

2025 Saraland Varsity/JV Track Information

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

Track Fees

Indoor Track Fee-\$100 (Not everyone will compete in Indoor Track)

Only those competing in indoor will be required to pay this fee. It will cover our bus/travel expenses to the meets as well as entry fees into the meets. It will also cover drinks and snacks to have during the ride and during the meets. It will **NOT** cover meals when we stop on the way to and from the meets.

Athletes will need to bring money to eat fast food on the way to and on the way home from the meets.

*****Indoor Track Fees must be paid by December 11, 2024 for those starting early. For those starting Indoor after Christmas break the fee must be paid by January 15, 2025*****

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.

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

Senior Banners

This year we will be offering banners for our senior athletes that will hang in the facility. These banners will cost \$40 each and must be paid for by the athlete on February 6th, 2025, with your fee, if he/she wants a banner. Once the season is over, the banner is theirs to keep. Senior Banner Pictures will be taken in the library on Monday December 9, 2024. Anyone not able to take a picture then will need to schedule a time with Coach Randall.

My Team Shop

Everything on the site is optional. You may order sweats, shirts, different uniform tops, shorts, and other track gear through this site. The shop will open on Monday 12/2/24 and close on Thursday 12/19/24. We will open it again starting on 1/20/25 and it will close on 2/5/25.

Sponsorship Fundraiser

We will begin our sponsorship fundraising drive on Wednesday 1/8/25. This fundraiser will run through Friday 2/7/25. 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 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. This money can also go to pay for your indoor fee and senior banner as well.

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)

November 4th-December 20th 2024 -Sign Up Period (EVERYONE MUST BE SIGNED UP TO TRYOUT)

November 11th, 2024-First Indoor Practice (Only those approved by Coach Dearmon or Coach Kelly)

December 2, 2024-My Team Shop Open

December 9, 2024-Senior Banner Pics in Library @ 2:45pm

December 11, 2024-Varsity Indoor Fee Due (\$100)-For those starting Indoor Season Early

December 14, 2024-Holiday Invitational Meet @ Birmingham (Indoor Team Only)

December 19, 2024-My Team Shop Closes

January 7th & 8th 2025-Tryouts (Everyone must tryout!!! A Late Tryout will be held for Basketball players and members of the wrestling team THAT HAVE SIGNED UP)

January 9, 2025-Team Meeting 2:45-3:30 @ Cafeteria

January 9, 2025-Sponsorship Fundraiser Begins

January 13, 2025-V/JV-First Practice

January 15, 2025-Varsity Indoor Fee Due (\$100)

January 20, 2025-MLK Indoor Meet @ Birmingham (Indoor Team Only)
 January 20, 2025-My Team Shop Open
 January 24-25, 2025-Last Chance Indoor Meet @ Birmingham (Indoor Team Only) (Overnight Trip)
 January 28, 2025-Parent Meeting-6:00pm in the High School Cafeteria
 February 1, 2025-State Indoor Meet @ Birmingham (Indoor Team Only)
 February 4, 2025-Picture Day. Packets and Picture
 All checks need to be made out to Jim Owens Studios
 February 5, 2025-My Team Shop Closes
 February 6, 2024- Varsity Outdoor Track Fee (\$100) Due, Senior Banner Fee Due (\$40)
 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 athletes must plan to attend whether they are competing or just helping.
 February 24, 2025-Saraland JV/Middle School Meet 1
 (Varsity Athletes Will help run this meet)
 February 28, 2025-MGM Viking Invitational Varsity Meet @ MGM 4pm
 March 8, 2025-Jim Tate Relays Varsity Meet @ St. Paul's 9am
 March 10, 2025-Saraland JV/Middle School Meet 2
 (Varsity Athletes Will help run this meet)
 March 14, 2025-Saraland Invitational Varsity/JV Meet @ Saraland
 (Middle School Athletes will help run this meet)
 March 17, 2025-Saraland JV/Middle School Meet 3
 (Varsity Athletes Will help run this meet)
 March 19, 2025-UMS Throws/Fast Times Varsity Meet @ UMS 3:30pm
 This meet will not be for the entire Varsity team. Only the top athletes will attend
 March 21, 2025-Angelo Harris Invitational Varsity Meet @McGill 9am
 March 24, 2025-Saraland JV/Middle School Meet 4
 (Varsity Athletes Will help run this meet)
 March 28, 2025-Spartan Invite V/JV Meet @ Saraland 4pm
 (Middle School Athletes Will help run this meet)(JV Season Ends)
 March 31, 2025-Saraland Middle School Championship Meet (Middle School Season Ends)
 (Varsity Athletes Will help run this meet)
 April 2, 2025-Fairhope Invite @ Founders Park V/JV @ 4:30pm
 April 9, 2025-Pirate Invite @ Founders Park V/JV @ 4:30pm
 April 14-18, 2025-Spring Break (No Practice or Meets)
 April 25-26, 2025-Sectional Varsity Meet @ Saraland (Day 1 11:00 & Day 2 9:00am)
 May 1-3, 2025-Outdoor State Varsity Meet @ Gulf Shores TBD

Track Meets

Track Meets date and locations, other than those being held at Saraland, are tentative at this time. Meets will vary each week and could be on any day of the week except Sundays.

Tentative Practice

Practices will be held afterschool from 2:45-4:30 beginning on Thursday January 9, 2025. Practice is Mandatory!!! 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 and also plans to run track will try out when their season has concluded, **but they must also sign up during the sign-up period.**

We are asking that all High School Athletes bring in 1 variety bag or box of 50 count chips.

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 @saralandtf to 81010

Facebook

Saraland Spartan Track

X/Twitter

@SaralandTrack

Instagram

saralandtrackandfield

Outdoor Track and Field Events

High Jump (Boys & Girls)
Pole Vault (Boys & Girls)
Long Jump (Boys & Girls)
Triple Jump (Boys & Girls)
Shot Put (Boys 12lb Shot & Girls 4k Shot)
Discuss (Boys 1.6k Discuss & Girls 1k discuss)
100 Meter (Boys & Girls)
200 Meter (Boys & Girls)
400 Meter (Boys & Girls)
800 Meter (Boys & Girls)
1600 Meter (Boys & Girls)
3200 Meter (Boys & Girls)
110 Meter Hurdles (Boys Only)
100 Meter Hurdles (Girls Only)
300 Meter Hurdles (Boys & Girls)
4x100 Meter Relay (Boys & Girls)
4X400 Meter Relay (Boys & Girls)
4X800 Meter Relay (Boys & Girls)

Indoor Track and Field Events

High Jump (Boys & Girls)
Pole Vault (Boys & Girls)
Long Jump (Boys & Girls)
Triple Jump (Boys & Girls)
Shot Put (Boys 12lb Shot & Girls 4k Shot)
60 Meter (Boys & Girls)
60 Meter Hurdles (Boys & Girls)
400 Meter (Boys & Girls)
800 Meter (Boys & Girls)
1600 Meter (Boys & Girls)
3200 Meter (Boys & Girls)
4x200 Meter Relay (Boys & Girls)
4X400 Meter Relay (Boys & Girls)
4X800 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	Indoor Practice 2:45-4:30		Indoor Practice 2:45-4:30		
08	09	10	11	12	13	14
Senior Banner Pics-2:30pm Library	Indoor Practice 2:45-4:30		Indoor Fee Due \$100 For those starting early	Indoor Practice 2:45-4:30		V-Holiday Invitational Meet @ Birmingham Crossplex
15	16	17	18	19	20	21
			My Team Shop Closes	V/JV Sign up Ends		
22	23	24	25	26	27	28
29	30	31				

JAN 2025

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

05

06

V/JV Tryouts
2:45p-4:30p

07

V/JV Tryouts
2:45p-4:30p

08

V/JV Team
Meeting
2:24p-3:30p
**V/JV Fundraiser
Begins**

09

10

11

12

13

V/JV Practice
2:45p-4:30p

14

**Indoor Fee
Due
\$100**

15

V/JV Practice
2:45p-4:30p

16

17

18

19

**V-Indoor Meet
@ Birmingham**

Team Shop Open

20

V/JV Practice
2:45p-4:30p

21

22

V/JV Practice
2:45p-4:30p

23

**V-Indoor Meet
@ Birmingham
Crossplex**

24

**V-Indoor Meet
@ Birmingham
Crossplex**

25

26

V/JV Practice
2:45p-4:30p

27

V/JV Practice
2:45p-4:30p
**Parent Meeting
6pm Cafeteria**

28

29

V/JV Practice
2:45p-4:30p

30

31

FEB 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						01 V-Indoor State Meet @ Birmingham
02 V/JV Practice 2:45p-4:30p	03 V/JV Practice 2:45p-4:30p	04 Picture Day 3:00pm V/JV	05 Team Shop Closes	06 V/JV Practice 2:45p-4:30p Track Fee Due \$100 All sponsors due	07	08
09 V/JV Practice 2:45p-4:30p	10 V/JV Practice 2:45p-4:30p	11	12 V/JV Intersquad Meet @ Saraland 4pm	13	14	15
16 V/JV Practice 2:45p-4:30p	17 V/JV Practice 2:45p-4:30p	18	19	20 V/JV Practice 2:45p-4:30p	21 V/JV Practice 2:45p-4:30p Ice baths after Practice	22 V/JV Southeastern Relays @ Saraland 9am
23 JV/MS Meet 1 @ Saraland 4pm V-Will Help Work	24 V/JV Practice 2:45p-4:30p	25	26	27 V/JV Practice 2:45p-4:30p V-Ice Baths	28 V-MGM Viking Invitational @ MGM 4pm	

MAR2025

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

NO School-No
Practice

03

NO School-No
Practice

04

NO School-No
Practice

05

V/JV Practice
2:45p-4:30p

06

V/JV Practice
2:45p-4:30p
Ice Baths after
Practice

07

**V-Jim Tate
Relays @ St.
Paul's
9am**

08

09

JV/MS Meet 2
@ Saraland
4pm
V-Will Help Work

10

V/JV Practice
2:45p-4:30p

11

12

V/JV Practice
2:45p-4:30p
Ice Baths after
Practice

13

**V/JV-Saraland
Invitational @
Saraland 4pm**

14

15

16

JV/MS Meet 3
@ Saraland
4pm
V-Will Help Work

17

V/JV Practice
2:45p-4:30p

18

**V-UMS
Throws and
Fast Times
3:30p**

19

V/JV Practice
2:45p-4:30p

20

V-Ice Baths

21

**V-Angelo
Harris
Invitational @
McGill 9am**

22

23

JV/MS Meet 4
@ Saraland
4pm
V-Will Help Work

24

V/JV Practice
2:45p-4:30p

25

26

V/JV Practice
2:45p-4:30p
Ice Baths after
Practice

27

**V/JV-Spartan
Invite @
Saraland 4pm**

28

29

30

MS
Championship
Meet @ Saraland
4pm
V-Will Help Work

31

APR/MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		01 V-Practice 3:00-4:30p	02 Fairhope Invite @ Founders Park 4:30	03 V-Practice 3:00-4:30p	04	05
06 V-Practice 3:00-4:30p	07 V-Practice 3:00-4:30p Ice Baths after Practice	08	09 Pirate Invite @ Founders Park 4:30	10	11	12
13 Spring Break- No Practice	14 Spring Break- No Practice	15 Spring Break- No Practice	16 Spring Break- No Practice	17 Spring Break- No Practice	18 Spring Break- No Practice	19
20 V-Practice 3:00-4:30p	21 V-Practice 3:00-4:30p	22	23	24 V-Practice 3:00-4:30p Ica Baths after practice	25 V-Sectionals @ Saraland 11am	26 V-Sectionals @ Saraland 9am
27 V-Practice 3:00-4:30p	28 V-Practice 3:00-4:30p	29 Ice Baths for anyone competing at State	30 V-State @ Gulf Shores TBD	1 V-State @ Gulf Shores TBD	2 V-State @ Gulf Shores TBD	3 V-State @ Gulf Shores TBD



2025 Saraland Track Schedule



Date	Meet/Site	Time
12/14/24	Holiday Invitational-V @ Birmingham	9:00
1/20/25	MLK Indoor Invitational-V @ Birmingham	9:00
1/24-1/25/25	Last Chance Indoor Meet-V @ Birmingham	9:00
2/1/25	Indoor State Meet-V @ Birmingham	8:30
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
2/28/25	MGM Vikings Invitational-V @ MGM	4:00
3/8/25	Jim Tate Relays-V @ St. Paul's	9:30
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
3/19/25	UMS Throws & Fast Times Meet-V @ UMS	4:00
3/21/25	Angelo Harris Invitational Meet-V @ McGill	9:00
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
4/2/25	Fairhope Invite-V/JV @ Fairhope (Founders Park)	4:30
4/9/25	Pirate Invite-V/JV @ Fairhope (Founders Park)	4:30
4/25/25	Sectionals Day 1-V @ Saraland	11:00
4/26/25	Sectionals Day 2-V @ Saraland	9:00
5/1/25	State Meet Day 1-V @ Gulf Shores	TBD
5/2/25	State Meet Day 2-V @ Gulf Shores	TBD
5/3/25	State Meet Day 3-V @ Gulf Shores	TBD



2025 Saraland Varsity Track
Schedule



<u>Date</u>	<u>Meet/Site</u>	<u>Time</u>
12/14/24	Holiday Invitational-V @ Birmingham	9:00
1/20/25	MLK Indoor Invitational-V @ Birmingham	9:00
1/24-1/25/25	Last Chance Indoor Meet-V @ Birmingham	9:00
2/1/25	Indoor State Meet-V @ Birmingham	8:30
2/13/25	Intersquad Meet @ Saraland	4:00
2/22/25	Southeastern Relays-V @ Saraland	9:00
2/28/25	MGM Vikings Invitational-V @ MGM	4:00
3/8/25	Jim Tate Relays-V @ St. Paul's	9:30
3/14/25	Saraland Invitational-V @ Saraland	4:00
3/19/25	UMS Throws & Fast Times Meet-V @ UMS	4:00
3/21/25	Angelo Harris Invitational Meet-V @ McGill	9:00
3/28/25	Spartan Invite-V @ Saraland	4:00
4/2/25	Fairhope Invite-V @ Fairhope (Founders Park)	4:30
4/9/25	Pirate Invite-V @ Fairhope (Founders Park)	4:30
4/25/25	Sectionals Day 1-V @ Saraland	11:00
4/26/25	Sectionals Day 2-V @ Saraland	9:00
5/1/25	State Meet Day 1-V @ Gulf Shores	TBD
5/2/25	State Meet Day 2-V @ Gulf Shores	TBD
5/3/25	State Meet Day 3-V @ Gulf Shores	TBD



2025 JV Track Schedule



<u>Date</u>	<u>Meet/Site</u>	<u>Time</u>
2/13/25	Intersquad Meet @ Saraland	4:00
2/22/25	Southeastern Relays-JV @ Saraland	9:00
2/24/25	Saraland JV/MS Meet 1-JV @ Saraland	4:00
3/10/25	Saraland JV/MS Meet 2-JV @ Saraland	4:00
3/14/25	Saraland Invitational-JV @ Saraland	4:00
3/17/25	Saraland JV/MS Meet 3-JV @ Saraland	4:00
3/24/25	Saraland JV/MS Meet 4-JV @ Saraland	4:00
3/28/25	Spartan Invite-JV @ Saraland	4:00
4/2/25	Fairhope Invite-JV @ Fairhope (Founders Park)	4:30
4/9/25	Pirate Invite-JV @ Fairhope (Founders Park)	4:30



2025 Saraland Home Track
Schedule

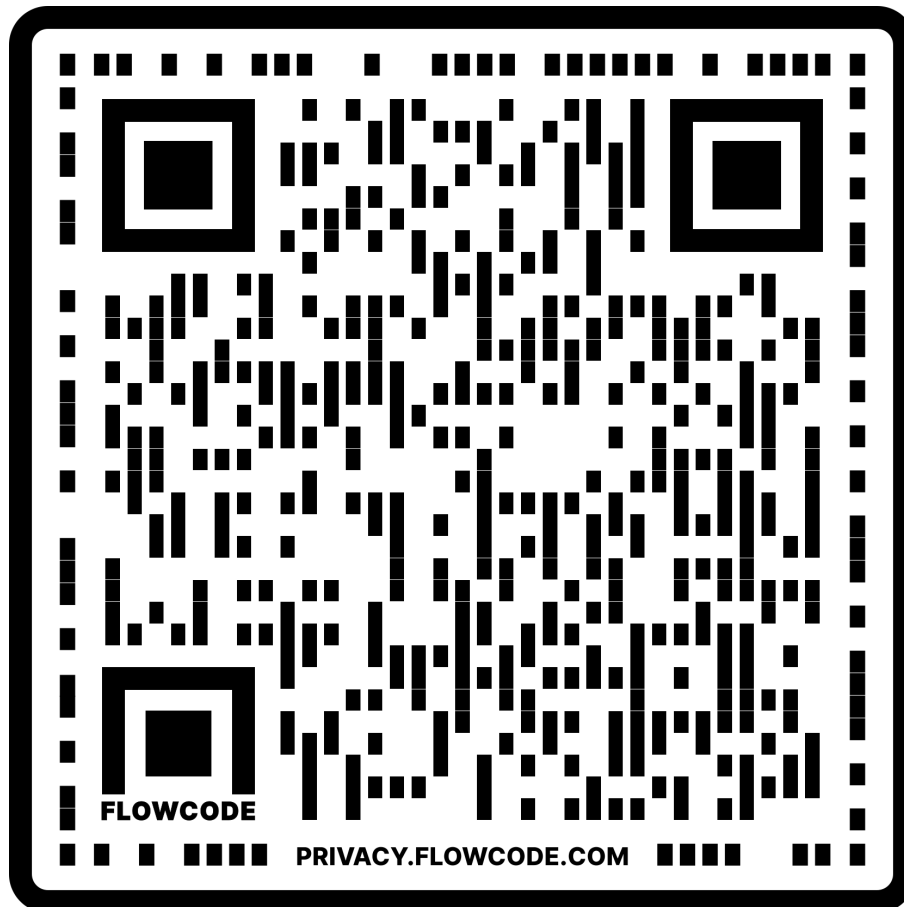


<u>Date</u>	<u>Meet/Site</u>	<u>Time</u>
2/13/25	Intersquad Meet @ Saraland	4:00
2/22/25	Southeastern Relays-V/JV @ Saraland	9:00
2/24/25	Saraland JV/MS Meet 1-JV/MS @ Saraland	4:00
3/10/25	Saraland JV/MS Meet 2-JV/MS @ Saraland	4:00
3/14/25	Saraland Invitational-V/JV @ Saraland	4:00
3/17/25	Saraland 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**