



Track & Field

Track & Field is a team sport that showcases the basic athletic fundamentals of each individual athlete: speed, power, technique, and endurance. Athletes are attracted to the simple yet challenging nature of this sport. While some athletes first participate in track & field to improve their speed, strength, and endurance for other sports such as soccer, volleyball, or basketball, most are quick to realize the joy that comes from competing as a member of our competitive but fun program at Seton High School. Last season, our team was GGCL Champions at both the JV and Varsity levels and District runner-up; the coaches will push you as hard as you are willing to be pushed to achieve your goals.



Information about the schedule for the upcoming indoor/outdoor seasons will be emailed to you (typically in October).
Email head coach Ben Woeste with questions: woesteb@setoncincinnati.org

What are the Event Groups in Track & Field & Who Often Does Them?

Note: Below is a general list of common athletes who choose each group. They are by no means all-encompassing; we have people with all sorts of athletic backgrounds who find success and enjoy their time in each group.

Distance: Endurance—a lot of Cross Country runners, but we have had plenty who are not. Requires the ability and mentality of wanting to run longer distances on a consistent basis.

Sprints/Jumps: Speed—often those in other sports looking to get faster by improving sprinting technique and conditioning. You don't have to be anywhere near the fastest person to find success here as a hurdler or jumper, but some natural speed is needed.

Pole Vault: Most have never tried it before high school. We typically encourage those we see with a bit of speed and some upper body strength to give it a try, and they end up enjoying the event.

Throws: Strength and power, but the willingness to focus on learning new technique is equally important.

If you have no clue where you might fit best, that's okay! We will help you find where you will have the most fun and perform at your best when you arrive.