

Rosemount
Girls Track and Field
2025
Information Packet



MSHSL State Champions

1984, 2019, 2021, 2022

True Team State Champions

2019, 2021

True Team State Meet Appearances

1987, 2017, 2018, 2019, 2021, 2022, 2023, 2024

Section Champions

2016, 2017, 2018, 2019, 2021, 2022, 2023

Conference Champions

2019, 2021, 2022, 2023

Communication

Email:

All **parents** should sign up for the track and field list serve by clicking on the email list serve link on the RHS homepage under community. Be sure to sign up for **Girls Track and Field** and not the boys list serve.

Team website: www.rosemounttrack.com

Schoology:

All *team members* should join the **Rosemount Girls Track & Field Schoology** group. You can access it by entering the code **W8M5-H86W-HG5M6**. This will be the primary method of communication between coaches and athletes. **ALL** critical information will be communicated this way. If you were on the team last year and had access to the Schoology group, you don't need to join again.

Twitter: Follow @hattleli for updates, pictures, video, etc.

2025 Coaching Staff

Sara Hatleli Sara.hatleli@district196.org	Head Girls Coach, Girls Distance
Jay Hatleli	Head Boys Coach, Boys Horizontal Jumps
Doug Anderson	Girls Horizontal Jumps
Tom Hatleli	Horizontal Jumps
Tim Conboy	Director of Throwing Events
Kurt Bills	Throws
Pat Ahern	Throws
Parc Williams	Boys and Girls Hurdles
Lance Walsten	Boys and Girls Pole Vault
Grant Gilbertson	Boys Sprints/Relays
Brett Larson	Girls Sprints/Relays
Chris Harder	Boys Distance
Trevor Trombley	Boys and Girls High Jump

2025 Schedule (As of 3/1/2025)

- **Monday, March 10th**: 1st day of Practice
- **Tuesday, March 11th**: **Parent Meeting** 6:30 pm, room 120 @RHS
- **Thursday, March 13th**: Team Potluck Dinner 4:30 pm in Student Center
- **March 24th-March 28th**: Spring Break
- **Friday, April 11th**: Var/some JV Coed @HOME (Fargo Davies/Rosemount) 3:30
- **Monday, April 14th**: JV Girls @Farmington (Rosemount/Prior Lake/Farmington) 4:00
- **Thursday, April 17th**: Osseo Invitational (Varsity- 10 teams) 3:00
- **Monday, April 21st**: JV Girls @HOME (Rosemount, AV, Burnsville, Eagan) 4:00
- **Friday, April 25th**: Mounds View Varsity Invite @Macalester College (Rosemount/MV/Stillwater/Wayzata) 4:00
- **There will be a JV meet the week of April 28th**
- **Tuesday, April 29th**: SSC Relays @Shakopee (mostly varsity)
- **Wednesday, April 30th**: SSC Relays Rain Date
- **Tuesday, May 6th**: True Team Section 3AAA @HOME (Varsity) 2:45
- **Wednesday, May 7th**: True Team Section 3AAA rain date
- **Monday, May 12th**: JV SSC Championships @Eagan 4:00
- **Friday, May 16th**: True Team State Meet @Eden Prairie HS 3:00
- **Tuesday, May 20th**: Var. SSC Prelims @Eastview 2:50
- **Wednesday, May 21st**: Var. SSC Finals @Eastview 2:50
- **Thursday, May 22nd**: SSC Rain Date @Eastview
- **Wednesday, May 28th**: Section 3AAA Prelims @Macalester College 11:30am
- **Friday, May 30th**: Section 3AAA Finals @Macalester College 11:30am
- **TBD**: Banquet in RHS Student Center 6:30 pm
- **Tuesday, June 10th**: MSHSL State Meet @St. Michael Albertville 9:00 am
- **Thursday, June 12th**: MSHSL State Meet @St. Michael Albertville 4:00 pm

*Check our team website www.rosemounttrack.com regularly for updates, additions, or changes to the season schedule.

Rosemount Girls Outdoor Track and Field Records

Event	Name	Record	Year
100m HH	Shae Buchman	14.08	2017
100m	Jaylene Gerenz	11.96	1988
200m	Jaylene Gerenz	24.91	1987
300m IH	Ava Cinnamo	43.10	2022
400m	Heather Dorniden	55.29	2004
800m	Heather Dorniden	2:10.42	2005
1600m	Lauren Peterson	4:51.55	2019
3200m	Lauren Peterson	10:38.03	2019
4x100	Catelyn Ketterling, Kendall Grate Abby Essler, Elizabeth Narloch	48.53	2024
4x200	Catelyn Ketterling, Mya Cinnamo Shay Payne, Jenna Johnson	1:41.51	2022
4x400	Ava Cinnamo, Lauren Peterson, Amber Johnson, Jenna Johnson	3:51.89	2019
4x800	Shade Pratt, Tori Grund, Laura Dennis, Sara Feeser	9:21.24	2010
Long Jump	Ava Cinnamo	19'2.75"	2022
Triple Jump	Ava Cinnamo	41'6"	2022
High Jump	Lexy Berger	5'7"	2016
Pole Vault	Katie Murgic Lexy Berger	12'0" 12'0"	2010 2018
Discus	Jordan Hecht	149'6"	2022
Shot Put	Jordan Hecht	45'5"	2023

Lettering Policy

In order to earn a Varsity Letter, you must do the following:

1. Compete in the True Team Section Meet (3 per event)
OR
2. Compete in the South Suburban Conference Meet (3 per event)
OR
3. Compete in the Section 3AAA Meet (3 per event)
OR
4. Compete in the True Team State Meet (3 per event)
OR
5. Compete in MSHSL State Meet (have to qualify)
OR
6. Meet the following times/heights/distances:

100m:	13.90
200m:	28.50
400m:	65.0
800m:	2:35
1600m:	6:05
3200m:	13:10
100H:	18.50
300H:	53.0
Pole Vault:	7'6"
High Jump:	4'8"
Long Jump:	14'6"
Triple Jump:	30'0"
Discus:	90'0"
Shot Put:	30'0"

AND

7. Volunteer at 2 RAAA meets, RAAA clinic, or middle school track meets this season. Please fill out the form found on the website once you have volunteered at a meet and turn it in at least one week prior to the banquet.
8. Be in good standing with the coaches, your teammates, and the community. (attendance, attitude, effort, equipment turned in, etc.)

Rosemount Track and Field Philosophy

Athletes

1. Athletes will have every opportunity available to pursue their individual goals, whatever they may be. Success is contagious and breeds more success. The reason coaches coach is to see athletes succeed.
2. We will be a team. It will be understood that in a select number of track meets, individual accomplishments will be sacrificed for a larger team goal. (i.e. conference meet, section and state true-team meets). Track is more fun and rewarding as a team sport!
3. We will always set our team goals so as to continue to improve until we reach our ultimate goals—conference, section, and state champions. From meet to meet and season to season, always prepare yourself to improve!
4. It is expected that members of this team will be individually committed as well as committed to the success and growth of our program. We will be a proud program through our sense of teammates, former and future Rosemount athletes, and ourselves. No one is bigger than the program.
5. **COMPETE!** Trust that your coaches will not overextend you throughout the season. Therefore, compete hard every time you put on your uniform.
6. Have fun! Track and Field is a great sport. If **YOU** want to, **YOU** can accomplish great things. You will be rewarded when walking away from your race or event, and ultimately your career, by knowing that you gave everything you had, and that RHS track and field is better for having you.

Coaches

1. Coaches will continue to learn and be the best event coaches we can be.
2. Coaches will put athletes in positions to be successful.
3. Coaches will always reinforce the team concept.
4. Coaches will coach **ANY** athlete who shows excitement for the program, commitment to the program, and a willingness to improve.

Generalities

1. We will be athletes and coaches that understand our sport.
2. We will always demonstrate good sportsmanship, while at the same time never backing down from competition.
3. No race or meet has ever been won by a time or mark on a performance list. Rarely, if ever, has a race or meet been determined by an official. Train, prepare mentally, and compete. We **ALWAYS** control our own destiny.
4. You are extremely important to us. We need everyone to achieve our goals. Accept your responsibility to the program and you will have a fun and rewarding experience.

Team Goals:

1. Competing to the best of our ability at every meet
2. True Team Section 3AAA Championship
3. True Team State Championship
4. Conference Championship (JV and Varsity)
5. MSHSL Section 3AAA Championship
6. MSHSL State Championship

Athletes Level of Commitment:

Which level are you?

- Level 1:**
- A. No off-season training or other sports played
 - B. Misses or does not complete assigned workouts
 - C. Does not set individual goals
 - D. Ignores team goals
 - E. Displays no enthusiasm/passion for the sport
- Level 2:**
- A. Little or no off-season training or other sports played
 - B. Inconsistent training during season
 - C. Sets individual goals
 - D. Puts self before team
 - E. Wants success but doesn't want to put the work in
- Level 3:**
- A. Trains hard in the off-season and/or plays other sports
 - B. Trains hard in-season
 - C. Event specific goals with the team in mind
 - D. Works through adversity and pain
 - E. Passionate about Track and Field
- Level 4:**
- A. Sets off-season Training goals and/or excels in other sports
 - B. Gives 100% effort every day even when nobody is watching
 - C. Sets specific individual and team goals
 - D. Models leadership at all times
 - E. Shows concern for others and team performance
 - F. Motivates others

Practice Format and Expectations

Daily Practice Schedule

Practice will start at 2:45 and will be done by 4:30 on most days. There will be Saturday practices for certain event groups. Event coaches will set the times.

Practice Format

2:45 - Report to your core group and begin warm-up (Throwers, Distance, Sprinters/Jumpers).

Practice Expectations:

- Be at practice on time, every day as you would for any other sport or activity. In case of an emergency, contact your event coach.
- Have the appropriate gear in your locker. We run outside every day, regardless of rain, wind, or snow.
- Have spikes in your locker to use at practice if needed.
- You may leave practice when you are done with your workout for the day, have cooled down and stretched.

General Team Expectations

Spring Break

This is a critical time within our season in terms of training and event preparation. Missing workouts during this week will significantly hinder your chances of success, and ultimately, our team's chances of success.

We will have practice Monday-Thursday of spring break week (time and location TBD, typically in the morning). We expect all athletes who are not out of town with family to be at practice. Understand that our program is built on leadership and dedication. Expectations are high.

Injuries

If you become injured, tell a coach. The coach will likely direct you to the training room. You must report to the track at 2:45 every day to check in with your coach before going to the training room. Special circumstances may arise where this policy is changed on an individual basis. Failure to report to the track at the start of practice will be considered an unexcused absence.

Meet Conduct and Expectations

Before the Meet

Pack your bag at home and plan accordingly. It is often 65 degrees at 3:30, when the meet starts, but may be 45 degrees by the end of the meet. Have proper warm-up gear and extra warm gear for when you are done competing

Bring food. Most meets last through the dinner hour. You should have a light snack such as fruit or a granola bar to eat before or right after your event. You should have something more significant to eat after you are completely done competing.

When we leave school early, respectfully ask your teachers if you may leave at the designated time. Your teachers will have been notified of your excuse beforehand, but they still appreciate a respectful reminder at the beginning of class.

Hustle to the locker room and change. Be on the bus by the time it is scheduled to leave. Understand that field event competitors are very limited on time at the beginning of the meet. Be considerate of your teammates by being on time.

Not everybody on the bus enjoys your personality as much as you think they do! Be aware of the fact that most upperclassman mentally prepare themselves for the meet on the bus ride.

Change your spikes the day before the meet.

At the Meet

Follow upperclassmen to the team camp area. This will be an area that is sheltered from sun and wind. Generally, this is a good place to leave your bag while warming up and competing because there will always be Rosemount teammates in camp and able to keep people who should not be in our camp out of our camp.

Pay attention to the pace of the meet. If there is a meet schedule, it will have been passed out the day before. If the meet is on a rolling schedule, pay attention to the pace events and calls.

Generally, allow for 45 minutes of warm-up time before your first event of the day. You are responsible for checking in to your event a predetermined amount of time before the event begins. Figure this out when and where this is before you begin your warm-up.

Your own competition is most important. Focus and prepare accordingly. However, when you are done competing you are expected to be a good teammate. Be a visible supporter of your teammates.

After the Meet

A track meet is a team competition. Do not plan on leaving the meet early without prior permission. Would you leave a soccer game in the 2nd half if you were done playing? However...we are reasonable and flexible. If there is a circumstance that requires you to leave early it is your responsibility to talk to your event coach ahead of time and ask permission.

Track Rules

You must know the rules of your sport. Here are a few rules that newcomers do not always know and can get you disqualified from competition:

Uniforms

You must wear your team issued uniform. There cannot be more than 1 visible logo on the clothing.

Electronics

All electronics are banned from the competitive area at a track meet. At most locations, this is anywhere inside the stadium. So, as soon as you walk into the facility you are in the competitive area. You may not use a cell phone, iPad, video camera, etc. at any time. This rule is rarely enforced at small meets and we sometimes forget about it. It will be strictly enforced at Conference, Section, and State meets.

Pacing

You may not run alongside a teammate at any time during their race. You will get them disqualified by doing so. Cheer for teammates while standing in one location. Do not force an official to make the decision.

Traditional Track Meet Scoring Criteria

1. Meets that score 3 places:

- first place = 5 points
- second place = 3 points
- third place = 1 point

2. Meets that score 4 places

- first place = 5 points
- second place = 3 points
- third place = 2 points
- fourth place = 1 point

3. Meets that score 6 places

- first place = 10 points
- second place = 8 points
- third place = 6 points
- fourth place = 4 points
- fifth place = 2 points
- sixth place = 1 point

4. Meets that score 8 places

- first place = 10 points
- second place = 8 points
- third place = 6 points
- fourth place = 5 points
- fifth place = 4 points
- sixth place = 3 points
- seventh place = 2 points
- eighth place = 1 point

5. Meets that score 9 places

- first place = 12 points
- second place = 10 points
- third place = 8 points
- fourth place = 6 points
- fifth place = 5 points
- sixth place = 4 points
- seventh place = 3 points
- eighth place = 2 points
- ninth place = 1 point

True Team Meet Scoring

1. All competitors in an event score
2. If there are 8 teams and each team gets 3/event, there are 32 athletes per event.
 - 1st place = 32, 2nd place = 31, 3rd place = 30
 - this continues all the way to 1 point for last place
3. Note: every person you beat at the line or beat by $\frac{1}{4}$ inch means another point for your team

Track and Field Order of Events

4X800m relay

100/110m hurdles

100m

4X200m relay

1600m

4X100m

400m

300m hurdles

800m

200m

3200m

4X400m relay

pole vault

high jump

long jump

triple jump

shot put

discus

Things to do before Monday, March 10th (first day of practice):

1. Register for track and field. You MUST be registered to participate. Check on your physical to see if it is up to date!
2. Get new shoes if your shoes are worn out! (there are several running stores in the area that will give you a discount and recommend what shoe will be best for you)
3. Sign up for the girls track and field Schoology group
W8M5-H86W-HG5M6.

Equipment:

1. Practice clothes (have clothing for all weather conditions)
2. Practice Shoes (very important to have a good pair of training shoes, this will prevent some injuries)
3. Competition Shoes (spikes/throwing shoes)- recommended not required
4. Watch for runners (recommended not required)
5. Cold weather gear for meets- (compression shirt and running tights, navy blue)
6. Navy blue compression shorts for meets.
7. Event coaches might have other items to add to this list, they will discuss this with athletes the first week of practice



2025 Rosemount High School Track & Field

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://2025irishtrackandfield.itemorder.com/>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Wednesday March 12th, 2025 (11:59pm CDT)

Nike Club Fleece Pullover Hoodie



\$50.00

Nike Club Fleece Pullover Hoodie



\$50.00

Nike Club Fleece Crew



\$47.00

A4 Performance Tee



\$15.00

Hanes Cotton Tee



\$12.00

Holloway Ladies Joggers



\$30.00

Mens Holloway Joggers



\$30.00

Holloway SeriesX Pullover



\$50.00

Nike Terra Beanie



\$28.00

Nike Backpack



\$50.00

This store is estimating to ship products by March 14th, 2025

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Questions?
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