

TCH 4th-6th Grade Track

2021 Season

Coaches:

Julie Boss: 2485351713, boss.julie4boys@yahoo.com

Jessica Sullivan

Eric Houghton

Practice Schedule:

Week of April 19th: Mon, Tues, Wed, and Thursday from 3:30-5:00pm. We will meet in the gym.

Week of April 26th: Mon, Tues, Wednesday from 3:30-5:00pm

Weeks of May 3rd, May 10th, and May 17th: Mondays and Wednesdays from 3:30pm-5:00pm

Meet Schedule:

Meets will start on April 29th. Meets will be every Tuesday and Thursday at St. Elizabeth Ann Seton Middle School from 5:30pm-7:00pm

All grades will run together in meets. Boys and girl races are separated

All City Meets, which are meets just for ONE grade are below:

5/17: 4th Grade meet

5/18: 5th Grade meet

5/19: 6th Grade meet

Fee and Forms for Participation:

There is a \$45 fee for participation. Please drop off the fee to the front desk. Checks should be made out to The Children's House. Please turn in the track consent form as well to the front desk.

COVID Procedures:

At all times at practice, masks must be worn. During a race/event, that athlete can choose to wear a mask. All coaches must wear face masks at all times, and athletes must wear face masks between their track events.

Track Equipment:

- Good training shoes. Each athlete should have shoes that he/she can run in. These do not need to be expensive, but they need to be supportive so that the athlete stays healthy. Please contact me if you need any help figuring out proper shoes.
- Dressed to run. We will run in cold and rain. Please have your athlete have layers (hat, gloves, long sleeves, pants) so that they can be comfortable at practice.
- Filled water bottle

Track Events:

EVENTS:

One person may enter no more than 3 events and no more than one event per group (A, B, C, D)

A	B	C	D
55M Hurdles	400M Run	Long Jump	200M Grade Relay
55M Dash	800M Run	Triple Jump	400M Relay
100M Dash	1 Mile Run	Shot Put	800M Relay
200M Dash			

Rules:

- Starting blocks mandatory for hurdles, 55M and 100M dashes and strongly encouraged for 200M
- Field event participants will receive 3 attempts, and will be run in flights of 5 athletes at a time
- All athletes off the track unless competing. Athletes are to wait in the corral near the starting line
- Long hair should be in a ponytail with a rubber band, no bobby pins, but barrettes are acceptable
- No hats, jewelry or bandanas. Post or starter ear rings are allowed, but no dangly or hoop style ear rings
- **no spikes**

Order of Events

1. Field Events begin at 5:15pm
2. 1600 meter run (1 mile)
3. 55 meter hurdles
4. 55 meter dash
5. 100 meter dash
6. 200 meter dash
7. 200 meter relay
8. 400 meter relay
9. 400 meter run
10. 800 meter run (1/2 mile)
11. 800 meter relay