



2017 Track Meet

Saturday, April 1, 2017

**Cathedral Catholic High School
5555 Del Mar Heights Road
San Diego, Ca 92103**

K-4th Grade	9:00 a.m. (check in at 8:30 a.m.)
5th- 8th Grade	1:00 p.m. (check in at 12:30 p.m.)

This year the K-4th and 5th-8th grade track meets will be held on **Saturday, April 1st**.

The K-4th meet will start at 9:00 a.m., with check in beginning at 8:30 a.m.

The 5th-8th meet will begin with field events at 1:00 and running events at 2:00. Check in will begin at 12:30.

All volunteers are asked to be at Cathedral by **7:30 a.m. for the K-4th meet and 12:30 for the 5th-8th meet**. We are still looking for enthusiastic volunteers, so if you would like to help out, please email Coach T. at: atejero@stpaddys.org.

Don't forget to have participants wear their track shirt, running club shirt, or any other green t-shirt. Runners will need running shoes, sunscreen, hat, water, healthy snacks and a bit of patience. ☺ We want to show our St. Pat's spirit, so wear your "spirit wear" to support the school! (Order forms are included in this email) If you order a new track shirt for your child(ren), they will be distributed the week of the track meet.

The Booster Club will have a canopy and provide cold water and light snacks for participants. Families are encouraged to bring their own canopy to provide shade in the stands.

For those of you that are new to the track meet, parents are not permitted on the infield. There will be parent volunteers to lead children to the entrance gate on the track, and volunteers will be there to help them get to their event(s).

Included in this letter is the registration form, which is due by March 20th. Please include a check (made out to St. Patrick Catholic School) or cash and send to the front office, Attn: Coach Martin.

Let's show our undeniable "Go Irish" spirit and support our school athletes!

Coach Martin and Coach T.



2017 TRACK MEET

Saturday, April 1st, 2017

Cathedral Catholic High School
5555 Del Mar Heights Road, San Diego, CA 92130

Kinder–4th Grades 9:00 – 12:00
5th – 8th Grades 1:00 - 5:00

Kindergarten-2nd Grade:

Maximum of 4 events per person, including only one field event (not including relay)

Running Events

50 M
100 M
400 M
4 x 50 M Shuttle Relay

Field Events

Long Jump
OR
Javelin

3rd-4th Grade:

Maximum of 4 events per person (including relay)

Running Events

100 M
200 M
800 M
4 X 100 M Relay

Field Events

Long Jump
Javelin

5th – 8th Grade:

Maximum of 4 events/person (including relays)

Running Events (2:00)

4 X 100 M Relay
400 M
100 M
1600 M
4 X 400 M Relay

Field Events (1:00)

Long Jump
High Jump
Shot Put

Coach T/Coach Martin will evaluate students in PE class and make final event placement

Please turn this form in with a check or cash, Attention: Coach Martin

Due Date: March 20th, 2017

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Name: _____ Room #: _____

Boy _____ Girl _____

Registration Fee: \$5.00 per child

Track Shirt: \$5.00 per child Yes _____ No _____

Total Enclosed: \$ _____

Parent Signature: _____