

WELCOME TO



Information For Athletes and Parents

About Our Program

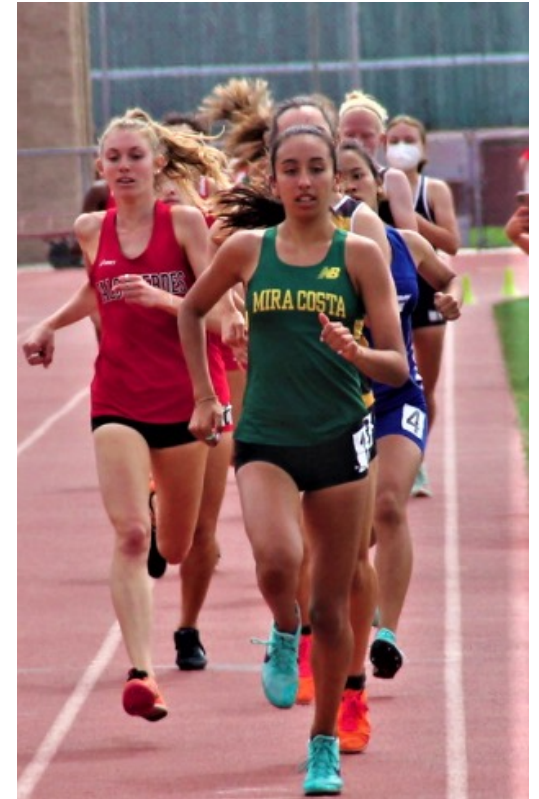
- **Over 200 athletes**
- **9th - 12th graders train & compete together**
- **10 track & 6 field events**
- **2/3 are scholar-athletes**



Team & Individual Competition



T&F is
a **team**
sport



with **individual** opportunities

About Our Program

Many opportunities to grow

- **Many competitions**
- **Personal bests**
- **“What are spikes?” to leaders/mentors**
- **Novice to Varsity**

HEAD COACHES

Head Coaches

Moe Russell

Assistant Head Coaches

Renee Williams-Smith

Kelvan Gamble

COACHES & EVENT GROUPS

<p>Girls Distance 800m 1600m 3200m</p>	<p>Renee Williams-Smith Annie Seawright-Newton, Asst. Lisa Toftler, Asst.</p>	<p>Hurdles 110HH 300LH</p>	<p>Kelvan Gamble</p>
<p>Boys Distance 800m 1600m 3200m</p>	<p>Hunter Johnson Leo Amador, Asst.</p>	<p>Jumps Long Triple High</p>	<p>Samantha Ealy, Asst. Jennifer Stutland, Asst.</p>
<p>Sprints 100m, 200m 400m 4X100, 4X400</p>	<p>Moe Russell Natasha Vega, Asst. Olivia Vega., Asst. Ashlee Dotson, Asst.</p>	<p>Pole Vault</p>	<p>Murray Mead</p>
		<p>Throws Shot Put Discus</p>	<p>J.R. Tavai Chris Young</p>

REQUIRED ATHLETIC CLEARANCE

(See miracostatrack.org/Forms)

All Athletes Must:

1. Register on 8 to 18
2. Pass physical exam*
3. Turn in physical exam form signed by physician
4. Turn in Emergency Card

* Good for one year. Physical done during summer is good for entire school year

Fall/Winter Athletes

Update 8 to 18
to **Track**



8 to 18

TRANSPORTATION To & From Meets

**Buses for athletes leaving during
school hours for dual meets**

Self-transport for other meets

PRACTICE

Weekdays 2:40pm - 4:30pm

Also Saturdays for Distance runners

Weight Room Tuesdays 3:30pm-4:30pm

Thursdays 4:30pm-5:30 pm

(subject to change)

MINIMUM REQUIREMENTS

- **2.0 overall GPA** or better from Fall semester
- Fall/winter sports athletes try out in the Spring
- Practice **Monday - Friday**
- **Stay until END of dual home or away meets**
 - After the 4x400 Relay
 - Support teammates
 - Help clean up



GRADING

- Based on participation and attendance
 - 1 point** Each day of practice
 - 4 points** Dual meets
 - 7 points** Mustang Relays, Mini-Mustang Meet, League Prelims/Finals
- Injured athletes stay during practice, including physical therapy on campus
- Absences excused with written doctor's note or for school field trip
- Off-grounds pass required if leave before 3pm

BAY LEAGUE PRELIMS & FINALS

- 6-7 teams compete for Championships
- Finals will be last meet for frosh/soph, unless qualify for Varsity
- Athletes must stay for entire meet (after 4x400) when Mira Costa hosts

INVITATIONALS

- **Many schools, large crowds**
- **All day Fri/Sat**
- **Only “Qualifying” athletes compete**
- **Athlete may leave when done with their event**

WHO GETS TO COMPETE

HOME Meets

All athletes

AWAY Meets

Most athletes

Limited space

Past meet & practice
performance

Invitationals

Few athletes

Meet **minimum standards**
Announced by host school

WHICH TEAM

Frosh/Soph	9th & 10th Graders only
Varsity	11th & 12th Graders A few elite 9th & 10th Graders (May change depending on Meet)

UNIFORMS



Singlet & Shorts

- Compression shorts for Sprinters, Hurdlers, Jumpers, Vaulters, Relay Runners
- Loose fit shorts for Throwers and Boys Distance Runners

Order at miracostatrack.org/Forms

You help our program by buying your uniform. If you choose not to buy the uniform, contact your coach to borrow one.

UNIFORMS



**Optional
Jacket & Pants**



Order at miracostatrack.org/Forms

INJURIES

If you are injured, **tell a coach ASAP!**

- Visit our Head Athletic Trainer Franklin Ortiz
- See a doctor when necessary
- Written clearance from Team Trainer and/or doctor required to return to practice

TRACK & FIELD WEBSITE

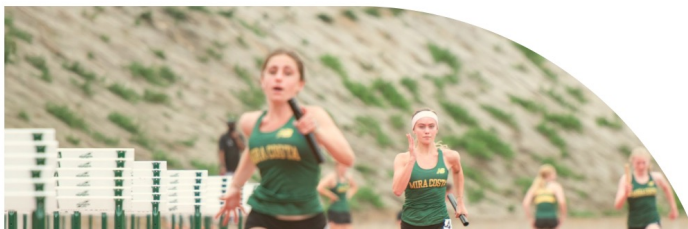
miracostatrack.org



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ABOUT OUR PROGRAM



Track & Field is both a team sport and an individual sport

TRACK & FIELD WEBSITE

miracostatrack.org



HOME ABOUT SCHEDULE FORMS RESULTS SUPPORT CONNECT

Current Results
Track Records
Previous Results
Coach Bob Fish
Adam Frand Award

Current Season Results

[View Results](#)

TRACK & FIELD WEBSITE



HOME ABOUT SCHEDULE FORMS RESULTS SUPPORT CONNECT

Zamperini Invitational

The Zamperini Invitational will take place on Saturday, February 19th at the Zamperini Stadium in Torrance. View the calendar for more details.



2022 Track and Field Schedule

Today	January 2022	Print	Week	Month	Agenda	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	26	27	28	29	30	31
						Jan 1

Track & Field 2022 Schedule

At times, we receive details about meets (including "heat

Miracostatrack.org/Schedule

2022 Track and Field Schedule

Today Feb 20 – 26, 2022

Print Week Month Agenda

Sun 2/20 Mon 2/21 Tue 2/22 Wed 2/23 Thu 2/24 Fri 2/25 Sat 2/26

8am 9am 10am 11am 12pm 1pm 2pm 3pm 4pm 5pm 6pm 7pm

Palos Verdes Distance Day Invitational

When Sat, February 26, 9am – 8pm

Where Palos Verdes High School, 600 Chelsea Rd, Palos Verdes Estates, CA 90274, USA ([map](#))

Description Qualifying Distance Runners Only

[more details»](#) [copy to my calendar»](#)

TRACK Mira West High

Events shown in time zone: Pacific Time - Los Angeles

+ GoogleCalendar

Track & Field 2022 Schedule

At times, we receive details about meets (including "heat sheets" that reflect for example, when JV Girls 800m is scheduled to start and which athletes are running that race) one or two days before the meet. You can find this info on the Google Track & Field Calendar.

To add the Google Track & Field Calendar to your calendar:

1. Click the "+ Google Calendar" button on the bottom right-hand side of the calendar on this page.
2. In the pop-up, click "Add" to add the Track & Field Calendar to your calendars.

To receive up-to-the-minute updates on meets and key deadlines and events, follow the steps outlined in the Notification PDF Instructions below.

Notification PDF Instructions

SUPPORT T&F

- **Without donations and volunteers, we could not run this program for our athletes**
- **Funds cover program costs not covered by other sources**
- **Sign up to volunteer, from Board positions to pitching in on a weekend**

JOIN US!

TRACK & FIELD WEBSITE

miracostatrack.org



HOME ABOUT SCHEDULE FORMS RESULTS SUPPORT CONNECT

WAYS TO SUPPORT OUR TEAM:

1.

DONATE

[Learn More](#)

2.

VOLUNTEER

[Learn more](#)

3.

JOIN THE BOOSTERS

[Learn more](#)



Mira Costa Track & Field Volunteers 2022

Mira Costa Track & Field is on a roll and poised for a great 2022 season! We need all hands on deck from our Track & Field families to support our athletes and coaches at Mira Costa hosted Bay League meets. Please sign up for the best seat in the house. Go Mustangs!

Created by:  MC Track Boosters 

Date (mm/dd/yyyy PST)	Location	Available Slot	 Calendar View
03/18/2022 (Fri. 2:00pm - 7:00pm)	Mustang Relays Invitational (Field Events) at Waller Stadium MCHS	Admissions - Meadows Gate (2) 2:15-4:15 - (First shift) - You will collect admission fees at the Meadows Gate. Admissions - Meadows Gate (2) 4:15-6:15 - (Second shift) - You	<div data-bbox="1360 866 1572 923" style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px;"> Sign Up  </div> <div data-bbox="1360 1115 1572 1172" style="border: 1px solid black; padding: 5px; display: inline-block;"> Sign Up  </div>

Submit and Sign Up

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Quick Volunteer Opportunities

Home Meets

- **Snack Stand**
- **Clerk of the Course Help**
- **Long Jump, High Jump**
- **Discus, Shot Put**

Mustang Relays

- **Snack Stand**
- **Check in Athletes & Coaches**
- **Collect Admission Fees**
- **Monitor Gates**
- **Give Out Medals**

T&F Sponsorship

All Sponsors are

- Mentioned in T&F emails
- Link/logo featured on T&F website

At various sponsorship levels:

- Stadium banners
- Mustang Relays program ad
- Snack stand

Details on miracostatrack.org/Support



Spirit Gear

Order on miracostatrack.org/Forms