

South Track & Field

2025 Information Night -
02/3/2025

Agenda

- ▶ Coaches
- ▶ Track & Field 101
- ▶ Steps to Join Track
- ▶ Booster Club Info
- ▶ Equipment
- ▶ Calendar
- ▶ Practice Protocol
- ▶ Meets Protocol
- ▶ Injury Prevention
- ▶ Communications

2025 Coaches

- ▶ Rick Esponda Head Coach / Jumps
- ▶ Brian Tokuda Official 6th Period Teacher (retired coach)
- ▶ Brysun Stately Pole Vault & Varsity Sprints/Jumps
- ▶ Deana Takaoka Girls Distance
- ▶ Ross Flowers Varsity Sprints
- ▶ David Cordts Boys Distance
- ▶ Aiyana Canister Frosh/Soph & JV Sprints
- ▶ Lydia Liu Throws
- ▶ Rich Benoy Hurdles
- ▶ Brian Sung TBD

Track & Field 101 - 16 Events

- ▶ 100m
- ▶ 200m
- ▶ 400m
- ▶ 800m
- ▶ 1600m
- ▶ 3200m
- ▶ 100m/110m High Hurdles
- ▶ 300m Hurdles
- ▶ 4x100m Relay
- ▶ 4x400m Relay
- ▶ Long Jump
- ▶ Triple Jump
- ▶ High Jump
- ▶ Pole Vault
- ▶ Discus
- ▶ Shot Put

Girls Varsity, Boys Varsity, Boy Frosh/Soph, Girls Frosh/Soph
64 EVENTS!

Running Events - Approximate Start Times at South

1.	2:45	Boys F/S 4x100m	19.	4:03	Girls Var. 100m
2.	2:48	Girls F/S 4x100m	20.	4:06	Boys Var. 100m
3.	2:51	Girls Var. 4x100m	21.	4:10	Boys F/S 800m
4.	2:54	Boys Var. 4x100m	22.	4:15	Girls F/S 800m
5.	2:57	Boys F/S 1600m	23.	4:20	Girls Var. 800m
6.	3:05	Girls F/S 1600m	24.	4:25	Boys Var. 800m
7.	3:14	Girls Var. 1600m	25.	4:33	Girls F/S 300m Low Hurdles
8.	3:22	Boys Var. 1600m	26.	4:36	Girls Var. 300m Low Hurdles
9.	3:30	Boys F/S 110m High Hurdles	27.	4:41	Boys F/S 300m <u>Interm.</u> Hurdles
10.	3:33	Boys Var. 110m High Hurdles	28.	4:44	Boys Var. 300m <u>Interm.</u> Hurdles
11.	3:38	Girls F/S 100m High Hurdles	29.	4:51	Boys F/S 200m
12.	3:41	Girls Var. 100m High Hurdles	30.	4:54	Girls F/S 200m
13.	3:44	Boys F/S 400m	31.	4:57	Girls Var. 200m
14.	3:47	Girls F/S 400m	32.	5:00	Boys Var. 200m
15.	3:50	Girls Var. 400m	33.	5:05	<u>Boys & Girls</u> F/S & Var. 3200m
16.	3:53	Boys Var. 400m	34.	5:20	Girls F/S & Var. 4x400m
17.	3:57	Boys F/S 100m	35.	5:25	Boys F/S & Var. 4x400m
18.	4:00	Girls F/S 100m			

Start times will vary meet to meet and expect last minute changes

Field Events - Approximate Start Times at South

Shot Put

3:00 Boys Var
Boys F/S
Girls Var
Girls F/S

Discus

Girls Var
Girls F/S
Boys Var
Boys F/S

Long Jump

3:00-4:15 All levels

Triple Jump

4:15-5:15 All levels

High Jump

3:00 Girls F/S (3'8" opening ht.)
Girls Var (4'2" opening ht.)
Boys F/S (4'8" opening ht.)
Boys Var (5'4" opening ht.)

Pole Vault

3:00 Girls F/S (6' opening ht.)
Girls Var (7' opening ht.)
Boys F/S (8' opening ht.)
Boys Var (9' opening ht.)

All times are approximations. Be aware of any changes from the pit judges.

Steps to Join Track

- ▶ Complete the tryout period
- ▶ Complete Physical Exam and Athletic Clearance online
- ▶ Pay Transportation contribution (amount varies, not part of booster club)
- ▶ Pay Booster Club contribution of \$350
- ▶ Enroll in 6th period Track class
- ▶ If necessary, purchase team warmups & competition shorts from Cal Pro Sports.
- ▶ Purchase good running shoes & spikes if necessary (see coaches for recommendations)
- ▶ Attend the Information Night



Login

California

rickesponda@gmail.com

.....

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or

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NOT CLEARED (ATHLETIC CLEARANCE.COM)

R. ELLIOT

G. GARAVITO

H. HOLCOMB

C. KIM

M. KWIATKOWSKI

G. SIMONS

L. THOMPSON

A. ZOTTI

K. DEVORE

J. DEGRUY

D. DELGADO

E. FONSECA

L. GWAK

H. CAMERON

J. JONES

K. KO

A. MILLER

L. MOURA

T. MUNKH-

N. NOZILSHOEV

I. NWAMANNA

A. SHEHATA

S. SHAMAILA

A. TASAKI

E. TSO

E. VELASCO

S. WALKER

B. YAP

A. ZHAO

Z. CRAWFORD

D. KUYKENDALL

D. BISWAS

E. PARK

E. SONG

South High Track & Field / XC Booster Club

- ▶ Every athletic team at South requests donations to help fund the sport. Very little funds are given from the district
- ▶ Many teams have booster clubs to help raise funds and support the teams
- ▶ Donations collected help purchase need equipment, supplies, timing equipment, coaching stipends, invitational entry fees, Gatorade, team meals, etc
- ▶ Our requested donation this year \$350
- ▶ Please make checks payable to “South High XC & Track ” or you can pay using Zelle lookup email “xcshstf@gmail.com” . Write students name in memo



Required Gear

Sweat Bottoms & Top and Competition Shorts



Holloway Bionic Hooded Jacket



Holloway Seriesx Jacket



Holloway Ladies Packable Full Zip Jacket



Holloway Ladies Featherlight Soft Shell Jacket

PRINT

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Holloway Weld Jogger



Holloway Ladies Weld Jogger



Augusta Sportswear Accelerate Shorts

\$26.00



Augusta Sportswear Ladies Accelerate Shorts

\$26.00



Badger B-Fit Compression Short

\$28.00



Augusta Sportswear Ladies Dare Shorts

\$26.00



Badger B-Fit Compression Ladies Short 4 In.

\$25.00

Note: You may purchase from online store, or use a similar “black” short like Nike Pro bottoms

Cal Pro Sports - Online Store Closes Feb 10 17



South High Track & Field

Website: <https://calprosports.chipply.com/southtrackfield/>

Ordering Closes on February 10th at 11:59pm

Men's



2 Color Option(s) \$21.00
District Perfect Tri Tee



3 Color Option(s) \$23.00
Badger - B-Core Short Sleeve T-Shirt



1 Color Option(s) \$47.00
Men's Three-Season Fleece Pullover Hoodie



3 Color Option(s) \$42.00
60/40 Fleece Hoodie



1 Color Option(s) \$72.00
Adult Hooded Taffeta Jacket/Fleece Lined



1 Color Option(s) \$42.00
Sport-Tek Hooded Raglan Jacket



1 Color Option(s) \$25.00
Men's B-Core L/S Tee



1 Color Option(s) \$69.00
Adult Weld Jogger



1 Color Option(s) \$41.00
PF Max Compression Shorts



1 Color Option(s) \$31.00
Accelerate Short



1 Color Option(s) \$63.00
Port Authority Team Jacket

Compression
or short shorts



Apparel delivered in March

Women's



2 Color Option(s) \$21.00
District ® Women's Perfect Tri ® Tee.



3 Color Option(s) \$23.00
B-Core Ladies' Tee



1 Color Option(s) \$47.00
Men's Three-Season Fleece Pullover Hoodie



3 Color Option(s) \$42.00
60/40 Fleece Hoodie



1 Color Option(s) \$72.00
Adult Hooded Taffeta Jacket/Fleece Lined



1 Color Option(s) \$42.00
Sport-Tek ® Hooded Raglan Jacket.



1 Color Option(s) \$42.00
Sport-Tek ® Ladies Colorblock Hooded Raglan Jacket



1 Color Option(s) \$25.00
B-Core Ladies' L/S Tee



1 Color Option(s) \$69.00
Ladies Weld Jogger



1 Color Option(s) \$31.00
Pro-Compression Ladies' Short



1 Color Option(s) \$31.00
Ladies Accelerate Short



1 Color Option(s) \$63.00
Port Authority ® Team Jacket.

Required Gear - Good Running Shoes

Neutral Shoes



Stability Control Shoes
(over-pronation)



Good for those with shin
splints

Recommended Running Stores

Village Runner - Hollywood Riviera
Road Runner Sports - Next to Kohls
VS Athletics -









Uniform Jersey Tops Issued by Team













SPIKES / Event Shoes

Distance Spikes

							
\$65.00 Nike	Nike Zoom Rival XC Men's Track Shoe Size 9 (Green) \$65.00	\$65.00 Nike	\$49.99 Eastbay	\$39.99 Joe's New Balance Outlet	\$45.00 Saucony	\$79.99 Eastbay	\$54.99 Eastbay

Sprint Spikes

							
\$149.99 Eastbay	\$64.99 Eastbay	\$89.99 Eastbay	\$69.95 Shoebuy.com	\$64.99 Eastbay	\$69.95 Shoebuy.com	\$129.99 Shoebuy.com	\$119.99 Under Armour

Schedule of Meets

<u>Date</u>	<u>Description</u>	<u>Location</u>
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February

Thu, Feb 13	Spartan Inter-squad @ South	
Sat, Feb 22	Zamperini Invitational	
Wed, Feb 26	Tri-Meet with PV & Da Vinci	

March

Sat, Mar 1	5-Way at Los Alamitos	
Fri-Sat, Mar 7/8	Redondo Invite @ Redondo Union HS	
Sat, Mar 15	Mustang Relays @ Mira Costa HS	
Sat, Mar 22	Mustang Speed @ Mira Costa HS (Sprints Only)	
Wed, Mar 26	Torrance 4-way @ North High	
Sat, Mar 29	TENS Invite @ JSerra (Distance Only)	

Note:

Not every athlete will compete in every track meet.

HELP NEEDED AT HOME TRACK MEETS (Snack Bar, Timing, Field Events, etc.)

Schedule of Meets

<u>Date</u>	<u>Description</u>	<u>Location</u>
<u>April</u>		
Wed, Apr 2	Tri Meet with PV & TBD @ South	
Sat, Apr 5	Trabuco Hills Invite (limited)	
Fri/Sat, Apr 11/12	Arcadia Invite @ Arcadia HS (elite only)	
Wed, Apr 16	Tri-Meet w/ El Segundo & Torrance @ South	
Fri, Apr 18	South Bay F/S Championships @ West HS	
Sat, Apr 19	South Bay Var Championships @ West HS	
Tues, Apr 29	Pioneer League Prelims @ TBD	
Thur, May 1	Pioneer League Finals @ TBD	

Schedule of Meets (Post Season)

May

Sat, May 10 -	CIF SS Prelims @ Ontario HS
Sat, May 17 -	CIF SS Finals @ Moorpark HS
Sat, May 24 -	CIF SS Masters @ Moorpark HS
Fri-Sat, May 30-31	CIF State Meet @ Clovis, cA

Note:

Only for varsity athletes who qualify at league finals
move on to CIF SS Prelims

Varsity Level Standards

- ▶ In past season, all juniors and seniors were considered varsity level.
- ▶ The varsity level division will be based on a time or mark standard.
- ▶ Juniors and seniors who do meet the varsity level standard will be considered Junior Varsity even if they race in a varsity race.
- ▶ Freshmen and sophomores may be asked to compete at the varsity level.
- ▶ Students who achieve the varsity standard must also compete in league finals and post season to be considered varsity (unless injured)

Varsity Letter Standards

	Girls	Boys
100m	13.5	11.9
200m	28	23.9
400m	66	54.9
800m	2:33	2:10
1600m	5:45	5:00
3200m	12:30	10:45
100/110m H	18.5	16.9
300m H	53	43.9
Shot (4k, 12lb)	27	35
Disc	65	90
High Jump	4-2	5-4
Pole Vault	7-6	10-0
Long Jump	14-0	18-1
Triple Jump	29-0	36-0

* Varsity Letter athletes must also compete in League Finals

Practice Protocol

- ▶ Practice starts promptly at 2:30PM every school day and typically lasts 2 hours. Students are required to check-in before practice and check-out once the workout, including stretching and icing, is completed. Tardies and absences will be reported to the attendance office.
- ▶ Students needing to leave prior to 3:22PM must get an off-campus pass through the attendance office.
- ▶ ALWAYS expect there will be practice, even if it is raining or forecasted to rain.
- ▶ Varsity athletes and some JV will have practice on Saturdays when no meet is scheduled. Times will vary depending on event and coach.
- ▶ Practice is mandatory. Students are expected to attend every practice for the full duration. Athletes that do not practice will not compete in meets and eventually dropped.
- ▶ Students will come to practice ready to train and give full effort. This includes wearing proper attire and shoes, bringing spikes/flats/sweatshirt, eating a good lunch, and hydrating throughout the day.
- ▶ Students are expected to complete the entire assigned workout unless you have permission from your coach to modify the workout.

Practice Protocol

- ▶ Do NOT bring valuables to the track. The team is not responsible for stolen items.
- ▶ All absences will be recorded, and students with excessive absences, regardless of reason, will be dropped.
- ▶ If you must be absent from practice, let your coach know (in writing) several days in advance.
- ▶ Track and Field can be a very dangerous sport if safety guidelines are not followed.
 - ▶ Be Alert - cars, flying discs & shots, and people sprinting can all cause serious harm or death. No headphones allowed.
 - ▶ No horseplay or foolish behavior (which includes doing flips on the mats).
 - ▶ When lifting weights, follow proper lifting techniques and never lift alone.
 - ▶ Give warning when passing someone on the track. Don't assume everyone knows what "Track!" means.
 - ▶ Follow instructions. Be where you need to be. Be smart.

Practice Protocol

- ▶ If you are getting sick or feeling injured, talk to your coach. Your coach may or may not modify your workout. If you are sick, you should not be at school. Stay home.
- ▶ Culture of Honor
 - ▶ Clean up after yourself. Put trash in trash cans.
 - ▶ Respect other and treat others the way you like to be treated
 - ▶ No foul language, putting others down, or coarse joking will be tolerated.
 - ▶ Win with character, lose with dignity. We will show good sportsmanship
- ▶ Practice is how we improve. Practice is where champions are made!

Meet Protocol

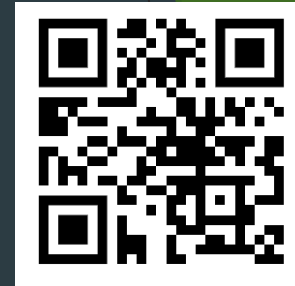
- ▶ The coaches will determine what event(s) you compete in.
- ▶ If you don't practice... you won't compete.
- ▶ In "lane" races (100, 200, etc), heats are limited. We will do our best to get you in a race but no guarantees
- ▶ For home meets, students are expected to stay until the end.
- ▶ For home meets, everyone is expected help run the meet
- ▶ A dual/tri meet usually lasts 3-4 hours. Students will need to stay aware of the schedule, properly warmup, report to clerk of course, and cooldown on their own.
- ▶ Weekend invitational are usually all day. Students may leave with parent after their event. A permission slip is required if you leave with an adult other than parent. Student cannot drive other students
- ▶ Students driving to meet must complete and turn in district waiver

Injury Prevention

- ▶ Good Shoes / New Shoes
- ▶ Proper clothing (warmup top and bottoms)
- ▶ Proper warmup and cool down
- ▶ Consistent training (don't miss practice)
- ▶ Good form and technique (especially weight training)
- ▶ Manage injuries early-on (Strength Training is Key)
- ▶ Drink water!
- ▶ Eat well (nutrients, complex carbs, lean protein)
- ▶ Get good sleep
- ▶ Limit other physical activities

Volunteers Needed at Home Meets

PV & Da Vinci Tri Meet - Wed, Feb 26



PV / TBD Tri Meet- Wed, Apr 2



PV / TBD Tri Meet- Wed, Apr 16



Online Stats and Schedule

2:03 PM Mon Feb 3

AA athletic.net



South Torrance - High School Outdoor Track and Field 2025

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South Torrance

Spartans HS Torrance, CA | Site Supporter

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Track & Field Home Posts Records Rankings Custom Lists Reports Training Log Photos Manage Team

+ Add Team Photos

Team Code: **JJXVS5UK** Share Learn More

2025 Outdoor Season Calendar + Add A Meet

- Thu, Feb 13 Spartans Intersquad
- Sat, Feb 22 Louis Zamperini Invitational
- Wed, Feb 26 South / PV / Wiseburn Da Vinci Tri-Meet
- Fri, Mar 7 - Sat, Mar 8 Redondo Nike Track Festival
- Sat, Mar 15 Mustang Relays Invitational
- Sat, Mar 22 Mustang Speed Invitational
- Wed, Apr 2 South / Palos Verdes / TBD - Tri-Meet
- Fri, Apr 11 - Sat, Apr 12 West Coast Classic HS Track and Field Invitational
- Wed, Apr 16 South / Torrance / El Segundo Tri-Meet
- Sat, Apr 19 South Bay Varsity Championships

athleticRUNNER Go To Test Meets

Colored Dates? Add a Non-Meet Event Invites Print Share

Create Post

What would you like to share...

Add Photo(s) Add Video(s)

Fees

New: Easily collect team fees!

Set Up New Fee

Donate

Easily receive donations from your team's home page!

Set Up a Donation

Join South Torrance HS on AthleticAPP

Download AthleticAPP to stay in touch with athletes, coaches, and parents on **South Torrance Track & Field Outdoor** (HS).

Team Code: JJXVS5UK



or go to anet.io/JJXVS5UK to get started



Communication

- ▶ Website
 - ▶ southhightrack.com
- ▶ Stats & Results
 - ▶ athletic.net
 - ▶ Questions - Please email
 - ▶ Coach Rick - rickesponda@gmail.com
 - ▶ Booster Club David Cordts - dacordts@gmail.com