



Highview Senior Track & Field Meet
Thursday, May 11th, 2023 (rain date May 19th)

Parents/Guardians,

The **Grades 6-8 students** will take part in a special Highview Track & Field Meet on **Friday, May 11th** here at Highview. (weather permitting)

The event will take place during the middle and afternoon part of the day.

Please think about packing...

- extra water/liquids to prevent dehydration
- extra snack
- suitable clothing for participating in track & field (no cleats of any kind are allowed)
- extra clothing in case of cold, wet conditions or perspiration
- hat, sunglasses, sunscreen

We treat this event as part of the Physical Education component of the educational curriculum and try to promote participation. We celebrate the opportunity to exhibit the fine efforts of our Highview athletes as they have progressed in Physical Education this school year. As always, parents, relatives and supporters are welcome to observe.

Schedule of Events – Times are approximate, it will be a rolling schedule (when the previous event is done the next event starts)

10:50 – 11:30 – Grade 8, 7, 6	100 meter	12:15 – 1:00 - Lunchbreak
11:30 -11:50 – Grade 8, 7, 6	400 meter	1:00 – 1:15 – 1500m (time pending)
11:50 – 12:15 – Grade 8, 7, 6	200 meter	1:00 – 2:00 – Long jump and Shot put

Mr. Fleming, Grade 5 teacher