

Winona Track & Field Day



Our track and field meet will be held on **Wednesday, May 15th** for grades **3-8** at the school. If field conditions are poor prior to or on this date the **alternate date** is scheduled for **Thursday, May 16**.

All students are expected to participate as this is part of the physical education program. All participants will need to dress in appropriate athletic attire such as shorts, t-shirts and running shoes. Please remember to have your child bring sunscreen, water, healthy snacks and lunch and wear a hat. Parents and guests are always welcome to come and cheer on our students! There will be a section marked off for all spectators. Please park on Barton, East of Lewis, or along Lewis in the short term parking area (we are requesting special permission for this day) or the long term parking area beyond the school fence.

After this meet, the track and field team will be picked for the **Hamilton Wentworth Track and Field Meets at Mohawk Sports Park**. Grades 6, 7 and 8 students will compete on **June 10th**, and Grades 3, 4 and 5 students will compete on **June 17th**.

Students can choose from the following events at our school meet:

Running Events:

Grades 3-5: 80m 300m 700m

Grades 6-8: 100m 200m 400m

*1500m (extra-run on a separate day)

Field Events:

Grade 3- standing long jump

Grade 4,5: running long jump

We would like to remind all parents and students that the purpose of this day is to have fun while participating in physical activities. Please remember to show respect and demonstrate good sportsmanship throughout the day.

*Please see other side for an approximate order of events

Thank you for all your support!

Approximate order of events:

Gr. 6-8 Track Events

Morning-9:00

100m heats

400m timed finals

200m timed finals

100m finals

*1500m to be run on a separate day

Gr. 3-5 Track Events

11:10

80m heats

700m timed finals

300 timed finals

We know this will be a great day!!!

Gr. 3-5 Field Events

Morning -9:00

1. Gr. 3-Standing Long Jump

2. Gr. 4- R.L.J.

3 Gr. 5- Ball Throw

1. Gr. 4- Ball Throw

2. Gr. 5- R.L.J.

3. Gr.3- Ball Throw- when
4's are finished

Gr. 6 Field Events

11:10

R.L.J. - gr. 6 boys & girls