

Frequently Asked Questions

PSA Track and Field

Q. How long is the season?

Practices begin May 15 and end July 20.

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

Q. Do I have to attend every practice?

NO, You can attend as little or as many as you 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 shoes, 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

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

There is a list of events for each age group on the website.

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 \$6.00 gate entry to the local meets, and \$10.00 per entry for the regional meet.

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, small cooler for food.

Q. What about Transportation?

It is up to each parent to provide transportation to and from practices and meets

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 your register online , the sooner the uniform it 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.