

CARLETON TRACK RULES

1. **Suspension or disciplinary problems in school will lead to temporary or permanent suspension from the team. Also, our policy at Carleton indicates that any student who receives two or more N's or one U cannot participate in after school activities. This includes interscholastic athletics.**
2. Your actions when you are in school, at practice, and at the meets reflect on the team. Please conduct yourself accordingly.
3. You must maintain an acceptable scholastic average. Your school work must come first.
4. To be eligible to participate in practice or meets you must be in school for at least 1/2 of the day.
- *5. Each athlete must have a physical exam on file at Carleton and have paid the district *Middle School Activity Fee* for this year in order to participate.
6. **Unexcused misses from practice automatically exclude you from the next scheduled meet. If you are in school and you MUST miss practice, see your coach BEFORE you miss.**
7. **Three Unexcused absences from practice removes you from the team!!!**
8. Appropriate dress must be worn on the days of track meets. (Guidelines will be discussed before the first meet.)
9. Be dressed, in the gym, and ready to start practice no later than 3:05. You may not go back into the hallways after 3:05.
10. The phone in the coaches' office is not for students' use.
11. The locker rooms and coaches' office will be locked during practice and meets unless there is a locker room attendant on duty.
12. Clean up at practice and at the meets is everyone's responsibility.
13. Keep coaches informed of all injuries or unsafe conditions.
14. Meet uniforms should only be worn on meet days.
15. Spikes longer than 1/4 inch may not be worn on any of Warren Consolidated's tracks. Also, "pin" spikes are better than "pyramid" spikes.
16. Complete all workouts at practice and finish all races that you are entered in at the meets unless you are physically unable to do so.

* See district *Middle School Activity Fee Information* handout