

2024 Mason City Girls Track and Field Information Packet



February 2nd , 2024

Hi Girls!

Welcome to the 2024 version of Mason City Girls Track and Field ! I hope all of you are well and are looking forward to the upcoming season!! It is an especially exciting time being part of the girls track and field team having 2 home indoor meets on the schedule in our new fieldhouse and 2 home outdoor meets on the schedule....plus having brand new warm ups! Coach Ott, Coach Hardcastle, and I are looking forward to working with each and every one of you once again this year along with all of the new faces!! With 13 letter winners and 13 state qualifying girls back, along with all of the great personalities on the team as a whole, there is potential for another very successful year along with having lots of fun!!

If you haven't had a physical or your physical will be expiring during the season, please take care of that and upload the information to the school website. You cannot participate without a physical. I will be sending out weekly e-mails to your parents/guardians letting them know the schedule for the week including directions to the meets as well as any other important information. I will also be emailing them the 2024 parent/athlete handbook within the next week. This handbook is presently up on the front page of our website at www.mohawktrack.com. Please take a few minutes to read through this as it has information that you need to know including lettering policy, expectations, excused vs. unexcused absences from practice and their consequences, the schedule, and etc. The following are some important dates for the start of the season:

1st day of practice: Monday, February 19th

This is the first day of mandatory practice for all girls except those who are still playing VARSITY basketball. Any girl playing varsity basketball has the option of taking up to 1 week off following their last game of the tournament season before they start track. If any of you WANTS to start track the following day or week at any time that is totally fine as well, but we really encourage you to take a few days off just to relax and to rest the body and mind! Some of you have been going hard for months and months. It is good for you to take some time off to "recharge." It is the philosophy of the Mason City Girls Track and Field Program that girls playing basketball are NOT expected to come to track practice during basketball season. Please check in with me towards the end of your season so we can discuss your start date. Practices go from 4:00pm-6:00pm each day. We will also lift weights twice a week during the season and this is mandatory. Those athletes who are lifting in PPE during the school day do not need to lift on lift days after track unless there is a small supplementation exercise the specific event coach would like for them to do.

Indoor Meet Tuesday March 5th.... 1st Ever Home Indoor Meet in the Fieldhouse!

This is a varsity only meet and there are limited entries.

Indoor Meet Friday, March 8th Iowa State Indoor in Ames

This is a varsity meet only and there are limited entries.

Spring Break is March 11th-15th.

Some of you may be going out of town on a vacation during this time and that will be 100% excused whether it is with family or friends. Go enjoy yourself but please stay active! If you take 9 days off and do nothing it will almost feel like you are starting over. We will have practices on Monday the 11th and Tuesday the 12th from 9:30am-11:00am but there are no meets scheduled this season over break. We have a meet at Wartburg the 2nd day back so it is very important to get in at least a couple of workouts.

The last day a new girl can join the track team: Monday, March 18th

A new girl may come out this day but will not be allowed to compete in a meet until April 4th.

Indoor Meet Tuesday, March 19th..... Wartburg Indoor in Waverly

This is a varsity only meet and there are limited entries.

Iowa Alliance Coed Indoor Conference Meet Friday, March 22nd..... Riverhawk Fieldhouse

This will be a varsity meet only but there will be some limited spots available for JV.

Unexcused Absences and Tardiness

Unexcused absences and tardiness will not be tolerated. We all know that things can come up in your day unexpectedly and life, in general, can be completely unpredictable. If you are sick, need to make up a test in class, have a family emergency, or something along those lines please communicate with me so I know where you are. Simply not coming to practice or leaving practice early because you are tired, have a headache, or have a birthday party to go to are not valid excuses. The first unexcused absence results in missing the next meet. The second offense the athlete misses the next 2 meets, and if it happens a third time the athlete will turn in her things and will be off the team.

Being tardy to practice, as is missing practice without previously clearing it through a coach, shows a lack of respect for your teammates, for your coaches, and for the program itself. No one person is above the expectations of the program. The first tardy the athlete meets with coaches and a parent is notified. A second tardy results in a one meet suspension. Further tardiness will result in more meet suspensions.

Practice Clothing

I had to update this section a bit since we now have the Fieldhouse to go into if the weather is not ideal outside. If it is chilly outside there still may be times we go out because we will be running in meets where it is cold so always bring clothing as you are preparing to go outside for your workout.

Pool Practices

We will be fortunate enough to have our new pool for workouts this season. Please make sure your swimsuit is appropriate for a team pool workout.

Be on time each day, be coachable, have a great attitude, give your best effort, and be a great teammate. If you do these things you can't help but have a tremendous and rewarding season. You have to commit yourself and be a positive contributor both in effort and attitude to make a positive impact on the team. Creating and maintaining a positive, fun, safe, and respectful culture is of utmost importance in the program.

If you have additional questions on anything please contact me at any time. I am looking forward to seeing all of you on Monday, February 19th!! We will meet at 4pm in the Fieldhouse! See you then!

Coach Lee

Cell: 641-425-8579

E-mail: jilee@masoncityschools.org

Mohawk Girls Track and Field Website: www.mohawktrack.com

Mason City Girls Track and Field Twitter: @MCGirlsTnF

Updated January, 2024

2024 Riverhawk Girls Track and Field Meet Schedule

Indoor Season

Tuesday, March 5 th	Mason City	Varsity	Mason City	3:30
Friday, March 8 th	Iowa State	Varsity	Ames	3:15
Tuesday, March 19 th	Wartburg	Varsity	Waverly	2:30
Friday, March 22 nd	IAC Indoor	Varsity Coed	Mason City	3:30

Outdoor Season

Tuesday, March 26 th	Waukee Earlybird	JV/Varsity	Waukee	4:00
Thursday, March 28 th	Waverly	Coed Varsity	Waverly	5:00
Tuesday, April 2 nd	Riverhawk Earlybird	JV/Varsity	Riverhawk Stadium	5:00
Thursday, April 4 th	Ankeny	JV/Varsity	Ankeny	4:30
Tuesday, April 9 th	Urbandale Invite	JV/Varsity	Urbandale	4:30
Saturday, April 13 th	Blue Oval	Varsity	Drake Stadium	8:30am
Tuesday, April 16 th	Ames	JV/Varsity	Ames	4:45
Thursday, April 18 th	Fort Dodge	JV/Varsity	Fort Dodge	5:00
Monday, April 22 nd	Marshalltown	JV/Varsity	Marshalltown	5:00
Thursday, April 25 th	Waverly 9/10 Coed	9/10 G/B	Waverly	5:00
Thurs, April 25 th -27 th	Drake Relays	Qualifiers	Drake Stadium	TBA
Monday, April 29 th	Riverhawk Relays	JV/V	Riverhawk Stadium	TBA
Thursday, May 2 nd	Iowa Alliance Conf	JV/Varsity	Des Moines East	TBA
Thursday, May 9 th	Districts	Varsity	TBA	4:00
Thurs, May 16 th -18 th	State	Qualifiers	Drake Stadium	TBA

2023 Mason City Mohawk Girls Track and Field Outdoor Season Bests

<u>EVENT</u>	<u>TIME/DISTANCE</u>	<u>BY</u>	<u>MEET</u>
<u>Discus</u>	116'*	Jaelyn Falls	Districts
Shot Put	32'6''*	Adyson Evans	Districts
<u>High Jump</u>	5'1''*	Megan Tobin	Districts
Long Jump	15'4 1/2''*	Alexis Hoeft	Ames Invite
100m	13.80	Machaela Trask	Conference
200m	27.80	Megan Tobin	Conference
400m	1:04.25	Megan Tobin	Waukee
<u>800m</u>	2:22.92*	Brogan Evans	State
1500m	5:06.23	Audra Mulholland	Conference
3000m	11:00.77*	Audra Mulholland	Forest City
<u>100m Hurdles</u>	15.66*\$	Rosa Monarch	Conference
400m Hurdles	1:14.78*	Rosa Monarch	Ames Invite
<u>Shuttle Hurdle</u>	1:07.49*^\$	Gwen Fiser, Ellea Lewerke, Greta Lewerke, Rosa Monarch	State
4x100	52.31^	Rosa Monarch, Machaela Trask, Gwen Fiser, Megan Tobin	Urbandale
4x200	1:53.59	Gwen Fiser, Rosa Monarch Machaela Trask, Megan Tobin	Urbandale
<u>4x400</u>	4:10.32*	Megan Tobin, Janae Hansen, Savannah Davis, Kamina Munson	Districts
<u>4x800</u>	9:56.37*	Janae Hansen, Brogan Evans, Savannah Davis, Aspen Cole	State
Sprint Med	1:57.04	Gwen Fiser, Machaela Trask, Rosa Monarch, Megan Tobin	Conference
<u>Distance Med</u>	4:23.67*	Gwen Fiser, Machaela Traask, Megan Tobin, Janae Hansen	State

Underlined event indicates a 2023 state qualifier.

* Indicates time/distance was better than 2022 best.

^ Indicates Drake Relays Qualifier

\$ Indicates New School Record

Mason City High School Girls Outdoor School Records

100m dash	1995	12.36	Shynell Stender
200m dash	1988	25.55	Michelle Dunn
400m dash	2013	58.80	Makenzie Meyer
800m run	1985	2:20.90	Julie Ray
1500m run	1988	4:48.03	Chris Wickering
3000m run	1987	10:24.80	Chris Wickering
4x100m relay	1988	49.57	Tiffany Wise, Kris Long, Jenny Stott, Michelle Dunn
4x200m relay	1980	1:46.10	Tammy Lunning, Sandy Heitland, Deb Gonnerman, Tina Solomon
4x400m relay	2014	4:01.03	Jenna Cornick, Kendall Cornick, Ashley Alert, Makenzie Meyer
4x800m relay	1992	9:37.32	Stephanie Scarrow, Molly Brandt, Jaime Hamann, Laura Hickman
Sprint Medley	1986	1:50.53	Kris Long, Trinda Wise, Shelly Lair, Michelle Dunn
Distance Medley	1980	4:12.83	Sandy Heitland, Tina Solomon, Tammy Lunning, Roxanne Peterson
100m hurdles 30"	2002	14.25 (#10 All-time in Iowa)	Kayla Sautter
100m hurdles 33"	2014	16.06	Kendall Cornick
400m hurdles	2004	1:05.09	Nicole Carroll
Shuttle Hurdle 30"	2003	1:00.80 (All Time Iowa Best)	Nicole Carroll, Danielle Hill, Andrea Sellers, Kayla Sautter
Shuttle Hurdle 33"	2023	1:07.49	Gwen Fiser, Ellea Lewerke, Greta Lewerke, Rosa Monarch
Discus	1983	130'11"	Mickey Schoborg
Shot Put	2020	41'8 $\frac{1}{2}$ "	Grace Tobin
High Jump	2011	5'4 $\frac{1}{4}$ "	Autumn Alitz
Long Jump	2003	17'5 $\frac{1}{2}$ "	Nicole Carroll

Mason City High School Girls Track and Field Indoor School Records

55m dash	1996	7.29	Shynell Stender
60m dash	2022	8.05	Jada Williams
200m dash	2022	27.49	Jada Williams
400m dash	1995	1:02.61	Jennifer Jacobson
800m run	2002	2:27.30	Jennifer Platts
1500m run	1998	5:06.44	Chris Wickering
3000m run	2002	11:09.37	Aimee Nielsen
55m hurdles 30"	2002	8.44	Kayla Sautter
55m hurdles 33"	2023	9.22	Rosa Monarch
60m hurdles 30"	2004	9.14	Nicole Carroll
60m hurdles 33"	2019	9.85	Nienke van Aalst
Shuttle Hurdle 30"	2003	37.48	Nicole Carroll, Danielle Hill, Andrea Sellers, Kayla Sautter
Shuttle Hurdle 33"	2022	42.01	Gwen Fiser, Ellea Lewerke, Greta Lewerke, Rosa Monarch
4x100m relay	2022	52.52	Rosa Monarch, Megan Tobin, Gwen Fiser, Jada Williams
4x200m relay	1987	1:53.11	Michelle Dunn, Kris Long, Nancy Brasel, Tiffany Wise
4x400m relay	2013	4:10.87	Jenna Cornick, Cortni Rush, Makenzie Meyer, Kendall Cornick
4x800m relay	2001	10:17.59	Hollie Walusz, Noelle Peterson, Melissa Barnes, Janelle Platts
Sprint Medley	2014	1:56.62	Danielle DeRoy, Kayla Till, Ashley Alert, Kendall Cornick
Distance Medley	1998	4:32.08	Lena Hoard, Rachel Hardinger, Cassie Broome, Hollie Walusz
High Jump	2004	5'2 $\frac{1}{4}$ "	Andrea Sellers
Long Jump	2004	17'4 $\frac{1}{2}$ "	Nicole Carroll
Shot Put	2020	41' 8 $\frac{1}{2}$ "	Grace Tobin

*30" hurdles were run in Iowa from 1970-2008....then went to 33" in 2009.

*All times FAT

MCHS Athletic Online Registration

MCHS Athletes and Parents:

The high school spring sports practices begin Monday, February 19th for Girls and Boys Track and Field.

All Athletes (7th – 12th grades) must register online (<https://manager.gobound.com/ia/masoncity/students>) before they will be allowed to participate. For more information about these or any forms required, please contact the MCHS Activities Office at 641-450-5718 (high school students) or the JAMS Office at 641-421-4420 (middle school students).

Students Registering:

Step 1: Athletes must know their Student ID Number when registering. It is a seven (7) digit number on your student's school ID. If you are a COOP athlete (student not enrolled at MCHS), please your Student ID Number from your school and add your school's initial after your number. (Central Springs-CS; Charles City-CC; Clear Lake-CL; Forest City-FC; Lake Mills-LM; Newman Catholic-N; North Iowa Christian-NIC; Osage-O; Rockford-RRMR; West Fork-WF).

Step 2: Athletes must have a current sports qualifying physical exam on file. Physicals are good for 13 months from exact date of last physical. Download a physical form from the registration system under "Documents". Once you have your physical completed by a doctor, make sure your parents sign the bottom on the doctor's side. You will need to **download the completed physical form (pages 1 and 2) and submit it online** when you are filling out the Activities Registration. You can scan or take a picture of each side of the physical form to use for your download on your account.

Step 3: Athletes must complete the student participation form, concussion waiver, assumption of risk waiver, physical (uploaded), and emergency information online. Click on Bound to register. These forms are good for the current school year. **The Athletic Office will NOT accept any paper copies of forms.**

Note: You will be required to set up a username and password that you will use each time you fill out or change any forms for the year. **Please keep your username and password in a safe place, as we do not have a record of it.**

Other forms may be required based on different sports/events. Please contact your coach for these forms.

Information you will need to have with you to complete the online registration:

Student's Power School ID Number

Medical insurance company and policy number

Doctor name, address, and phone number

Emergency contact information (address and phone number) for two contacts

STUDENTS WILL NOT PRACTICE/PARTICIPATE IF ONLINE REGISTRATION IS INCOMPLETE

If you have questions about practice times or locations, please contact the coach of your sport:

Girls Track: jilee@masoncityschools.org (Jim Lee)

High School registration questions please contact:

Matt Berkley or Curt Klaahsen: mberkley@masoncityschools.org or cklaahsen@masoncityschools.org (Activities Interim Coordinators) or Shari Rottinghaus: srottinghaus@masoncityschools.org (Athletics/Activities Secretary)