

2025 Saraland Middle School Track Information

Coaches: Coach Dearmon, Coach Kelly, Coach Campbell, Coach Carmichael, Coach Brown, Coach Nobles

Track Fees

Outdoor Track Fee-\$100

This fee covers the purchase of new track equipment, uniform rental, all track meet entry fees, travel expenses, meals, and any other miscellaneous expenses that may occur throughout the season.

*****All Track Fees must be paid by February 6, 2025*****

My Team Shop

If you do not currently have a pair of black track shorts/tights, then you will need to order a pair off this site. All athletes will need these. Everything else on the site is optional. You may order sweats, shirts, different uniform tops, and other track gear through this site. The shop will open on Monday 1/20/25 and close on Thursday 2/5/25. Once the shop closes it will not be re-opened.

Sponsorship Fundraiser

We will begin our sponsorship fundraising drive on Tuesday 1/21/25. This fundraiser will run through Thursday 2/6/25. We are asking that each athlete help us by selling at least 2 \$200 sponsorships to local businesses or organizations this season. We will play ads on the jumbotron during all 9 of our home track meets and all of our home soccer games this season. 50% of each sponsorship sold on your behalf will go towards your \$100 fee. It is very possible to have your total fee completely covered through this fundraiser. The more you sale the less money you will owe for the fee.

Picture Day

Picture Day will be on Tuesday February 4, 2025 at 3:00pm. We will take Team and individual pictures on this day. Packets, for individual orders, will be available and sent home when it gets closer to picture day.

Important Dates-Tentative (A finalized schedule will be sent out once dates are confirmed)

December 2, 2024-January 10, 2025-Middle School Signup period (EVERYONE MUST BE SIGNED UP TO TRYOUT)

January 14 & 16, 2025-Middle School Tryouts 3:00-4:30

(Everyone must tryout!!! A Late Tryout will be held for Basketball players and members of the wrestling team THAT HAVE SIGNED UP)

January 20, 2025-BSN Team Shop Opens

January 21, 2025-First Practice 3:00-4:30 (Ride Activity Bus over to the track)

January 21, 2025-Sponsorship Fundraiser Begins

January 28, 2025-Parent Meeting-6:00pm in the High School Cafeteria

February 4, 2025-Picture Day. Packets and Picture Money Due.

All checks need to be made out to Jim Owens Studios

February 5, 2025-BSN Team Shop Closes

February 6, 2025- Middle School Track Fee (\$100) Due and All sponsorship money and information is due.

February 13, 2025-Intersquad Meet @ Saraland 4pm

February 22, 2025-Southeastern Relays Varsity/JV Meet @ Saraland 9am

ALL Middle Schoolers must plan to attend to help work this meet.

February 24, 2025-Saraland JV/Middle School Meet 1

March 10, 2025-Saraland JV/Middle School Meet 2

March 14, 2025-Saraland Invitational Varsity/JV Meet @ Saraland

ALL Middle Schoolers must plan to attend to help work this meet.

March 17, 2025-Saraland JV/Middle School Meet 3

March 24, 2025-Saraland Middle School Meet 4

March 28, 2025-Spartan Invite V/JV Meet @ Saraland 4pm

ALL Middle Schoolers must plan to attend to help work this meet.

March 31, 2025-Saraland Middle School Championship Meet (Middle School Season Ends)

April 25, 2025-AHSAA Outdoor Sectionals Day 1 @ Saraland 11am

ALL Middle School Track athletes will be bused over from the Middle School to help work this meet.

They can be picked up at the high school once the meet is over

April 26, 2025-AHSAA Outdoor Sectionals Day 2 @ Saraland 9am

ALL Middle Schoolers must plan to attend to help work this meet.

Track Meets

All Middle School Track Meets will be held @ Saraland High School, mostly on Mondays except for the intersquad meet, which is on a Friday.

Tentative Practice

Practices will be held afterschool from 3:00-4:30 beginning on Tuesday January 21, 2024. Practice is Mandatory!!! Practice Days will vary each week depending on the schedule for the week. Athletes should ride the athletic bus over to the High school from the Middle School each time they come over. See attached calendars for practice dates. If you can't make it to practice, then you must contact Coach Dearmon and let him know that that you will not be there. Excessive misses can result in missed meets and eventually removal from the team.

Athletes that play basketball or wrestle

Any athlete who plays basketball or wrestles that plans to run track will try out when their season has concluded. They must also purchase uniform shorts, if they do not already have some, during the open BSN My Team Shop dates with the understanding that there is a possibility that they may not make the team once they try out. They must also sign up during the sign-up period.

We are asking that all middle school athletes bring in 2 cases of bottled water each.

Items to Remember

- If at any point throughout the season you decide that you no longer want to be a part of the track team:
 - o **Any Money turned in is non-refundable**
- All paper-work must be completed in Dragonfly prior to any participation in a tryout, practice, or meet

Remind-To get updates and reminders sent to your phone

Text @smstf24 to 81010

Facebook

Saraland Spartan Track

Twitter

@SaralandTrack

Instagram

saralandtrackandfield

Outdoor Track and Field Events

High Jump (Boys & Girls)

Long Jump (Boys & Girls)

Shot Put (Boys 4k Shot& Girls 6lb Shot)

Discuss (Boys 1K Discuss & Girls .75K discuss)

100 Meter (Boys & Girls)

200 Meter (Boys & Girls)

400 Meter (Boys & Girls)

800 Meter (Boys & Girls)

1600 Meter (Boys & Girls)

100 Meter Hurdles (Boys & Girls)

4x100 Meter Relay (Boys & Girls)

4X400 Meter Relay (Boys & Girls)



**Saraland High School
1115 Industrial Parkway
Saraland, AL. 36575
(251)-602-8970**

Scott Croley
Principal

Dear Friend,

We are once again planning our annual sponsorship drive for the Saraland Track & Field Program. Through this event we are hoping to make it possible for us to continue offering our athletes the best equipment along with the best opportunity for success in this sport.

We are once again asking for monetary donations to support this drive. All money raised will be used to fund the Saraland Track & Field Team which benefits many students who attend our school.

All businesses who donate to our program will have their names, logos, and contact information displayed on our jumbotron throughout the 9-home track meets and all the home soccer games that we will host this season. Thousands of people from all over southwest Alabama and the surrounding areas will be able to see your organization featured on the screen many times throughout the season.

Donations can be given to any member of our team, or can be mailed directly to the school. Please make sure that, if mailed, it is sent to the attention of Matt Dearmon and made out to Saraland Track. All money will be receipted and the athlete that got the sponsorship will bring you a receipt for your donation.

We thank you in advance for your support!

Best Regards,

Matt Dearmon

Head Track Coach (Saraland High School)

Mailing Address

Saraland High School
Attn: Matt Dearmon
1115 Industrial Parkway
Saraland, AL. 36571



**Saraland High School
1115 Industrial Parkway
Saraland, AL. 36575
(251)-602-8970**

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Principal

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We thank you in advance for your support!

Best Regards,

Matt Dearmon

Head Track Coach (Saraland High School)

Mailing Address

Saraland High School
Attn: Matt Dearmon
1115 Industrial Parkway
Saraland, AL. 36571

DEC2024

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
My Team Shop Opens MS Signup Begins						
08	09	10	11	12	13	14
15	16	17	18	19	20	21
My Team Shop Closes						
22	23	24	25	26	27	28
29	30	31				

JAN2025

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
		MS Tryouts 3:00p-4:30p	MS Tryouts 3:00p-4:30p			
19	20	21	22	23	24	25
Team Shop Open	MS Practice 3:00p-4:30p MS Fundraiser Begins		MS Practice 3pm			
26	27	28	29	30	31	
MS Practice 3:00p-4:30p	MS Practice 3:00p-4:30p Parent Meeting 6pm Cafeteria		MS Practice 3:00p-4:30p			

FEB 2025

SUNMONTUEWEDTHUFRI SAT

01

02030405060708

MS Practice
3:00p-4:30p

**Picture Day
3:00pm
MS**

**Team Shop
Closes**

MS Practice
3:00p-4:30p
**Track Fee Due
\$100
All sponsors due**

09101112131415

MS Practice
3:00p-4:30p

MS Practice
3:00p-4:30p

**MS Intersquad
Meet @
Saraland 4pm**

16171819202122

MS Practice
3:00p-4:30p

MS Practice
3:00p-4:30p

MS Practice
3:00p-4:30p

V/JV Southeastern
Relays @ Saraland
9am
**MS-Will Help
Work**

232425262728

**MS Meet 1 @
Saraland 4pm**

MS Practice
3:00p-4:30p

MS Practice
3:00p-4:30p

MAR2025

SUN	MON	TUE	WED	THU	FRI	SAT
						01
02	03	04	05	06	07	08
NO School-No Practice	NO School-No Practice	NO School-No Practice	MS Practice 3:00p-4:30p			
09	10	11	12	13	14	15
MS Meet 2 @ Saraland 4pm	MS Practice 3:00p-4:30p		MS Practice 3:00p-4:30p	V/JV-Saraland Invitational @ Saraland 4pm MS-Will Help Work		
16	17	18	19	20	21	22
MS Meet 3 @ Saraland 4pm	MS Practice 3:00p-4:30p		MS Practice 3:00p-4:30p			
23	24	25	26	27	28	29
MS Meet 4 @ Saraland 4pm	MS Practice 3:00p-4:30p		MS Practice 3:00p-4:30p	V/JV-Spartan Invite @ Saraland 4pm MS-Will Help Work		
30	31					
MS Championship Meet @ Saraland 4pm						

APR/MAY2025

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
				V-Sectionals @ Saraland 11am MS-Will Help Work	V-Sectionals @ Saraland 9am MS-Will Help Work	
27	28	29	30	1	2	3

<p align="center"><u>2025 Saraland Middle School</u> <u>Track Schedule</u></p>
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<u>Date</u>	<u>Meet/Site</u>	<u>Time</u>
2/13/25	Intersquad Meet @ Saraland	4:00
2/24/25	Saraland JV/MS Meet 1-MS @ Saraland	4:00
3/10/25	Saraland JV/MS Meet 2-MS @ Saraland	4:00
3/17/25	Saraland JV/MS Meet 3-MS @ Saraland	4:00
3/24/25	Saraland JV/MS Meet 4-MS @ Saraland	4:00
3/31/25	Saraland MS Championship-MS @ Saraland	4:00

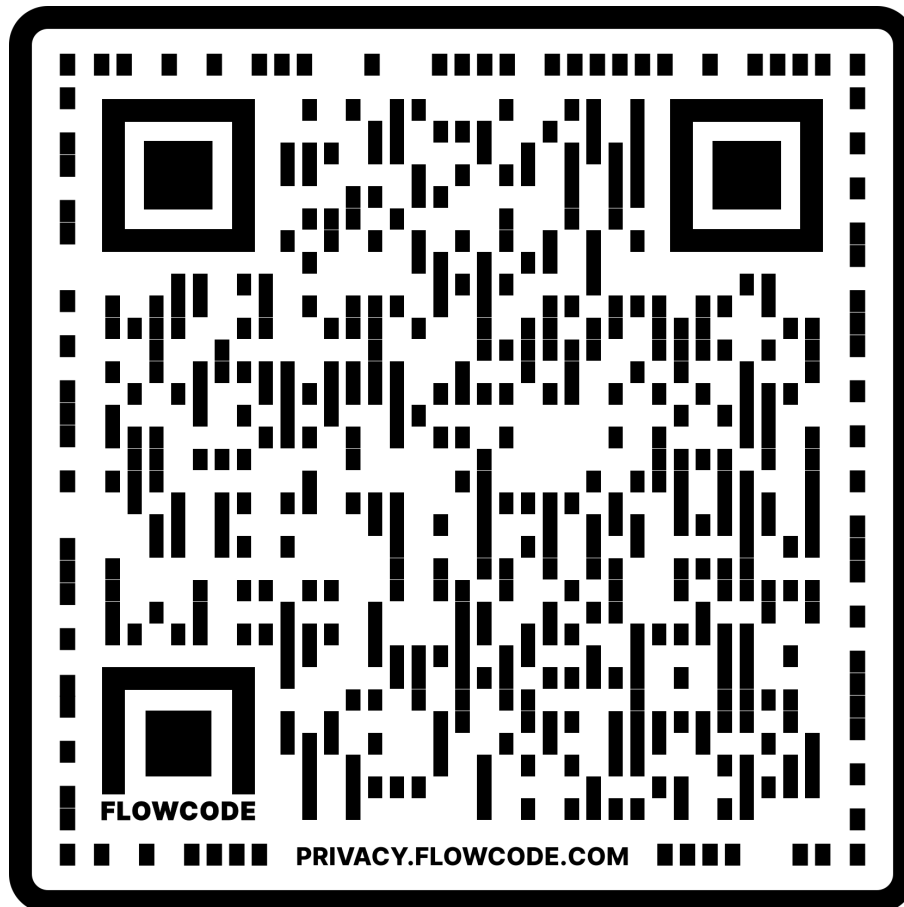
<p align="center"><u>2025 Saraland Home Track</u> <u>Schedule</u></p>

<u>Date</u>	<u>Meet/Site</u>	<u>Time</u>
2/13/25	Intersquad Meet @ Saraland	4:00
2/22/25	Southeastern Relays-V/JV @ Saraland	9:00
2/24/25	Saraland JV/MS Meet 1-JV/MS @ Saraland	4:00
3/10/25	Saraland JV/MS Meet 2-JV/MS @ Saraland	4:00
3/14/25	Saraland Invitational-V/JV @ Saraland	4:00
3/17/25	Saraland JV/MS Meet 3-JV/MS @ Saraland	4:00
3/24/25	Saraland JV/MS Meet 4-JV/MS @ Saraland	4:00
3/28/25	Spartan Invite-V/JV @ Saraland	4:00
3/31/25	Saraland MS Championship-MS @ Saraland	4:00
4/25/25	Sectionals Day 1-V @ Saraland	11:00
4/26/25	Sectionals Day 2-V @ Saraland	9:00

Parent Volunteers

Please open the camera on your phone and scan the QR Code below to sign up to help us work the gate, concession stand or help work a field event at our home track meets this season. We are asking all parents please help us by volunteering to work at least 3 shifts at any of our home track meets. Feel free to sign up for as many as you would like.

WE NEED YOUR HELP TO HAVE A SUCCESSFUL HOME TRACK SEASON. THANK YOU IN ADVANCE!!!



HOME MEET DATES:

2/13, 2/22, 3/14, 3/28, 4/25, 4/26

**PLEASE INCLUDE YOUR NAME AND PHONE NUMBER
WHEN YOU SIGN UP**