



TRACK AND FIELD

Payne 2024

COACHES

- Shannon Jacques
 - Email: Jacques.shannon@cusd80.com
- Anna LeBaron
 - Email: Lebaron.anna@cusd80.com
- Chris Heady
- Stevie Lockhart

**To keep information consistent please email either Coach Jacques or Coach LeBaron



HANDOUTS

- Updated Calendar
- SportsYou
- Track Contract

TEAM AGREEMENT

- Show respect-we represent PJHS
- Be on time and come prepared
 - Practice starts at 7 am on non-meet days. Please be sure to bring water with you.
- Be committed to the team
 - Attendance at all practices is expected. If you are going to miss a practice you must talk to one of your coaches at least one day in advance. Missed practice may affect your ability to participate in meets.

TEAM AGREEMENT CONT

- Eligibility
 - Grades are monitored- students must be passing a class in order to participate in meets
- Heading home
 - Students must be signed out at away meets
 - Students may only be signed out by parent or guardian or will need to have a transportation waiver on file.
 - Transportation waiver is specific.

EVENTS

Running Events & Order

- 75 m Hurdles
- 100 m Dash
- Mile
- 4x100 relay
- 400
- 800
- 200
- 4x400 relay

Field Events

- High Jump
- Long Jump
- Shot
- Disc

EAST VALLEY CONFERENCE MEET

- Students must qualify to attend this meet. We are allowed to enter the top 2 athletes in each event for the EVC meet. To be eligible to be considered for the EVC meet you must participate in at least half of the Payne Meets- which is a minimum of 3 meets this year.
- This meet is Thursday, May 16th