

Track and Field 2017

April 19, 2017

Dear Parents,

The Track and Field training sessions will be held at **the Central Athletics Track on East St.** Practices will be held from **4:15-5:15 on various days dependent on the week. Thursday's practices will be runners only.** It would be preferred the kids make it to at least 2 training sessions per week. A calendar is attached with the scheduled practices. Parents are responsible for the athlete's transportation. Many parents are willing to carpool if you are unable to get your child to the track. **Please make sure athletes have proper footwear, shorts/sweat pants, please dress for the weather as the temperatures may still be cool (shorts/t-shirts if its 16C or higher).** We will practice at the track unless it is raining or an electrical storm, then practice will be cancelled.

The age group athletes compete in is **their age on January 1, 2017.** The age groups for competition are: 10 and under (bantam), 11 (midget), 12 (junior), 13 and over (intermediate). Students must be in Grades 4-8 to participate. The top (runs the fastest or jumps the farthest) athlete per age group, per event advances to the LKESAA Track Meet. This year we are competing in the white division.

If your child qualifies for an event the **LKESAA Track Meet will be held on Wednesday June 7, 2017. Rain date is Thursday June 8, 2016 at the Central Athletic's Track;** that information will be forwarded when the team is finalized, if your athlete advances.

We look forward to a great season.

Sincerely,
Miss S. Luttrell
Mr. E. Mills