



Chesapeake Track & Field Student-Athlete Expectations

As a member of Chesapeake High School Track & Field Team, I acknowledge my Cougar Pride by making a **POSITIVE** contribution to the **TEAM**.

Character

- At all times your actions represent the team.
- I will show respect to myself, my teammates, my coaches, my teachers, my parents, and property.
- Good Sportsmanship

Coachability

- 100% effort 100% of the time.
- Team 1st

Ability

2011-2012 Indoor Track & Field Time Trials

Distance	Girls	Boys
1600m (4 laps)	8:30	7:30
800m (2 laps)	3:10	2:50
400m (1 lap)	1:20	1:10
200m (1/2 lap)	0:35	0:30