

Hereford Middle School

Track & Field Team



Summary: The HMS Middle School Boys' and Girls' Track and Field Teams offer a competitive high-level middle school track and field program for 6th through 8th grades. BCPS middle school teams provide an enjoyable educational experience for young adolescents based on their developmental characteristics and needs. The development of self-esteem, citizenship, responsibility and skills in cooperative and leadership behaviors are positive outcomes of appropriate middle-level athletic programs.

Wisconsin Department of Public Instruction

Key Topics: Try outs are open to all students who meet the eligibility requirements. The team is an incentive or reward for students becoming successful in school. When a student is willfully non-proficient in class work or guilty of poor citizenship, the student is ineligible to participate in this program. Only a select number of team members will be entered in the County Regional Meet and County Championship Meet. All are encouraged to compete and be a part of the team regardless of physical ability.

Track Events

1. 4x800 Meter Relay (Girls, Boys)
2. 100 Meter Dash – Finals (Boys, Girls)
3. 1600 Meter Run (Girls, Boys)
4. 4x200 Meter Relay (Girls, Boys)
5. 400 Meter Dash (Girls, Boys)
6. 200 Meter Dash (Girls, Boys)
7. 800 Meter Run (Girls, Boys)
8. 4x100 Meter Relay (Girls, Boys)
9. 4x400 Meter Relay (Girls, Boys)

Field Events

1. Long Jump – (Boys, Girls)
2. Shot Put – (Girls, Boys)

Expectations:

All students must have a BCPS Athletic Permit and Physical Exam completed before they are eligible to try out for the team. The eligibility standard is 2.0 with no failing grades in the marking period prior to and during participation on the team. Team practices begin in mid-March. Students are required to attend at least two practices a week. Practices are held on Monday through Thursday from 2:15-3:45. The season ends with the culminating County Championship Meet in mid-May.

Coaches: Mr. Lewis jlewis11@bcps.org and Ms. Zinkand ezinkand@bcps.org

