

Sardis Elementary Track and Field Team

We are happy to offer many different track and field choices for our Sardis Athletes in Grades 3-5. Practices will begin the week of May 5.

Field event practices will be at lunch time and most running events will take place during PE classes.

Lunch Hour practice schedule (12:05-12:35pm)

Mondays- Long Jump (Sand pit on back field)

Tuesdays- Ball Throw (Back Field)

Wednesdays- Shot Put (Grass area in front of office)

Thursdays- High Jump (Gym)

Friday- 100m (Back Track) **the 100m will just be one day on May 9th **

Note: Athletes wanting to be considered for the District Meet are encouraged to attend all practices and mini meets. Athletes should try all events as you may be surprised at what you are good at. Each athlete is allowed up to three events at the District Track Meet, only three from each age group are chosen for the track events (1500m, 800m, 400m, 200m & 100m) and only two for each field event (High Jump, Long Jump, Ball Throw & Shot Put).

Mini Meets at Sardis Secondary Track

The mini meets are informal, after-school track meets for athletes to try events. They are opportunities for athletes to compete without the pressure to qualify. In other words, any number of students of the same grade may represent Sardis in any event. There are no ribbons awarded on these mini-meet days.

There are two mini-meets: **Wednesday, June 4th** and **Wednesday, June 11th**. These are held at the Sardis Track and Field Complex located behind Sardis Secondary School.

There is no bussing for the two mini-meets.

Mini Meet #1, Wednesday, June 4th 3:30pm

100m, 400m, 1500m

Boys High Jump

Girls Long Jump

Boys Ball Throw

Girls Shot Put

Mini Meet #2 Wednesday, June 11th 3:30pm

200m, 800m, Relays

Girls High Jump

Boys Long Jump

Girls Ball Throw

Boys Shot Put

District Track Meet June 19th (full day event)

Students will need to qualify for this event. More details to come for students that qualify.

Transportation:

- **Mini Meets-** parents/guardians are responsible for transporting their child to and from the Mini Meet at the Sardis Secondary Track.
- **District Track Meet-**students will be bused to the District Meet on June 19th, however they will need a drive home after the meet is over.

Parents: Track Meet Etiquette-spectators will remain outside the track for all events. Officials need to see the other side of the track and cannot have their view obscured by extra people in the in-field.

Please contact me with any questions: meghan_cavanagh@sd33.bc.ca