

# St. Nicholas Catholic School

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we are gifted with each other

May 24, 2017

Dear Parents,

Spring has sprung and it's time to start our track and field preparations. On June 15<sup>th</sup>, we will be traveling to York University to compete with several other schools. As we have done the last few years, we will be holding a school level track and field day to identify our team on June 5<sup>th</sup>.

June 5<sup>th</sup> we will gather on the playground, weather permitting, once EQAO has been finished for the day. We hope to commence at about 10:00 and have events through the morning and early afternoon with all of our running being completed by afternoon recess at 1:45.

The students will be given the opportunity to attempt the following activities:

- Running Long Jump
- Standing Long Jump (gr 4, 5 and 6)
- Shot Put (gr 7 & 8)
- 100M running
- 200m running
- 400m running
- 800m Running (gr 6, 7 and 8)

From these events we will identify who will represent our school at York University. If a child is absent on June 5<sup>th</sup> they will be given an opportunity to compete against the winners of an event at a later date.

On June 5<sup>th</sup> we will be outside from morning recess until lunch and again after lunch until about afternoon recess. Please ensure that your child has sunscreen, a hat, and their water bottle with them on June 5<sup>th</sup>. In the event of inclement weather, we will hold the event on the first favorable day after June 5<sup>th</sup>.

Please feel free to join us during the day to observe the competitions, and just a gentle reminder that you will need to sign in at the office and get a visitor pass before proceeding to the playground. There is no set schedule other than we will complete the running events in roughly the following order: 800m, 100m boys, 100m girls, 200m boys, 200m girls, 400m boys and 400m girls. Running Long Jump, Standing Long Jump and Shot Put will be scheduled based on what fits best with the running events, which take priority.

Thank you in advance for your continued support and cooperation.

K Perry  
Track Coordinator

D Vance  
Principal