/MS  
Long jump Boys and Girls HS/MS

### **Coach Rasar (Assistant HS/MS)**

Javelin Boys and Girls HS/MS  
Sprint work outs 100, 200, and 400 Boys and Girls HS  
4x100 Boys and Girls HS  
4x200 Girls HS  
Starts Boys and Girls HS

### **Coach Fakkema (Assistant HS/MS)**

Shot put Boys and Girls HS/MS  
Discus Boys and Girls HS/MS  
Wt. Room

### **Coach Mrs. Rasar (Assistant HS)**

Triple Jump  
4x100 Boys and Girls HS  
4x200 Girls HS

### **Coach Delong (Assistant HS)**

Hurdles  
Starts

### **Coach McMullen (Head MS)**

Stretching Boys and Girls MS  
Relays Boys and Girls MS  
Starts Boys and Girls MS  
Sprint work outs 100, 200, and 400 Boys and Girls MS  
Warm-ups for all sprinters, jumpers, and distance runners MS  
Timing sprinters Boys and Girls MS  
Overseer of all events MS (help wherever necessary)  
Organize the placement of all MS athletes in their events for competition  
Track set-up for MS meets  
MS stats  
MS uniforms  
Supervision of MS athletes after practice is over  
Help with field events when needed

## **NORTHWEST CONFERENCE**

Ferndale	Burlington
Mt. Vernon	Lynden
Sedro Woolley	Mt. Baker
Squalicum	Sehome
Anacortes	Lynden Christian
Bellingham	Meridian
Blaine	Nooksack

## **NORTHWEST LEAGUE**

Anacortes	Burlington	Sehome
Bellingham	Lynden	
Blaine	Mt. Baker	

## **DISTRICT TEAMS**

Anacortes	Archbishop Murphy	Sultan
Bellingham	Blaine	
Burlington	Cedarcrest	
Granite Falls	Lakewood	
Lynden	Mt. Baker	
Sehome	South Whidbey	

**2A League Meet: Each team is allowed one entry in all events. A team may have unlimited entries if all the athletes have met the minimum standards. Any athlete ranked in the top 16 after scratches may be added to the league meet.**

- **Top eight in league, in each event, go to the district meet**

**2A District Meet: TOP FOUR IN DISTRICT, IN EACH EVENT, GO TO THE STATE MEET**

**Conference Champion: Whoever has the best conference record will be the conference champion**

**State Meet: Top 8 in each event will place. Top 2 from each running heat will make the finals along with the next 2 best times. Top 8 make the finals in the field events.**

## **Minimum Standards (all times off of athletic.net)**

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
100m	12.0	13.7
200m	24.5	28.4
400m	55.0	67.0
800m	2:10.0	2:37.0
1600m	4:48.0	5:50.0
3200m	10:30.0	12:48.0
110/100 HH	18.1	18.5
300m H	48.0	53.5
Shot Put	41'0"	29'0"
Discus	122'0"	90'0"
Javelin	135'0"	90'0"
High Jump	5'6"	4'4"
Long Jump	18'9"	14'8"
Triple Jump	38'6"	29' 0"
Pole Vault	10' 0"	8'0"

## State Participants

1991

Fryth Hughes 2nd Tripe Jump 34' 5 1/4"  
Kellie Hinchey 6th High Jump 4' 11"

1992

Mike Richardson 1st 400 49.2  
Mike Richardson 2nd 200 22.5  
Mike Richardson 100  
Rob Bradbury 4th High Jump 6' 5"  
Michelle McGough 6th High Jump 5' 1"  
Mike Shepherd 4th Discus 147' 9"  
Kellie Hinchey High Jump

1993

Rob Bradbury 2nd High Jump 6' 7"  
Rob Bradbury LJ  
Rob Bradbury TJ  
Danny DeLong 8th 300 Hurdles 40.5  
Lathen Deming 3rd Javelin 182' 0"  
Mike Shepherd 6th Discus 142' 7"  
Mike Shepherd 6th Shot 47' 11"  
Autumn Duenow 8th Javelin 112' 0"  
Josh Luehmann 1600  
Josh Luehmann 800  
Leslie Lager TJ  
Christie Thompson Discus  
Barry Slack Javelin  
Lee Johnson Javelin  
Lee Johnson HJ  
Rich Taylor High Jump  
Aaron Kortlever 200 m  
Ryan Deming Javelin

1994

Byron Scheib 7th 100 Meters 11.2  
Byron Scheib 5th 400 Meters 51.9  
Byron Scheib 6th 4 X 100 Relay 44.8  
Al Halsey  
Tom Coe  
Rich Taylor  
Ryan Deming 6th Javelin 173' 7"  
Lynne Petrone 7th High Jump 5'0"  
Caroline Bradbury 400 m  
Rich Taylor High Jump  
Danny Burden Javelin  
Clint Renskers 110 Hurdles

1995

Ryan Deming 2nd Javelin 187'0"  
Danny Burden Javelin 158'1"  
Jason DeHaan Triple Jump 41'0"  
Mike Woods Shot 45'10"

2002

Nik McGee Shot 1<sup>st</sup> 55'3"  
Becky Riddle Shot 2<sup>nd</sup> 39'9"  
Becky Riddle Discus 4<sup>th</sup> 128'0"  
Kit Schumann Pole Vault 14<sup>th</sup> 10'6"

1996

Jason DeHaan 10th Long Jump 19'113/4"  
Jason DeHaan 9th 110 Hurdles 15.6  
Jason DeHaan 5th Triple Jump 42'9 3/4"  
Mike Woods 13th Shot 46'5"  
Mike Woods 14th Discus 126' 11"  
Leslie Seelye 7th Shot 35' 7 1/2"  
Danny Burden 14th Javelin 151'1"

1997

Lane Scheib 9th 400 m 52.0  
Jarret Stickland 7th Javelin 163' 1"  
Caleb Luehmann 9th Javelin 153' 9"  
Leslie Seelye 3rd Shot 37' 4"

1998

Eythor Westman 12th 400m 53.6  
Caroline Ketchley 8th High Jump 4'10"

1999

Eythor Westman 5th 400m 51.0  
Caroline Ketchley 10 High Jump 4'10"  
Nate Haslip  
Cory Crews  
Steve Burden  
Eythor Westman 12th 4X400 3:43.6

2000

Grace Coulter 2<sup>nd</sup> 3200m 11:31.7  
Eythor Westman 3<sup>rd</sup> 400m 51.15  
Becky Riddle 6<sup>th</sup> Shot 35'11"  
4x400 Relay Steve Burden, Nathan Haslip,  
Cory Crews, Eythor Westman 3:44.3 8th  
Mikael Kenoyer 8<sup>th</sup> Discus 118'11  
Steve Burden 11<sup>th</sup> 400m 52.86  
Eythor Westman 12<sup>th</sup> 200m 23.9  
Heidi Harmening Pole Vault 10<sup>th</sup> 8'0"  
Becky Riddle 14<sup>th</sup> Discus 108'9"  
Jesse Riddle 15<sup>th</sup> High Jump 5'10  
Nick McGee 15<sup>th</sup> Shot 45'0"

2001

4x400 Relay Rhyan Lopez, Cory Crews,  
Nate Haslip, Steve Burden 5<sup>th</sup> 3:29.6  
Nick McGee Shot 7<sup>th</sup> 49'1  
Becky Riddle Shot 7<sup>th</sup> 35'1  
Becky Riddle Discus 6<sup>th</sup> 116'8  
Andrew Martin High Jump 5<sup>th</sup> 6'2  
Andrew Martin Javelin 13<sup>th</sup> 163'9  
Grace Coulter 3200 8<sup>th</sup> 11:59.2  
Heidi Harmening Pole Vault 9<sup>th</sup> 9'0  
Cory Crews 300 Hurdles 14<sup>th</sup> 43.4  
Nate Haslip 110 Hurdles 11<sup>th</sup> 16.9

2003

Rhyan Lopez 100 Meters 6<sup>th</sup> 11.6 (prelims 11.19)  
Geoff Faulkner High Jump 7<sup>th</sup> 5'10"  
Jessica Summers Discus 8<sup>th</sup> 103' 5"  
Kit Schumann Pole Vault 9<sup>th</sup> 12' 6"  
Erin Lippie Pole Vault 9<sup>th</sup> 8' 0"  
Kim Harmening Pole Vault 11<sup>th</sup> 7'6"  
4x400 Relay Rhyan Lopez, Danny Le,  
Geoff Faulkner, Brian McCall 10<sup>th</sup> 3:36.2  
4x100 Relay Rhyan Lopez, Danny Le,  
Geoff Faulkner, Brian McCall 11<sup>th</sup> 44.95  
Danny Le 300 Hurdles 16<sup>th</sup> 42.6

2004

Kit Schumann Pole Vault 2nd 14'  
Erin Lippie Pole Vault 4th 10'6"  
Jessica Summers Discuss 5th 119'4"  
Kimberly Harmening Pole Vault 11th 8'0  
Randy Newton Hurdles 12th 17.03  
Alisha Fisher Long Jump 13th 15 '1/2"

2005

Julie Meaker 400m 10<sup>th</sup> 61.74  
4x200 Relay: Alison Raine, Cassie Acidera,  
Jettie Wilce, Julie Meaker 9<sup>th</sup> 1:50.1

2006

Julie Meaker 400m 3<sup>rd</sup> 59.3  
4x100 Relay: Breanna Olason, Cassie Acidera,  
Alisha Fisher, Julie Meaker 4<sup>th</sup> 50.9  
4x200 Relay: Breanna Olason, Alisha Fisher,  
Jettie Wilce, Julie Meaker 4<sup>th</sup> 1:48.3  
Douglas Ramirez 800M 4<sup>th</sup> 2:01.1  
4X400 Relay: Lacey Montgomery, Cassie Acidera,  
Breanna Olason, Julie Meaker 5<sup>th</sup> 4:08.7  
Lacey Montgomery 300 H 6<sup>th</sup> 48.2  
Alisha Fisher Pole Vault 8<sup>th</sup> 9'6"

Events at state since 1991

HJ	15	200	5
Javelin	13	300	H 4
400	11	110	H 6
PV	11	LJ	4
Discus	9	4 x 100	4
Shot	8	3200	3
100	6	4 x 200	3
4 x 400	5	800	2
TJ	5	1600	1

2007

Douglas Ramirez 800 m. 3<sup>rd</sup> 1:58.07  
Tygr Cain Pole Vault 4<sup>th</sup> 13'9"  
Julie Meaker 400 m. 6<sup>th</sup> 60.08  
Robin Taylor Pole Vault 6<sup>th</sup> 10'6"  
4x200 Relay Cassie Acidera, Breanna Olason  
Alison Raine, Julie Meaker 7<sup>th</sup> 1:48.47  
Bryant Williams 110 hurdles 7<sup>th</sup> 16.3  
Lacey Montgomery 100 hurdles 10<sup>th</sup> 16.41  
Breanna Olason 200 m. 14<sup>th</sup> 27.7  
Alex Bresnan Long Jump 15<sup>th</sup> 19'5.75"  
Julie Meaker 100 m. 19<sup>th</sup> 13.2  
4x100 Relay Cassie Acidera, Breanna Olason  
Alison Raine, Julie Meaker 51.3 D.Q.

2008