

SVDP 2018 TRACK PRACTICE SCHEDULE:

Practices are held at school on Fridays from 3:30 – 4:30 for the event/grade on the specific dates below. Students may bring clothes/tennis shoes if needed on practice day(s) to change into. On practice day track team members will meet me in the cafeteria after carline.

*** Fri. 3/16 Long Jump * (1st – 6th)

Softball Throw * (3rd – 6th)

*** Fri. 3/23 50 yd./ 75 yd. Dash * (1st -3rd)

*** Fri. 4/6 100yd. / 200yd. / 300yd. Dash * (3rd – 6th)

*** Fri. 4/13 50yd. / 75yd.Dash * (4th – 6th)

*** Fri. 4/20 Relay Teams * (4th – 6th)

***** Please try to attend practice(s) for the specific event/grade of your event(s).*****

***** Some practices may also take place during P.E.

Thanks,
Coach V

2018

1. **Events will begin at 5:00 p.m.** You need to be at the stadium far enough in advance to warm-up your first participants. **GATES OPEN AT 4:00 p.m.**
2. **Participation Rules:** Grades 1-3 only one event per student. Grades 4-6 allowed one field event and two running events.
3. There will be two attempts for Field Events per participant.
4. No participant will be allowed to run without shoes. Participants are not allowed to wear metal spikes or cleats of any kind.
5. Each participant needs to have their ID Bracelet on before entering the Field. It will have their Name, Events, and grade listed.
6. Participants should remain seated in the stands until their event is called. After the completion of their event they should **RETURN** to the stands

7. **ADMISSION FEES :** Adults \$2.00 Children 12 & under are free.

8. There will be refreshments available at the concession stand. **NO COOLERS OR ICE CHEST ALLOWED in the stands. EACH SCHOOL IS ALLOWED ONE WATER COOLER** (SIGNATURE required at the gate). **NO FOOD ON FIELD!**

9. **FIRST AID PERSONNEL** will be available for any injuries.
10. Spectators must remain seated in the stands!! **DO NOT STAND ALONG THE RAILS** this blocks the view of the track and interferes with the runners.
11. Only the **TRACK OFFICIALS** and **2 COACH's** from each School are allowed on the Field.
12. **RIBBONS** (1st-5th Places) are awarded on the Field after each event. There will be **OVERALL SCHOOL TROPHIES** awarded at the end of the Track Meet.

13. **POINT SYSTEM:**

1st Place	6 Points
2 nd Place	4 Points
3 rd Place	3 Points

EVENTS:

<u>Grades 1 -3</u>	<u>Grades 4-6</u>
Long Jump	Long Jump 220 yard Run
50-yard dash	Softball Throw 440 Relay
75-yard dash	50-yard dash 100 yard Run (4 th only)
100 yard Run (3 rd ONLY)	75-yard dash 300 yard Run (5 th & 6 th Only)

* Coach V ph.# 861-2294

**Any changes because of (NO SHOWS) or due to injury during the Track Meet must be reported to the FIELD TABLE !!

* TUES APRIL 24th *

2018