



## St. Elizabeth Track Team

- **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.
- SES hosts the **6/9 meet** where we raise money but we need **volunteers**,  
including high schoolers who need hours. A parent from each family  
needs to volunteer for our meet.
- For distance runners (400, 800 and 1600), please have your runners  
start running on their own now to build up their endurance.

**Send completed Registration Form, Parent Volunteer form and \$80 per child  
in to School ASAP marked Track. Grades 6-8, Physical forms need to be  
turned in ASAP. See website for details.**

Denise LaGalia  
Brian Prendergast

[Denise.LaGalia@me.com](mailto:Denise.LaGalia@me.com)  
[BrianPSJR@gmail.com](mailto:BrianPSJR@gmail.com)

201-657-1154  
201-819-6774

**THANK YOU!**

# Track Team Registration Form

## St. Elizabeth

**Complete one form per child**

**Name:** \_\_\_\_\_

**Parent's email address:** \_\_\_\_\_

**Mobile Phone #:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Shirt-** If your child needs a tank see Denise at practice. Please return tanks that are no longer needed so others can use them. Many were not returned last year so it is assumed you will reuse them.

### **Events- please indicate desired events**

Refer to Events Form for options- Events have changed

Grades K-4, 3 events + Relay & Grades 5-8, 4 events + Relay

- 1.
- 2.
- 3.
- 4.
- 5.

Relays will be run first at the beginning of each meet- there will no longer be a specific Kindergarten fun run- they will run in the K-2 age group.

Please send this Registration Form, the Parent Volunteer Form, and \$80 per child in by 3/1 attention "Track". Make checks payable to St. Elizabeth HSA.

Refer to the Parent Volunteer Form to indicate how you will help.

Denise LaGalia	201-657-1154	Denise.LaGalia@me.com
Brian Prendergast	201-819-6774	BrianPSJR@gmail.com

**Thank You!**

**Parent Volunteer Form**  
**Return with Registration Form**

Parent Name: \_\_\_\_\_ Phone# \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone# \_\_\_\_\_

**Please indicate how you will assist at our Track Meet on Sunday, June 9<sup>th</sup> at St. Joe's. At least one member of each family is required to help out in some capacity. The track meet raises ~\$4,000 but it takes many people (at least 50) to make it successful. Parent attendance is needed all day- ~8:00-4:00.**

Please review the Track Meet Volunteer form. Please indicate your **top 3** preferred tasks.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

We also could use high school kids so list any past SES student and/or their friends who can help on 6/9- they will get service hours.

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Yes, I can help at practices

\_\_\_\_\_ Sundays at Midland Park

\_\_\_\_\_ Wednesdays at Midland Park

**Thanks for your support! Brian and I greatly appreciate it and so do the children. It takes a village to run a successful track meet! With many parent volunteers the meet will run more smoothly and your children will then have a positive experience as well.**

# Track Meet Volunteer Positions

Over 50 volunteers are needed for 6/9 meet

## **Tent- 4 People**

1 to record results  
1 to post results  
2 to do medals

## **Starter- 1 Person**

To help with sprints

## **Announcer- 1 Person**

To announce events and other information throughout the day

## **Javelin- 10 People**

2 to start line  
4 to record results  
4 to measure

## **Long Jump- 10 People**

2 to rake pit  
2 to record results  
4 to measure  
2 to start line

## **Shot Put- 5 People**

2 to record results  
2 to measure  
1 to start line

## **Field Event Walker- 3 People**

K-2 Walker  
3-4 Walker  
5-8 Walker

## **Track Gate- 1 Person**

To monitor gate to only let athletes and Coaches on the infield/ track

## **Check in Table- 6 People**

3 people each shift  
To hand out program and take admission fee  
Shifts are 8:30-10 and 9:30-11

## **Stagers- 10 People**

To monitor and line kids up in staging area

## **Food/ Concession- 6 People**

Sell food and drinks throughout the day

## **Event Options**

### **Complete on Registration Form (one for each child)**

Relays will be the first event at each meet. So please indicate if they will be there in time so teams can be formed.

**New this year, I will assume the events will be the same each week, as stated on the registration form. If I do not hear from you, the events will be submitted as is and there will be no changes to what was previously stated. I will not be asking each week for your event preferences. If you want to make a change, then please let Denise know when you state if you will be attending the meet.**

**So please review the events with your child carefully and make sure that you and they are all aware of what events have been chosen. If you are unsure then please meet with a coach at practice to determine what events are desired.**

**The events have changed from pervious years so please review carefully.**

- **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