



Bartram Trail Track & Field

Week 6 Update

Monday, March 4, 2024

Meets this week:

JV: @ BT

Var: @ Flagler Palm Coast

Upcoming Dates:

Wednesday Mar 6: JV Meet at BT

Saturday Mar 9: North/South Invite @ Flagler Palm Coast

Saturday Mar 16: Bob Hayes (event coach discretion)

Monday Mar 18: Practice at BTHS, 4:05pm

Parent Leader Needs

- Friscia Liaison: **TBD**
- Barnett / Belcik Liaison: **Cara McLean**
- Frank / Popik Liaison: **Cathleen Parks**
- Clark / Holtz Liaison: **Sarah Borgmeyer**
- Hagans / CB / HK: **Susan Langeland**
- Liv / Fox / Johnson Liaison: **Cori Hillier**
- Dean (jumps) Liaison: **TBD**
- Senior Event, Awards Night Committee: **Nancy Treadway, Natalie John**
- Volunteer Coordinator: **Laura Harris**

Varsity Meet

North / South Classic

[Flagler Palm Coast High School](#)

[5500 State Rte 100, Palm Coast, FL 32164](#)

Tickets on-line: <https://www.fpcbulldogs.com/athletics/athletics/tickets>

River Run Workday – Thank you!

What a great turn-out! I know it's a big ask to bookend a Friday night track meet with an early morning service project, but the athletes were fantastic. See Coach Belcik for community service forms.

Bus Policy

When we take busses to a meet, all athletes must ride with the team. If athletes plan to ride home with their parents, they must a.) complete their cool down procedures, b.) check out with their event coach, and c.) establish contact between Parents and the event coach first.

Adults may only transport their own students unless they have been approved as a [volunteer driver through the county process](#). This requires 100/300 auto liability insurance coverage and can take up to a week for completion.

Spring Break Practice Schedule

Each event coaches will make their own schedule. Athletes are expected to be there unless out of town. Coaches will not practice every day. **As an example:**

Coach Frank's Distance and 400m athletes:

Monday	OYO
Tuesday	OYO
Wednesday	OYO
Thursday	BTHS 9am
Friday	BTHS 9am

*see your event coach for your practice schedule

**** ALL GROUPS WILL MEET AT 4:05pm on Monday March 18th, Teacher Planning Day**

Meet Schedule

10:00am Officials Meeting (infield)
 10:00am Implement & Vaulter Weight In (Field House Weight Room)
 10:30am Coaches Meeting (infield)

11:00am Field Events (Finals Only/4x attempts)

Long Jump Boys/Girls, followed by Triple Jump Boys/Girls
 Shot Put Girls followed by Shot Put Boys
 Discus Boys followed by Discus Girls
 Javelin Girls followed by Javelin Boys
 Pole Vault Girls followed by Pole Vault Boys
 High Jump Girls followed by High Jump Boys
 Wheel Chair Shot to follow Shot Put Competition

10:55am National Anthem

11:00am 4x 800 Relay

11:30am 4x200 Relay (Qualify for Florida Relays)

2:00pm Finals (Heats)

100m/110 Hurdles

100m

1600m

4x100m

400m

400m Hurdles

800m

800m Wheelchair (If needed)

200m

200m Wheelchair (If needed)

3200

4x400



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Get Connected! BTTF uses the REMIND APP. Text a code below to 81010

Var Boys Distance	@	btvbd24	Frank
JV Boys Distance	@	btjvbd24	Frank
Var Girls Distance	@	btvgd24	Clark
JV Girls Distance	@	btjvgd24	Clark
Jump	@	btjump24	Clark
Hurdles	@	bthurdle24	Hagans/CB
Throws	@	btthrow24	Liv
Var Girls Sprints	@	btvgs24	Barnett
Var Boys Sprints	@	btvbs24	Friscia
JV Sprints	@	btjvs24	All Sprint Coaches



Remind

[Team Phone Calendar](#)

From your smartphone, click to link to sync the team calendar to your phone. Meets and events added to your phone!