

Rupert A. Nock Middle School
Spring Track & Field 2024

We are very excited to begin our season in a few weeks! The information below aims to ensure student-athletes and their families are fully aware of the logistics associated with the Nock Track program.

Roster: The program is available to all Nock student-athletes (Grades 6-8)

Preseason Meeting: Will take place at the start of the first practice Monday, April 1st, 2024 at 2:20pm in the Middle School cafeteria. We will meet as a group, and then walk over to the track together for the first practice.

Season: April 1, 2024 - May 2024 (April vacation will be off)

*The season could continue to June for student-athletes who qualify for the state meet

Practice: Monday, Wednesday, and Thursday 2:20 pm - 3:20 pm at Fuller Field (40 Low St, Newburyport, MA 01950)

Meets:

- Meet dates are Thursday, we do not have the dates yet but these meets will replace practice in those weeks.
- All meets will start at 4:00pm and buses for away meets will leave the Middle School at 3:20pm
- Dates and times are subject to change if bus, facility, or weather conflicts occur
- When returning from away meets student-athletes can be picked up at the Middle School gym doors

Events: Student-athletes can choose two race events and one field event, or two field events and one race event. They can also choose one relay event. All events are listed below.

Race:
100m
100m Hurdles
200m
400m
800m
1600m (Mile)

Field:
Shot Put
Javelin
Discus
High Jump
Long Jump

Relays:
4x100m
4x200m

Team Expectations: Student-athletes will assume the responsibility of representing our school when competing against other school programs. Participants must demonstrate effort, inclusivity, and good conduct both on the track and in the classroom.

Attire:

- Athletic clothing (t-shirt, shorts, running shoes)
- Team shirt will be provided to wear for meets (adult sizes)
- Please be cognizant of cold weather (sweatshirts and pants may be needed)

Registration Requirements:

- Current physical form (within 13 months) emailed to Kathy Cutter:
kcutter@newburyport.k12.ma.us
- Online signup:
<https://students.arbitersports.com/newburyport-high-school-athletics/nock-middle-school-spring-athletics-2024>

Contact: General questions can be sent to Head Coaches, Kaitlyn Brosnan kaitlynbrosnan2@gmail.com and Erin LaRosa erinleighmoon@yahoo.com

Thank you for supporting the rising stars of Newburyport Track & Field! Meets are free to attend for families and we encourage parents/guardians to reach out if interested in being a volunteer official. Please also note that student-athletes participating in other school activities (theater, band, etc.) are still able to join the team.

Go Clippers!