

Track Meets

Athletes are responsible for arranging their own rides to an after-school sporting event. If they are riding with someone else, a note must be given to their homeroom teacher.

RUNNING AND RELAY EVENTS

(All dates are subject to change)

\$1 per adult admission charge

When: **Saturday, November 7th & 14th @ Tampa Catholic, beginning at 8:00 a.m.**

Where: Tampa Catholic -Directions are on school website in the "Sports Info" section.

Time: Each athlete needs to arrive at least twenty minutes before his event starts.

The events go in order of the enclosed event sheet. The Mile Run is the first event.
We can only estimate when each event will take place. The track meet should last between 2 and 3 hours. Each athlete can leave after he has completed his last event.

What to Bring: Athletes may want to bring some water, Gatorade, snacks, etc. It can be a long day for those doing several events.

What to Wear: Athletes should wear their track shirt (I will give one to each athlete) with their **P.E. Shorts**. Hats can be worn while not participating in an event.

*****Track spikes are not permitted******

Parents are encouraged to help (timing, spotting, etc.) at each meet. Parents can receive service hrs.

FIELD EVENTS

(All dates are subject to change)

Shot, Discus – November 4th & 11th @ Sacred Heart Academy

**** There will be no Varsity or JV practice on the above dates****

Time: Each event begins at approximately 4:00 p.m. Each athlete should be there by 3:45 p.m. but **please don't arrive before 3:30 p.m.** Only athletes who are in the field events have to attend.

What to Bring: Same as above.

What to Wear: Same as above.

If for some reason your child can't attend his event, please call Coach Callaghan, 393-6549.