

## Frequently Asked Questions

### PSA Track and Field

#### Q. How long is the season?

Practices begin May 13 and end July 18.

#### Q. When and where are the practices?

Monday, Tuesday, Thursday

Ages 11 and under: 5:45PM – 6:45PM

Ages 12-18: 6:45PM – 7:45PM

Location: John Paul II 900 Coit Rd

\*Special events training such as jumps, hurdles, and throws may only be on certain days of the week when we already have a scheduled practice. Special events days schedule is coming soon. \*

#### Q. Do I have to attend every practice?

NO, You can attend as little events schedule want, it is what you want to put into the program.

#### Q. What kind of Shoes do I need and where can I get them?

Regular tennis shoes are fine.

Do not go out and buy Track spikes, talk to your coach first to see what events your child is participating in and your coach can guide you on shoes.

#### Q. What do I need to bring to practice?

Water bottle – there are bathrooms at the practice facility, but there are no water fountains so please bring enough water to last the whole practice. Remember it is Texas Summer so it can get hot!

### Q. What events can I participate in at the meets?

| Events |           |
|--------|-----------|
| 50m    | 4x100m    |
| 100m   | 4x400m    |
| 200m   | Hurdles   |
| 400m   | Long Jump |
| 800m   | Shot Put  |
| 1600m  | Discus    |
| 3200m  |           |

### Q. When and Where are the meets?

The meets are on Saturdays and they are different parts of the DFW area. Each participant is responsible for paying the gate entry to the local meets, and \$10.00 per entry for the regional meet.

[Meet dates & times](#)

### Q. Do I have to attend the meets?

NO, You can attend as many as you want. There are some participants that just sign up to train. However, you must participate in the Regional Track meet in order to qualify for State.

### Q. What do I need to bring to the meets?

Water , sunscreen, tent, chairs, blankets, umbrellas, small cooler for food. You may be at the meets for hours at a time.

[Meet Survival List](#)

### Q. What about Transportation?

It is up to each parent to provide transportation to and from practices and meets. Let the coach know if you have trouble getting your athlete to a meet.

**Q. Do I have to buy a uniform?**

You will need to have a uniform if you want to participate in meets. **It is NOT included in your registration.** The sooner you register online, the sooner the uniform will be ordered. If you wait and register at the end of registration to register, you might not have it for your first meet, but you will receive one.

If you have a uniform from last summer you can wear the same one.