St. Thomas Track & Field Spring 2025 Season—Information

Coaches: Amy Hartrich; Kasey Iffert; Donna Cochran; Garrett Finn

Practice Information

Practices start March 3 with running form and conditioning before we can begin field event work. Practices will take place after school from 3:15—5:00 unless otherwise stated. Pickup is at St. Thomas unless otherwise stated. If there is a day of nice weather, we may hold an early morning practice so we do not have to compete with the HS and JH for the track & field. We use the Band App as our communication method. This allows a simplified method of texting groups and posting results and you can add others to the group, remove yourself from group, etc. QR code to join is on the back page. We have uniform tops for all athletes and uniform bottoms for all boys and some for girls (if they choose them over spandex). Many girls choose to wear their own black 4" or 5" spandex, black shorts, or running tights. Boys may also wear black spandex shorts or tights under their shorts. Everyone needs good running shoes. Running spikes (1/4" spikes) are not required but helpful for sprinters. We have a few pairs to loan out starting with oldest athletes they may be able to use for the season.

Meet Information

Please note that all home meets are included with Jasper County Jr. High and are hosted by them with our help and assistance. We ask for parents to volunteer to work the shot and discuss field events. Ideally 6 people is a great number to have. We will walk you through how to do it. 😊 You need to be there by 3:40 to sign-in athletes.

For home meets, athletes stay after school, change, and then we walk together as a team to the high school for the meet. We bring all of their school bags, etc. to the high school so there is no need to come back to St. Thomas. The athlete is to be picked up at the high school at the end of the meet or go home with a parent because they came and watched. 😉 Meets last from 2-3 hours depending on how many schools are there. Sometimes it is really cold. Be sure your athlete always has sweats, hats, gloves in their gym bag for practices and for meets. For away meets, we organize drivers to get the athletes there. Depending on the number of athletes, 5th graders may not be attending all away meets depending on drivers and number of schools competing. This will be announced in advance.

St. Thomas Track 2025 Schedule Tentative 2/10/2025

Date	Opponent	Location	Time
TH, 3/27/2025	Salem, Oblong, Lawrenceville, Cumberland	JCJH	4:00
T, 4/1/2025	Sacred Heart, Sigel	St. Anthony	4:30
TH, 4/3/2025	Teutopolis, JCJH	Teutopolis (Not Confirmed)	4:30
TH, 4/10/2025	Casey,Oblong,Olney, Lawrenceville	JCJH	4:00
M, 4/14/2025	Casey, Oblong, St. Elmo, Olney, Red Hill, Lawrenceville	JCJH	4:00
T, 4/15/25	Altamont	Altamont	4:30
TH, 4/24/25	Pal-Hut, Sigel, NH	JCJH	4:00
M, 4/28/25	Casey	Casey	4:15
T, 4/29/25	Teutopolis	Teutopolis	4:30
TH, 5/1/25	Cumberland	Cumberland	4:30
S, 5/10/25	Sectionals	NCHS Track We host	9:00
F/S, 5/16-17/25	State	Eastside Centre, East Peoria	9:00

Below is a listing of the events available. Coaches will work with the athlete in determining what events we feel may work best for the athlete. An athlete can only do a **maximum** of 4 events in a meet.

We start with running form and conditioning before we can begin field event work. Scan code below to join Band app. The online store will be available soon and sent out on Band app. Items are Newton St. Thomas Track shirts, hoodies, sweatpants, spandex shorts, and running tights. Purchases are not mandatory. Thanks, and we look forward to a fun season!

Running Event Order:
Class 7G Low Hurdles
Class 7G 100 M Dash
Class 7G 1600 M Run
Class 7G 4x200 M Relay
Class 7G 4x100 M Relay
Class 7G 400 M Dash
Class 7G 200 M Dash
Class 7G 800 M Run
Class 7G 4x400 M Relay
Field Events: Pole Vault, Shot Put, Discus, High Jump, Long Jump
*Classes 8G, 7B, 8B to follow in each running event. Meet starts with girls running events and boys field events. When girls running events are over, boys begin running events and girls begin field events.

Scan to Join the Band Group

Feel free to call or text me with any questions, or we can have conversations on the Band app!!

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