

St. Elizabeth Track Team 2019

If your child is remotely interested in Track & Field, then please read the information below about the SES Track Team. *Registration is now open.*



- **Meets** (Come to one, some, or all):
 - 4/28 Relay Meet- Grades 3-8 only
 - 5/5 OLMC Meet at Tenafly Middle School
 - 5/19 Assumption Meet at Emerson High School
 - 6/2 Sacred Heart School Meet at Lyndhurst High School
 - 6/9 St. Elizabeth Meet at St. Joe's in Montvale
- **Practices** Sundays & Wednesdays at Midland Park HS (all 6:00-7:15)- Dates TBD
- **Can't make the practices, but can make the meets?** Conflicting sports? Feel free to sign up for the team. As long as they are exercising in some way, they are welcome to join the team and come to just the meets.
- **Events-** The events have changed- no more softball (now all Turbo Javelin), no more Broad Jump (now all Long Jump), 50m is now 55m, etc.

- **Grades K-4, 3 events + Relay**
 - 55 or 200- Choose- Can't do both
 - 400
 - 800
 - Turbo Javelin
 - Long Jump (2 jumps)
 - Shotput - exhibition only
 - 4x100 Relay

- **Grades 5-8, 4 events + Relay**
 - 100
 - 200 or 400- Choose- Can't do both
 - 800
 - 1600
 - Turbo Javelin
 - Long Jump (3 jumps)
 - Shotput
 - 4x200 Relay

- **SES Meet-** The only way we can host the meet on 6/9 is if we have at least 50 volunteers. We will offer high schoolers service hours, but we really need adult volunteers to accurately record jumps, throws and stage the kids. At least one member of each family is required to help out in some capacity. The track meet can make ~\$4,000 but if we do not have ~50 volunteers then we cannot host the meet.

The SES Track Team is filled with so many energetic, fun and loving kids who have a great time hanging out and competing at the meets. We all watch and cheer each other on, so if you want to be a part of that, then please complete the registration forms by 3/1.

Thank You!