



Catholic School League 2010 Track & Field Day • Sunday May 16th Justin-Siena High School

Get ready to run...jump and have fun! The annual Track & Field Day is a one day meet for all students. The events are not timed - the goal is participation and giving your best effort. It is an introduction to running and field events for children of all levels. It is also a fun day for school families to work together and show St. John Spirit.

We need volunteers to help with practices in March, April and May. The tentative practice days are Fridays from 3:30-4:30. Please consider helping – we will divide students by grade and need lots of eyes and hands to help out! (At least one adult volunteer for each family participating in the event will be needed to volunteer on May 16th.)

The following list describes the events available to each grade level. Students are encouraged to try everything, but do not have to do it all! One of the best ways to learn more about Track & Field is to ask someone who participated. We had students in every grade participate last year, and siblings of current Kindergartners, so ask around and learn more. Ask Ms. DiMarco or contact Paula Vlaming and we will put you in touch with a participant from your grade.

K – 3rd grades can participate in:

- 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 (1 team of 4 runners, per grade, per gender, per school will be chosen by coaches. **No co-ed teams.**)

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, per school will be chosen by coaches. **No co-ed teams.**)

Participants will decide with their coaches which events they want to participate in.

- K – 3rd grade meet begins at 9am and will last approximately 3 hours
- 4th – 8th grade meet begins at 12:30pm and will last approximately 3-4 hours
- Participation ribbons are awarded for field events
- 1st – 6th Place ribbons are awarded for running events

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

Please email Paula if you can help with practices on Fridays from 3:30-4:30. Thank you!
For more information please contact: Paula Vlaming: 363-1046; paula@focus501.com