



Providence Career & Technical High School CTE & Athletic Wing,
91 Fricker Street, Providence, RI 02903

THE NEW FACILITY IS FINALLY HERE!

BARRINGTON EAGLES

BOYS' INDOOR TRACK AND FIELD 2009-2010

BIG CHANGES for the 2009-2010 Season:

- 1. We will be at the new facility for all league varsity meets and all JV meets.**
- 2. The 4x200 will replace the 4x160 yard.**
- 3. The 55 meter dash will replace the 45 meter dash.**
- 4. The 55 meter hurdles will replace the 45 meter hurdles. (This means 5 hurdles instead of 4.)**
- 5. The weight throw will be competed indoors.**
- 6. We will be permitted 4 entries per event instead of only 3.**
- 7. The 4x400 event has been added as the last event during dual meets, and the 4x200 will be moved to the beginning of the dual meets.**
- 8. JV Meets will now be Saturday afternoons.**
- 9. Long Jump, Triple Jump, and Pole Vault will be offered as non-scoring events on non-meet days.**

Metropolitan Division

**Mt. Hope
Moses Brown
Barrington
Classical
Mt. Pleasant
LaSalle
East Providence
Hope
Central**

Class B

**Tolman
Central
Pilgrim
Chariho
Barrington
S. Kingstown
Warwick Vets
Mt. Hope
West Warwick
Lincoln
Westerly**

Barrington Boys' Track and Field

Winter 2009-2010 Season Policies and Procedures

Welcome to the team.

- 1. All policies in the BHS Student Athlete Handbook apply. You and your parent(s) or guardian(s) must read the handbook in order participate in the program.**
- 2. Practices will normally be held from 2:30 to approximately 5:00 Monday to Friday. Occasionally, practice times will be altered due to meetings or availability of facilities.**
- 3. There are no cuts from Boys' Track and Field based on ability--All willing athletes can participate, and all willing athletes will have the opportunity to improve. Cuts will be based on attendance and effort.**
- 4. You are expected to attend all practice sessions on time and with effort. Any unexcused absence will result in a discussion about your further participation on the team.**
- 5. The only acceptable absences from practices are absences from school, or extra help with a teacher after school. If you stay after with a teacher, you must bring a signed note from the teacher to practice when you are done. Unavoidable/special appointments must be approved through the Director of Athletics office.**
- 6. Injuries will happen. If you are injured, report to practice; check in with a coach and then the Athletic Trainer. Do not report to the trainer without speaking with a coach first. If you are injured, you will be expected to attend meets to assist with the events.**
- 7. There will be daily practices during exam week.**
- 8. Weight training is an important component of our season. Athletes who do not participate in this portion of practice will be considered absent from practice on that day.**
- 9. You are expected to show good sportsmanship at all meets and practices. You are representing a school and team with a tradition of excellence and a tradition of good sportsmanship. This tradition will continue.**
- 10. Captains will be selected through an application process to be announced. These captains will be selected based on their leadership potential, effort on this team in the past, and willingness to maintain a positive, focused, and goal-driven culture on this team, within the guidelines indicated in these rules and in the Student Athlete Handbook. Directions and guidance from these captains should be followed.**
- 11. All athletes will be issued a uniform consisting of a tank top, shorts, and jacket. These are property of the school, and at the end of the season you will be responsible for returning the numbered items that you were issued. Uniforms and jackets are for meets only, and should not be worn at practice. Athletes will be reminded to adhere to all league uniform rules regarding undergarments, headwear, and jewelry.**
- 12. The meet schedule is being provided to you. All qualifying athletes will be expected to be at all division dual meets, division and class championship meets, and the Freshmen and JV State meets for the duration of the meets. All other athletes are expected to be at the JV meets. Invitational meets are more individual in nature, and you will be permitted to leave these meets, with your parent(s) or guardian only, as soon as you have cooled down from your events.**
- 13. Athletes are required to ride the bus to and from all away meets. When the meet is completed, you may ride home with a parent or guardian only if you have a note signed by a school administrator and if you check out with the head coach.**
- 14. The meet schedule is being provided for you online on the "Boys' Track and Field" site, which is linked to the BHS Athletics site. Results will also be posted to this site. Specific weekly schedules will be emailed.**

2008-2009 Season Record:

Undefeated Dual Meet Season Metropolitan Division Champions Runners-Up Class B Championships 3rd Place State Championships

Barrington High School Boys' Indoor Track and Field Records

as of March 2009

| <u>Event</u> | <u>Record-Holder</u> | <u>Performance</u> | <u>Year</u> |
|---------------------|---|---------------------------|--------------------|
| Shot | Michael DiQuattro | 60'3 1/2 " | 1981 |
| 25lb Weight | Patrick Scanlon | 70'1" | 1970 |
| High Jump | Paul Carter | 6'7" | 1985 |
| 3000m | Sid Griffin | 8:53.26 | 2007 |
| 1500m | Tom Webb | 4:07.43 | 2004 |
| 1000m | Justin Costa | 2:39.0 | 1996 |
| 600m | Matt Gamache | 1:25.77 | 2009 |
| 300m | Christopher Koehler | 37.2 | 1989 |
| 45m | Scott Delekta Mike Read | 5.4 5.4 | 1989 2009 |
| 55m | Mike Read | 6.67 | 2009 |
| 45m Hurdles | Christopher Koehler | 6.3 | 1989 |
| 55m Hurdles | Mike Braz | 7.91 | 2009 |
| 4 x 1 lap (160yd) | Marc DeSisto Mike Braz Ryan Gower Mike Read | 1:09.1 | 2009 |
| 4 x 800 | Caros Duran Frank Glavin Stephen Carter Josh Hagan | 8:32.8 | 1990 |
| 4 x 200 | Marc DeSisto Mike Braz Ryan Gower Mike Read | 1:33.62 | 2009 |
| 4 x 400 | Joe Clark Chris Calia David Cipoletti Greg Zavota | 3:39.52 | 2001 |

December

BARRINGTON BOYS' TRACK AND FIELD

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|-------------------------|---|-----------------------|---|--------------------------|--|--|
| | 30 FIRST DAY OF PRACTICE— ALL PAPER- WORK IS DUE | 1 Practice | 2 Practice | 3 Practice | 4 Practice | 5 Noon JV MEET (All Non-Varsity Athletes) |
| 6 | 7 Practice | 8 Practice | 9 8:15 PM Injury Fund Relays— Large School Division (Qualifying Athletes) | 10 Practice | 11 Practice | 12 4:00 PM JV MEET (All Non-Varsity Athletes) |
| 13 | 14 Practice | 15 Practice | 16 Practice | 17 Practice | 18 7:45 Dual Meet vs. East Providence and Classical (top 4 per event qualify) | 19 Noon RITCA Invitational (Qualifying Athletes) |
| 20 | 21 Practice | 22 Practice | 23 Practice | 24 NO PRACTICE | 25 NO PRACTICE | 26 |
| VACATION | | | | | | |
| 27 | 28 Practice | 29 Practice | 30 Rhode Island High School Classic Meet | 31 Practice | | |
| HOLIDAY VACATION | | | | | | |
| | | | | | | |
| | | | | | | 2009 |

January

BARRINGTON BOYS' TRACK AND FIELD

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|------------|---|-----------------------|---|-----------------------|---|---|
| | | | | | 1 NO PRACTICE <div style="border: 2px solid black; padding: 5px; text-align: center;"> NO SCHOOL </div> | 2 Noon JV MEET (All Non-Varsity Athletes) |
| 3 | 4 Practice | 5 Practice | 6 5:15 Dual Meet vs. Hope and Mt. Pleasant (top 4 per event qualify) | 7 Practice | 8 Dartmouth Relays (*Very Top Qualifying Athletes) | 9 Dartmouth Relays and/or URI Invitational (*) Also 4:00 JV MEET |
| 10 | 11 Practice | 12 Practice | 13 Practice | 14 Practice | 15 Practice | 16 3:30 SATURDAY DUAL MEET vs. LaSalle and Moses Brown (top 4 per event qualify) |
| 17 | 18 Practice <div style="border: 2px solid black; padding: 5px; text-align: center;"> NO SCHOOL </div> | 19 Practice | 20 Practice | 21 Practice | 22 5:15 Dual Meet vs. Mt. Hope and Central (top 4 per event qualify) | 23 Noon JV MEET (All Non-Varsity Athletes) |
| 24 | 25 Practice | 26 Practice | 27 Practice <div style="border: 2px solid black; padding: 5px; text-align: center;"> NO SCHOOL </div> | 28 Practice | 29 Practice | 30 3:30-6:30 Metropolitan Division Championshi p (Qualifying Athletes) |
| 31 | | | | | | |

2010

February

BARRINGTON BOYS' TRACK AND FIELD

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|------------------------|-----------------------|-----------------------|---|-----------------------|-----------------------|---|
| | 1 Practice | 2 Practice | 3 6 PM Freshman State Meet (All Freshmen) | 4 Practice | 5 Practice | 6 2:30 Class B Championshi p (Qualifying Athletes) |
| 7 | 8 Practice | 9 Practice | 10 6 PM JV State Meet (All athletes who do not qualify for States) | 11 Practice | 12 Practice | 13 10:00 AM State Championshi p (Top 18/24 per event in the State) |
| 14 | 15 Practice | 16 Practice | 17 Practice | 18 Practice | 19 Practice | 20 |
| WINTER VACATION | | | | | | |
| 21 | 22 Practice | 23 Practice | 24 Practice | 25 Practice | 26 Practice | 27 |
| 28 | | | | | | |
| | | | | | | |

2010

March

BARRINGTON BOYS' TRACK AND FIELD

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|---|----------------------|----------------------|-----------------------|-----------------------|---|---|
| | 1 Practice | 2 Practice | 3 Practice | 4 Practice | 5 New England Championship Meet, Boston (Very Top Qualifying Athletes) | 6 |
| 7 | 8 Practice | 9 Practice | 10 Practice | 11 Practice | 12 Nike Indoor Nationals, Boston | 13 Nike Indoor Nationals, Boston |
| 14 Nike Indoor Nationals, Boston | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |
| | | | | | | |

2010