



**Burlingame Parks & Recreation Department**  
**850 Burlingame Avenue, Burlingame CA 94010**  
**www.burlingame.org/rec**  
**650-558-7300**



## **Track & Field @ BIS**

**Revised 4/11**

**2016**

**1. Practices - ALL PRACTICES ARE HELD AT BIS FROM 3:30-4:45 on Monday, Wednesday, & Thursday.**

- a. Please be ready to run prior to 3:30. Use the locker room immediately after school. P.E. teachers will close them at 3:10. You will not be let in the locker rooms after 3:10. Backpacks will be stored and locked in the new gym until 4:45. Go to the bathroom, eat, and drink before practice starts. Practices begin in front of the locker rooms and are continued on the blacktop, Osberg Field, and in the Old Gym (high jump).
- b. We will end by 4:45pm for pick-up before 5:00 pm in front of BIS flagpole. Please make arrangements to be picked up or walk home promptly after practice. There will be practice on Mondays, Wednesdays, and Thursdays until meets start. Practices will continue on Mondays and Wednesdays while meets are on Tuesdays and Thursdays at Terra Nova High School. It is important to attend practice regularly. Please let Ms. Visalli know about absences from practice.
- c. **No practices the week of Spring Break (March 28<sup>th</sup> – April 1<sup>st</sup>).**
- d. **Practice begins the week of April 4<sup>th</sup> on Monday, Wednesday, & Thursday.**
  - e. **Preparation For Practice:**
    - i. Running Shoes
    - ii. Running clothes
    - iii. Nutrition/Hydration
  - f. **Practice Activities:**
    - i. Warm-up
    - ii. Stretching
    - iii. Speed
    - iv. Endurance
    - v. Strength
    - vi. Jumping

**2. Track & Field Meets**

- a. Please be at meets 20 minutes prior to the start for team warm-up, talk, relay practice, etc. A tentative meet schedule is below. This may be subject to change and you'll receive a new schedule at practice if there are any changes.

**b. Meet Dates & Times:**

- i. April 20<sup>th</sup> 5:30-8:00pm Terra Nova**
- ii. April 27<sup>th</sup> 5:30-8:00pm Terra Nova**
- iii. May 5<sup>th</sup> 5:30-8:00pm Terra Nova**
- iv. May 12<sup>th</sup> 5:30-8:00pm Terra Nova (Qual.)**
- v. May 19<sup>th</sup> 5:30-8:00pm Terra Nova (Finals)**

**Meet Addresses:**

Terra Nova  
 High School  
 1450 Terra Nova Blvd,  
 Pacifica, CA 94044

- c. Track and Field athletes have many events to choose from. Workout data and student choice will be considered when assigning students their events. Students will participate in 2, 3, or 4 events at each meet.
- d. **Events: Long Jump, High Jump, 800, 400, 200, 100, 75, 4X100 Relay, and \*1600**

If there are any questions, please email, Marisol Visalli: [mvisalli@burlingameschools.org](mailto:mvisalli@burlingameschools.org)  
 Questions for the Recreation Dept, please contact Tim Barry: [tbarry@burlingame.org](mailto:tbarry@burlingame.org)