

# St. Matthew's Sports Newsletter #29

## Monday, April 29<sup>th</sup>

**TRACK & FIELD WEEK #4.** An exciting week with the St. Bernadette's Track and Field Meet on Tuesday April 30th.

- A copy of track meet notes have been passed along on the Remind App
- recommended parking locations is on the Remind App

We look forward to seeing many of you cheering on our athletes on Tuesday.

Due to the track meet on Tuesday, the morning Shot Put/Discus practice has been moved to Friday morning, instead of Wednesday morning - the day after a track meet.

**TEAM = Together Everyone Achieves More**

### Weekly Schedule ---- April 29<sup>th</sup> to May 3<sup>rd</sup>

	Monday 29 <sup>th</sup>	Tuesday 30 <sup>th</sup>	Wednesday 1 <sup>st</sup>	Thursday 2 <sup>nd</sup>	Friday 3 <sup>rd</sup>
Morning 7:45 am (unless noted)		St. Bernadette's Track Meet @ South Surrey Athletic Park			Shot Put (SP), Discus (D) practice @ Big Toy 7:50-8:30 am
Lunch 12:05-12:35			Gr. 4 & 5 High Jump Practice	Gr. 6 & 7 High Jump Practice	
Afternoon <b>Running</b> 3:00 - 4:15 <b>Field</b> 3:00 - 4:00	Shot Put (SP), Discus (D) practice @ Big Toy 3:00-4:00 Long Jump (LJ) @ Frost Road Elementary 3:00-4:15pm				Running Track Practice @ Holy Cross Track (Grades 3-7) 3:00-4:15pm

**Track Divisions:**

- 8 Year Olds = Grade 3
- 9 Year Olds = Grade 4
- 10 Year Olds = Grade 5
- 11 Year Olds = Grade 6
- 12 Year Olds = Grade 7

**Upcoming Events:**

- Tuesday April 30th St. Bernadette's Track Meet @ South Surrey Athletic Park
- Monday May 6th St. John Brebeuf Meet @ Rotary Stadium Abbotsford - Details coming
- Wednesday May 8th St. Matthew's High Jump Meet @ Holy Cross Track**
- Monday May 13th Knights of Columbus Meet @ McLeod Athletic Park Langley - Details coming