



North Bay Catholic School League

2010 Track & Field Day

Sunday May 16th at Justin Siena High School, Napa

The North Bay CSL sponsors this one-day Track & Field event. All 10 member schools are invited to participate with over 800+ CSL students participating.

PRACTICE will be held on Fridays from 3:30-4:30 beginning Friday, March 19th at St. John's Lutheran School: 3521 Linda Vista Avenue, Napa 94558

Additional practice information will be determined per parent volunteer support.

This exciting and fun day is managed by parent volunteers from each school. In addition to volunteer coaches, each school is assigned an event to manage during the meet. For each student participant, at least one parent/adult must volunteer the day of the event (Sunday, May 16) in order for us to meet our volunteer commitment.

Meet Events:

K – 3rd grades will rotate thru:

- Softball toss
- 50M dash
- 100M dash
- 200M- ½ lap (2nd – 8th grades)
- 400M- 1 lap (2nd -8th grades)
- Standing Broad-jump
- 4 x 100 Relay race (1 team of 4 runners, per grade, per gender will be chosen by coaches to represent each school. **No co-ed teams** allowed.)

4th – 8th graders may choose no more than 5 events TOTAL:

- Softball toss (4th – 6th grades)
- Shot-put (7th & 8th grades only)
- Long jump
- 100M dash
- 200M dash
- 400M
- 800M
- 4 x 100 relay (1 team of 4 runners, per grade, per gender will be chosen by coaches to represent each school. **No co-ed teams** allowed)

Participants will decide with their coaches which events they want to participate in and will be given a special sticker for each event on the day of the meet. RELAY TEAMS: Teams are selected by the COACHES. Only 1 team per gender / per grade is allowed. No co-ed or mixed grade teams are allowed.

- K – 3rd grade meet begins at 9am and will last approx. 3 hours
- 4th – 8th grade meet begins at 12:30pm and will last approx 3-4 hours

\$1 Admission will be charged at the gate for all parents, spectators and non-participant children.

- Participation ribbons are awarded for field events
- 1st – 6th Place ribbons are awarded for all running events.