

Timothy Rams Track Schedule

We will be having our first track practice after school on Tuesday, April 1st, from 3:45-5:00. All 4th-8th grade boys and girls are invited! Our track meets include all short distance runs (100 m- 200 m), long distance runs (800 m- 1,600 m), softball throw and turbo javelin for 5th/6th grades, shot put and discus for older grades, and long jumps and triple jumps for all. Cross-Country meets consist of $\frac{3}{4}$ mile runs for grades 5th and younger and 1.5-mile runs for grades 6th-8th.

- * Practices will be every Tuesday and Thursday after school until May 8th.
- * We will always begin practice in the gym to stretch, warm up, and pray, and then we will be heading outdoors (weather permitting) to practice around our building. Please make sure your child always has running shoes and clothing for all types of weather.
- * We will have 3 track meets, two cross-country meets, and track pictures this year.
- * Track meets are all day on a Saturday.
- * Cross-country meets are held in the afternoon/evening during the week.
- * Each athlete, with the exception of 4th graders, will compete in 3 events in each meet. These can be two running and one field, or two field and one running event. Students may also compete on relay teams. Meets the limit amount of entries. These events are decided by the coaches.
- * 4th grade parents--There are not 4th grade events at any of the meets, however, Timothy has always invited our 4th graders to practice with our track team. If we are able, we will place them in 5th-grade events at the meets, so just be aware that they will be competing against upperclassmen. We cannot guarantee them 3 events at each meet (upperclassmen get priority), but we always try! We are limited to the number of athletes we can enter at each event at the meets.

*****We need to have some help coaching this year! This would consist of helping other coaches with practice, (monitoring kiddos, and watching over field events as they practice), and being at the meets to help kiddos get to their events around the track area. It is a short and fun season, so if you are able to help, it would be much appreciated!**

Dates:

April 1-This is our first practice!

April 3-This is track pictures. We will hand out uniform tops on the 1st. Please have your child bring shorts (black is fine) and running shoes. Track pictures begin after school at 3:45. Practice will resume afterwards until 5:00.

April 8- regular practice 3:45-5:00

April 10- regular practice 3:45-5:00

April 15- regular practice 3:45-5:00; Hope XC Meet for those interested

April 22 -Timothy Lutheran's Annual Cross-Country Meet: Rams Run! No track practice. (Rain date is Thurs, April 24.)

April 24- regular track practice 3:45-5:00

April 26- Alma Track Meet at Santa Fe High School in Alma—Address: 108 N. Chiefs, Alma, MO 64001

April 29- regular practice 3:45-5:00

May 1- regular practice 3:45-5:00

May 3-Kansas City Lutheran High Track Meet (place TBD)

May 6-regular practice 3:45-5:00

May 8-regular practice 3:45-5:00

May 10- Hope Relays Track Meet at Shawnee Mission North High School--Address: 7401 Johnson Dr, Overland Park, KS 66202