

Track & Field Registration - 2010

Registration Due by: March 1st



**1st Practice
MON., Mar. 15th**

**St Dominic School
5th, 6th, 7th & 8th Grade
Girls and Boys**



Track & Field

Sign-up for Spring - 2010 Track & Field Season

- Open participation for all St Dominic girls & boys going into 5th, 6th, 7th & 8th grade.
- \$25 Registration Fee - due March 1st – No Experience Necessary!
- Short Season allow participation in other spring sports!
- St Dominic & St Scholastica Schools join together-compete as one team
- Events (separate events for girls & boys-some co-eds):

- Running Races: Sprints – Relays - Hurdles

- Field Events:

- Shotput

- Javelin

- Discus

- Triple Jump

- High Jump (new this year)

- Compete in your own grade level!

- Track Meet Dates 2010 (Host Schools TBA):

- Saturdays - April 24th, May 1st, 8th 15th & 22nd.

- Morning-5th-6th grade – early afternoon-7th-8th grade.

- Individual and Team Awards given at each race.

- Team Practices: (held at Humphrey Middle School Track or St. Scholastica Gym on inclement days.)

- 1st practice Monday, March 15th – 4:30–6:30 pm- signed registration mandatory

- Practices - Mon., Wed. & Thursdays – 4:30-6:30 pm

- Parent Meeting - Mandatory – To Be Announced

- Team T-Shirts Provided that each participant keeps at the end of the season

More Information? • Contact

Ron Dzik – Track & Field Coordinator

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Sign-up Now!



**Assistant Coaches &
team help needed!**

Don't miss out on the fun!