

COMMERCE RECREATION DEPARTMENT NGYTFA TRACK INFORMATION



Welcome to the 2016 Commerce Recreation Department track program. We are excited that your child is participating with us!

**Parent Track Informational Meeting: Monday, February 15th, 6:00pm at
*****American Veterans Park Community Room *******

Things To Know For Meets & Practices...

Age Control:

The age control date for GRPA youth track is December 31, 2016. Your child will compete as of the age they will be on December 31st of 2016.

15 year olds can compete in regular season meets and the league championship meet. However, those who turn 15 by the end of this year will not be eligible to participant at the district and state meet.

Age Divisions Girls	Age Divisions Boys
7 - 8 year old girls 8U	7 - 8 year old boys 8U
9 -10 year old girls 10U	9 - 10 year old boys 10U
11 - 12 year old girls 12U	11 - 12 year old boys 12U
13 - 15 year old girls 15U	13 - 15 year old boys 15U

Track Events & Age Groups:

Running Events	Field Events
50 Meter: (7 - 10 year olds only)	Discus: (13 - 15 year olds only)
100 Meter: (all age groups)	High Jump: (9 - 15 year olds only)
200 Meter: (all age groups)	Hurdles: (9 - 15 year olds only)
400 Meter: (all age groups)	Mini - Javelin: (9 - 15 year olds only)
800 Meter: (all age groups: staggered start)	Pole Vault: (13 - 15 year olds only)
1600 Meter: (9 - 15 year olds only: waterfall start)	Running Long Jump: (all age groups)
3200 Meter: (11 - 15 year olds only)	Shot Put: (9 - 15 year olds only)
4 x 100 Meter Relay: (all age groups)	Softball Throw: (all age groups)
4 x 400 Meter Relay: (all age groups)	Standing Long Jump: (all age groups)

NGYTFA Track Meet Setup Details:

Each track participant is allowed to participate in 5 individual events and 2 relays. For the GRPA District and State Meet participants may only compete in two field events & one running event or two running events & one field event and two relay events.

Parent Volunteers:

Track meets run much smoother with dependable volunteers. We will need parent help specifically with field events this season.

Things To Know For Meets & Practices Continued...

Meet Admissions:

Admission for all local NGYTFA track meets is \$3 for Adults and \$1 for children and Senior Citizens.

NGYTFA:

NGYTFA - (North Georgia Youth Track & Field Association) is an association comprised of several Recreation Departments and other Youth Associations that Commerce Recreation Department participates with.

NGYTFA Agencies:

Commerce Recreation Department, Athens YMCA, Athens Youth Association, Barrow County Recreation Department, Dawson County Recreation Department, Fusion Sports, Habersham Recreation Department, Jackson County Recreation Department, Jefferson Recreation Department, Sirius Sports, and Walton County Recreation Department.

Rules Information:

If you would like to view the GRPA Track & Field Rules you can go to grpa.org and click on the athletics section tab. Once you are on the athletics page click on #5 athletic manual and the information pertaining to Track & Field is on pages 75 - 83.

Contact Information:

Parents, please ensure the Recreation Department has accurate phone numbers and emails in order to contact you and your family in an effective matter.

Rainouts:

Parents can sign up to receive a text message and or email if a practice/meet is rained out. If you do not have accessibility to either of these methods please let us know.

Clothing and Footwear:

Participants are allowed to wear track spikes. However, we do not recommend spikes for distance running. We recommend your child has a good pair of running shoes. Appropriate attire for track practices includes shorts, sweatpants, tee shirt, long sleeve shirt, sweatshirt, or any combination of these.

Hydration & Sunscreen:

Make sure you provide your child with a water bottle or Gatorade at each track practice and meet. It is recommended that you provide sunscreen for your child during Track Meets.

2016 Track Practice & Meet Schedule: CMS Track Address: 7690 Jefferson Rd. Commerce, GA 30529

Date	Event	Time	Location
Monday, Feb. 22nd	Practice	6:00pm - 7:15pm	CMS
Thursday, Feb. 25th	Practice	6:00pm - 7:15pm	CMS
Saturday, Feb. 27th	Practice	10:00am - 11:00am	CMS
Monday, Feb. 29th	Practice	6:00pm - 7:15pm	CMS
Thursday, Mar. 3rd	Practice	6:00pm - 7:15pm	CMS
Saturday, Mar. 5th	Practice	10:00am - 11:00am	CMS
Monday, Mar. 7th	Practice	6:00pm - 7:15pm	CMS
<i>Thursday, Mar. 10th</i>	<i>Practice</i>	<i>6:00pm - 7:15pm</i>	<i>CHS AUXILIARY GYM/FOOTBALL STADIUM</i>
Saturday, Mar. 12th	Meet	9:00am	Apalachee High School: 940 Haymon Morris Rd. Winder, GA 30680
Monday, Mar. 14th	Practice	6:00pm - 7:15pm	CMS
<i>Thursday, Mar. 17th</i>	<i>Practice</i>	<i>6:00pm - 7:15pm</i>	<i>CHS AUXILIARY GYM/FOOTBALL STADIUM</i>
Saturday, Mar. 19th	Meet	9:00am	East Jackson High School: 1435 Hoods Mill Rd. Commerce, GA 30529
Monday, Mar. 21st	Mini Meet	6:00pm - 8:00pm	Jackson County High School: 1668 Winder Hwy. Jefferson, GA 30549
Thursday, Mar. 24th	Practice	6:00pm - 7:15pm	CMS
NO MEET Mar. 26 (EASTER)			
Monday, Mar. 28th	Mini Meet	6:00pm - 8:00pm	Jackson County High School: 1668 Winder Hwy. Jefferson, GA 30549
Saturday, Apr. 2nd	Meet	9:00am	Jefferson: 127 Memorial Dr. Jefferson, GA 30549
No Practices April 3 - 8 (Spring Break)			
Saturday, Apr. 9th	Meet	9:00am	Jefferson: 127 Memorial Dr. Jefferson, GA 30549
Monday, Apr. 11th	Practice	6:00pm - 7:15pm	CMS
Thursday, Apr. 14th	Practice	6:00pm - 7:15pm	CMS
Saturday, Apr. 16th	Meet	9:00am	Walnut Grove High School: 4863 Guthrie Cemetary Rd. Loganville, GA 30052
Monday, Apr. 18th	Practice	6:00pm - 7:15pm	CMS
Thursday, Apr. 21st	Practice	6:00pm - 7:15pm	CMS
Saturday, Apr. 23rd	Meet	9:00am	Clarke Central High School: 350 South Milledge Ave. Athens, GA 30605
Monday, Apr. 25th	Practice	6:00pm - 7:15pm	CMS
Thursday, Apr. 28th	Practice	6:00pm - 7:15pm	CMS
Saturday, Apr. 30th	District Meet	9:00am	Winder-Barrow High School: 272 North 5th Ave. Winder, GA 30680
Monday, May 2nd	Practice	6:00pm - 7:15pm	CMS
Thursday, May 5th	Practice	6:00pm - 7:15pm	CMS
Friday, May 6th	State Meet	4:30pm	Peachtree Ridge High School: 1555 Old Peachtree Rd. NW. Suwanee, GA 30024
Saturday, May 7th	State Meet	8:00am	Peachtree Ridge High School: 1555 Old Peachtree Rd. NW. Suwanee, GA 30024
Monday, May 9th	Practice	6:00pm - 7:15pm	CMS
Thursday, May 12th	Practice	6:00pm - 7:15pm	CMS
Saturday, May 14th	League Championship	9:00am	Habersham Central High School: 2059 Old HWY 197 S. Mt. Airy, GA 30563

COMMERCE RECREATION 2016 TRACK SEASON MEET SCHEDULE:

DATE	TIME	EVENT	LOCATION
Saturday, March 12th	9:00AM	NGYTFA Early Bird Invitational	Apalachee High School 940 Haymon Morris Rd. Winder, GA 30680
Saturday, March 19th	9:00AM	NGYTFA Battle on the Eastside Invitational	East Jackson High School 1435 Hoods Mill Rd. Commerce, GA 30529
MAR. 26 NO MEET EASTER			
Saturday, April 2nd	9:00AM	NGYTFA Ben H. Dillard Invitational	Jefferson Memorial Stadium 127 Memorial Dr. Jefferson, GA 30549
Saturday, April 9th	9:00AM	NGYTFA Jefferson Invitational	Jefferson Memorial Stadium 127 Memorial Dr. Jefferson, GA 30549
Saturday, April 16th	9:00AM	NGYTFA Walton County Invitational	Walnut Grove High School 4853 Guthrie Cemetary Rd. Loganville, GA 30052
Saturday, April 23rd	9:00AM	NGYTFA Classic City Invitational	Clarke Central High School 350 South Milledge Ave. Athens, GA 30605
Saturday, April 30th	9:00AM	**GRPA District Meet**	Winder-Barrow High School 272 North 5th Ave. Winder, GA 30680
Friday, May 6th Saturday, May 7th	4:30PM 8:00AM	**GRPA State Meet** **GRPA State Meet**	Peachtree Ridge High School 1555 Old Peachtree Rd. NW. Suwanee, GA 30024
Saturday, May 14th	9:00AM	NGYFTA League Championship	Habersham Central High School 2059 Old HWY 197 S. Mt. Airy, GA 30563