



Middle School Track & Field

2026 Program Handbook



CEDAR HILLS RECREATION CENTER
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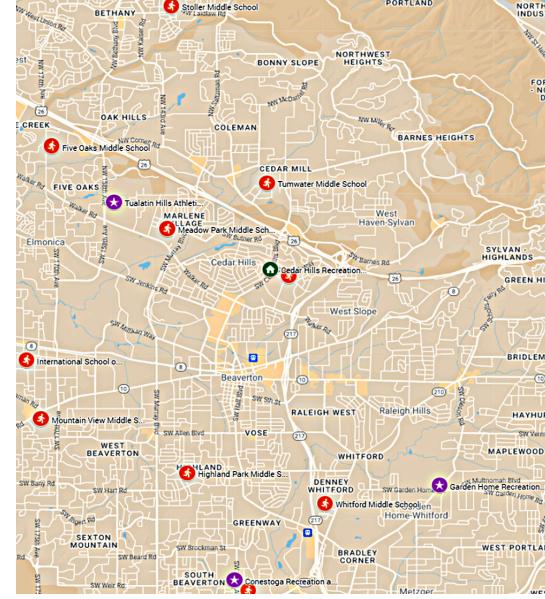
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Program History

Tualatin Hills Park & Recreation District (THPRD), in partnership with the Beaverton School District, offers an after-school program at 10 middle schools:

- Cedar Park
- Conestoga
- Five Oaks
- Highland Park
- ISB
- Meadow Park
- Mountain View
- Stoller
- Tumwater
- Whitford



The program began in 1998 with 54 students and has grown to serve up to 490.

We currently offer fall cross country and spring track & field, both designed as no-cut sports teams that welcome all students, regardless of skill level.

THPRD designs programs that reflect each school's unique environment, with the goal of making participation accessible and fun for all students. Facility fees are waived by BSD to help keep costs low, and financial assistance is available for eligible families through THPRD.

Programs are managed by Cedar Hills Recreation Center and serve 6th–8th graders across the district. The goal of this program is to provide safe, affordable, and engaging after-school experiences that build school spirit and support student growth.



Mission Statement

The THPRD Track Program aims to introduce Beaverton-area youth to the sport of track & field. It emphasizes teamwork, camaraderie, and good sportsmanship while remaining recreational and inclusive of participants of all ability levels.

What is Track?

Track & Field includes sprinting, distance running, and relay events that take place on a track, as well as field events. Our program offers 100, 200, and 400 meter sprint events; 800 and 1500 meter distance races; and 4x100 and 4x400 relays. Field events include high jump, long jump, shot put, fin-flyer javelin, and discus.

Important Dates & Times

Practices are held Tuesdays & Thursdays from 4:30 PM to 5:45 PM (3:25 PM to 4:40 PM for ISB).

December 6th - In District Registration Opens



March 3rd - First Day of Practice



May 7th - District Meet @ Sunset H.S.



May 12th - Last Day of Practice



** There is no practice on days when school is closed, school event days and student conference days. Families will receive an email update if there are any changes or cancellations.*

Emergency Contact & Communication

Your THPRD account must include a current primary phone number, at least one emergency contact with their name, phone number, and relationship to your child, and an up-to-date email address that you check regularly.

This information is essential for your child's safety. The email on file will be our main method of communication for meet details, weather cancellations, schedule changes, and general program updates. Only individuals listed on your authorized pick-up list will be allowed to sign your child out.

Additionally, please ensure your child's medical information is accurate and complete, as this allows our coaches to respond appropriately in emergencies and provide the safest and most supportive environment possible.

Pick-Up Protocol

Practices end at 5:45 PM (4:40 PM for ISB). Athletes must be picked up on time, check out with a coach before leaving, and may carpool if needed. Photo ID is required at pick-up, and only individuals authorized in the athlete's THPRD account may pick up.

A Self Check-Out Form is available for athletes who have permission to leave without an adult present. Without this form, athletes may only be picked up by listed authorized adults. In all cases, athletes must check out with a coach before leaving. On meet days, coach check-out is required for all athletes, regardless of pick-up method.

Inclement Weather/No School Days

There are no practices on BSD no-school days, event days, or when BSD facilities are closed due to inclement weather. Practices and meets are held rain or shine; however, dangerous conditions such as thunder or lightning may result in cancellation or relocation.

During meets, the race director will make weather-related decisions in alignment with district policy to ensure participant safety.



THPRD shares weather closures and program interruptions via text alerts. Text “**Join**” to **833-340-0174** to subscribe.

ATHLETE CODE OF CONDUCT

Athlete Conduct

We're committed to creating a positive and respectful environment for all athletes. Disruptive behavior or disrespect toward coaches, teammates, or equipment will be addressed promptly. Failure to follow safety rules or staff instructions will also be addressed to ensure a safe practice environment. If these behaviors occur, the athlete may be asked to sit out for the remainder of practice, and parents will be notified at pick-up. Ongoing interruptions during team discussions may result in a warning and may be documented as a step in our conduct policy.

Behavior Support Plan

Offence 1: Verbal warning issued to the athlete.

Offence 2: Second warning issued. Parent/guardian will be contacted by phone or email, or talked to by coach at end of practice.

Offence 3: Parent/guardian will be contacted. Possible suspension from practice or meet participation.

Offence 4: Parent/guardian will be contacted by the THPRD Program Coordinator. A meeting will be scheduled to determine appropriate next steps. The athlete will not be allowed to participate in practices or meets until this meeting takes place.

Electronic Devices

Personal devices should only be used to contact a parent or guardian when necessary. Music players, including iPods, cell phones, and the use of AirPods, earbuds, or similar devices, are not permitted during practice. Playing music out loud without approval from coaches is also prohibited, as it can be distracting and may affect safety and focus.

Dress Code

Athletes should wear comfortable athletic clothing appropriate for the weather. Platform shoes, jeans, and casual dress wear are not recommended. Team shirts will be provided and should be worn on meet days. We follow the same dress expectations as a middle school PE class, no specialized equipment is required. Throwing shoes not encouraged nor allowed, please reach out to your coach or meet directors about spike use.

TRACK & FIELD SAFETY GUIDELINES

General Safety Commitment

The safety of all athletes, coaches, officials, and spectators is our top priority during track and field activities. Participants must follow all safety rules and coach instructions; unsafe actions will be addressed immediately. Failure to comply may result in removal from practice and documentation under the Athlete Conduct Policy, with repeated or severe violations leading to suspension from practice or meets and parent/guardian notification.

Throwing Event Safety Guidelines

Safety Commitment

The safety of all athletes, coaches, officials, and spectators is our top priority during throwing events. Shot put, discus, and javelin are specialized implements that require strict adherence to safety expectations at all times.

Athlete Responsibilities

Athletes must follow all coach instructions related to equipment use, throwing procedures, and designated throwing areas. Implements may only be handled when directed by a coach and must never be thrown outside of supervised activity or approved throwing sectors.

Athletes Are Expected To

- Remain aware of their surroundings at all times
- Never retrieve an implement until instructed and the area is clearly safe
- Carry (not throw) implements when transporting them
- Only handle implements when directed by a coach. Fake throws or practice motions outside of drills are not allowed.
- Immediately report damaged equipment or unsafe conditions to a coach

Track Event Safety Guidelines

Athletes Are Expected To

- Follow all coach and official instructions during practices and meets
- Stay in assigned lanes during races and warm-ups
- Look both ways before crossing the track or runways
- Avoid cutting across the track during active events

VOLUNTEERING INFORMATION

Volunteering at Practices

While paid coaches are assigned to each campus, having additional support from volunteers greatly enhances the experience for our athletes.

Volunteers help create a more engaging, fun, and well-organized track and field environment. Whether assisting with warm-ups, setting up and running drills, helping time races, guiding athletes through events, encouraging positive sportsmanship, or serving as an extra set of eyes for supervision, every bit of help makes a difference.

No prior coaching experience is needed, just a willingness to support the team and have fun!

If you'd like to assist during practices, please fill out the THPRD general volunteer application, available online at the QR code below:

SCAN ME



Volunteering at Meets

On meet days, we rely on volunteers at various stations along the Track to help officiate each event and ensure they follow the Track & Field Schedule. If you're interested in helping out during meets.

Interested in helping at a meet? Register through the THPRD One Day Event Volunteer page: <https://www.thprd.org/connect/volunteer>



Meet Days

THPRD Track & Field meets will take place on Tuesdays and Thursdays at various BSD facilities.

Events will run with the girls' division first, followed by the boys, and results will be posted on Athletic.net the following day. The season includes one offsite practice, two regular-season meets, and a District Meet, which is open to all athletes with no qualification required.

Dates and times for regular meets and the District Meet will be shared during the first week of practice.



Meet Day Schedule & Transportation

THPRD provides **one-way bus transportation** to all regular-season meets and offsite practices.

On meet days, athletes check in with coaches at their middle school campus at the normal practice time for roll call, warm-ups, and meet-day instructions. Athletes will then ride the bus together to the meet venue.



There is no return transportation provided to the middle school after meets. Families must pre-arrange transportation home from the meet venue. For safety reasons, all athletes must check out with a coach before leaving, regardless of pick-up method. Please contact us if you have questions about the check-in or check-out process.

Spectator & Family Guidelines

- Spectators should remain in designated viewing areas
- Follow directions from meet officials and staff
- Avoid entering competition areas unless instructed
- Help create a positive and supportive environment for all athletes

MEET DAY SCEDULE

RUNNING EVENTS:

Running order for all events: Girls division first, followed by the Boys division. It is very important for athletes to know the order of events and be prepared to report to the start line at least 5 minutes before their race begins. Day of athletes need to know what events they have signed up for and listen to the PA for their event.

5:35 PM | 100 Meter
5:55 PM | 1500 Meter*
6:10 PM | 4 x 100 Meter Relay
6:35 PM | 400 Meter
7:00 PM | 800 Meter
7:10 PM | 200 Meter
7:30 PM | 4 x 400 Relay

* Meet Director may choose to combine Boys & Girls race for 1500m races if needed

FIELD EVENTS:

Running events take priority over field events.

5:30pm - 6:30pm

- Boys High Jump
- Boys Shot Put
- Boys Long Jump (*if two pits are available*)
- Girls Finn Flyer Javelin
- Girls Discus
- Girls Long Jump

6:30pm - 7:30pm

- Boys Shot Put
- Boys Long Jump
- Boys Finn Flyer Javelin
- Girls High Jump
- Girls Discus





Results

Each school has its own page on Athletic.net, but the most efficient way to access meet results is through the THPRD homepage on Athletic.net. Scan QR code for our homepage.

All meet results are listed there, just be sure to select the correct meet and year. Results are typically posted within 24 hours. While we strive for accuracy, occasional human error or equipment issues may occur. In rare cases where timing equipment malfunctions or is unavailable, individual times may be inaccurate or not posted.

Finish order is determined by judges at the finish line, and their decisions are final unless a correction is made at the discretion of the meet director.

Disqualification

This is a recreational, education-focused program designed to introduce young athletes to the sport in a supportive and inclusive environment. While more flexible than competitive leagues, we still expect good sportsmanship, effort, and respect for the sport, coaches, and fellow participants. To maintain a positive experience for all, disqualification or removal from a meet may be necessary in cases of unsafe or disruptive behavior.

Disqualifications may occur for:

- A competitor who interferes with another competitor.
- A competitor who is unsporting or uses unacceptable conduct.
- A competitor receives any assistance from any other person.
- A competitor who fails to complete an event in accordance to its guidelines

SCAN ME



New State Meet Opportunity!

Middle School Meet of Champions

The Middle School Track & Field Meet of Champions (MOC) is a statewide end-of-season event held each May at Corvallis High School, bringing together top middle school athletes from across Oregon. The meet offers a memorable championship experience and the chance to compete at a larger venue alongside athletes from other communities.

This is not a THPRD-hosted event

Whats New?

In recent years, the Meet of Champions (MOC) has required fully automated timing, which this program previously did not have access to. Through grant support, our program now has automated timing in place, allowing athletes to compete in officially validated races that meet MOC requirements.

Recognizing that this event takes place during the school day and can create challenges for working families, THPRD will provide additional support for athletes who qualify this year. Participation requirements for MOC are strict and vary each season. If an athlete's performance meets the qualifying time/range, a THPRD program staff member will reach out directly.

THPRD Support for Qualifying Athletes

To support athletes who qualify, THPRD will:

- Provide transportation for athletes who request it
- Cover event entry fees
- Provide coaches to serve as chaperones
- Manage registration and communication with MOC meet organizers
- Track program athletes and their state qualification standings



For questions, please contact Cohner Davis at c.davis@thprd.org

Awards & Athlete Recognition

We believe in celebrating effort, improvement, and a strong team mindset. THPRD provides 1st through 5th place ribbons by grade level for each event at our regular season meets.

In addition, athletes who set a personal record (PR) (meaning they improved their time/distance from a previous meet) will receive a PR magnet.

This helps promote a healthy mindset of competing against yourself and focusing on individual growth rather than comparison with others.



Questions?

Please feel free to reach out. We want every family to feel informed and supported throughout the season.

We're here to help:

Cohner Davis, Program Assistant
c.davis@thprd.org

Daniel Kittelson, Middle School Program Support
d.kittelson@thprd.org

Cedar Hills Recreation Center (503) 629-6340



OTHER PROGRAMS

Track & Field Preseason Clinic

This preseason clinic brings athletes from across the district together for a head start on track season. Designed for new and returning athletes, sessions focus on throws, relays, high jump, sprints, and distance in a fun, supportive environment. Held on the four Saturdays leading up to the season at Cedar Hills Recreation Center.



Spring Elementary Track



A fun, play-based intro to track for grades 3–5, featuring age-appropriate equipment, group games, and skill-building activities.

Dates: April–March (See website for details)

Time: 10am - 11:15am

Locations:

- Cedar Hills Recreation Center
- Greenway Park
- Mitchell Park

Fall Middle School Cross-Country

Middle School Cross Country is the adventurous, distance-running side of Track & Field, featuring varied courses, team camaraderie, and fun challenges along the way. The season begins in September and follows the same practice days and times as Track Program.



Coming Summer 2026

Adult Running Club

Ready for a new challenge? This beginner-friendly adult run club offers supportive training for half or full marathon distances, with a structured 14-week plan that builds endurance gradually. Designed to align with the Portland Marathon calendar; race registration not required.

Email d.kittelson@thprd.org for more information.

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