

St. Matthew's Sports Newsletter #31

Monday, May 13th

TRACK & FIELD

The Knights of Columbus Meet is Monday May 13th. It is the last opportunity for everyone who has joined the Track & Field Team to compete. This should be a good meet with 10 schools competing.

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

At the conclusion of this meet, a posting will be made with the list of athletes who will be continuing with the Track & Field Team due to the fact that the last 2 meets (St. Catherine's and CISVA) have very limited entries (maximum 2 athletes per event at St. Catherine's and maximum 1 athlete per event at CISVA).

St. Matthew's High Jump Meet on Wednesday May 8th was a success albeit it went later than expected. Congratulations to Kris-Maris (Grade 5) and Aria (Grade 6) who won their age group.

TEAM = Together Everyone Achieves More

Weekly Schedule ---- May 13th to May 17th

	Monday 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th
Morning 7:45 am (unless noted)	Knights of Columbus Track Meet @ McLeod Athletic Park Langley		Shot Put (SP), Discus (D) practice @ Big Toy 7:50-8:30 am <u>CISVA athletes only</u>	No School	No School
Lunch 12:05-12:35					
Afternoon Running 3:00 - 4:15 Field 3:00 - 4:00		Long Jump (LJ) @ Frost Road Elementary 3:00-4:15pm <u>CISVA athletes only</u>	Running Track Practice @ Holy Cross Track (Grades 3-7) 3:00-4:15pm <u>CISVA athletes only</u>		

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:

Monday May 13th Knights of Columbus Meet @ McLeod Athletic Park Langley

Monday May 13th evening, the decisions on who will be going to the CISVA Track Meet will be posted. Those selected will continue with all practices, those not, unfortunately the season has come to an end for you this year. You will be added to the SPARE list incase of injuries.