

# St. Matthew's Sports Newsletter #32

## Monday, May 20<sup>th</sup>

### TRACK & FIELD

We are now at the time of the season where the final two track meets are limited entry meets. The St. Catherine's Meet on Thursday June 23rd takes place on their school's mini 200m track with many events that will take place at the CISVA Meet on June 5th and 12th. Unfortunately the track team had to get a bit smaller as there are simply not enough events left to place competitors into. Even so, most athletes will be slotted into one or two events moving forward.

As for those attending the meet on Thursday, adults and students are encouraged to bring a lawn chair, as there is nowhere to sit but on the field around the track.

Mr. Durante will begin lunch recess practices with relay teams as we approach the CISVA track meet.

**TEAM = Together Everyone Achieves More**

### Weekly Schedule ----- May 20<sup>th</sup> to May 24<sup>th</sup>

	Monday 20 <sup>th</sup>	Tuesday 21 <sup>st</sup>	Wednesday 22 <sup>nd</sup>	Thursday 23 <sup>rd</sup>	Friday 24 <sup>th</sup>
Morning 7:45 am (unless noted)	Victoria Day No School		Shot Put (SP), Discus (D) practice @ Big Toy 7:50-8:30 am <u>CISVA athletes only</u>	St. Catherine's Track Meet @ St. Catherine's School 9:20am to 2:30pm	
Lunch 12:05-12:35		Grade 3 relay practice (Mr. Durante will let you know)	Grade 4 relay practice		Grade 5 relay practice
Afternoon <b>Running</b> 3:00 - 4:15 <b>Field</b> 3:00 - 4:00		<b>Long Jump (LJ) @ Frost Road Elementary</b> 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:

Thursday May 23rd St. Catherine's Meet (very limited entries - 2 per event)

Wednesday June 5th CISVA Day #1

Wednesday June 12th CISVA Day #2