

St. Matthew's Sports Newsletter #33

Monday, May 27th

St. Catherine's Meet - For those who were at the St. Catherine's Meet, I think/hope you all had a good day. Despite the fact that there were no ribbons, everyone seemed OK with a High Chew at the end of each event (all the other schools were envious of your treat).

Moving Forward - We have now reached the final practices of the season as we prepare for the CISVA Championship Track and Field Meet on June 5th and 12th.

Everyone selected to compete in this meet **SHOULD BE AT THE REMAINING SCHEDULED PRACTICES**. If an athlete will miss a practice, please let Mr. Durante know via email, Remind App, or personally tell him in the morning. **We are trying to be the best that we can be, and especially working on our relay team passes (if one person is away, the whole team misses out a proper practice).**

FYI - The CISVA Track Meet is the only Track Meet where a team roster needs to be submitted via a computer program. Therefore, once the team has been entered (this week) it is not an easy fix to make changes and substitutions. **THEREFORE**, if you have been selected to compete at the CISVA Meet, but you will **NOT BE AVAILABLE** June 5th AND 12th, please let Mr. Durante know!!!

Only one child per event is eligible to compete, so it is a very limited track meet. Most athletes attending will only be participating in the 4 X 100m Relays - so carpooling might be appropriate for June 5th. See below for the schedule.

The coaches have taken into consideration, based on practice and meet results, which child is best suited for which event while at the same time building the strongest all around team. There are limits to how many individual and relay events a child can have:

- Grade 3: up to 2 individual events and 1 relay;
- Grade 4 - 7: up to 3 individual and 1 relay; OR 2 individual and 4X100m Relay and Medley Relay

It is not always a perfect selection process and sometimes there can be disagreements, but in the end, a decision is made and that will be the final choice when placing athletes into events.

TEAM = Together Everyone Achieves More

Weekly Schedule ---- May 27th to May 31st

	Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st
Morning 7:45 am (unless noted)			Shot Put (SP), Discus (D) practice @ Big Toy 8:00-8:30 am <u>CISVA athletes only</u>		
Lunch 12:05-12:35		Grade 6 relay practice	High Jump Practice	Grade 7 relay practice	Grade 4 relay practice
Afternoon Running 3:00 - 4:15 Field 3:00 - 4:00	Long Jump (LJ) @ Frost Road Elementary 3:00-4:00pm <u>CISVA athletes only</u>			Running Track Practice @ Holy Cross Track (Grades 3-7) 3:00-4:15 pm	Running Track Practice @ Holy Cross Track (Grades 3-7) 3:00- <u>4:00pm</u>

Upcoming Events:

Wednesday June 5th CISVA Day #1
Wednesday June 12th CISVA Day #2

A more detailed schedule will be posted soon

Wednesday June 5th, 2024 - CISVA Day #1 Event Schedule

TRACK EVENTS

8:45 am 800 Meter Timed Finals

Gr.7 13 Yr Old Girl (2010)
14 Yr Old Girls*
Gr.7 13 Yr Old Boy (2010)
14 Yr Old Boys*
Gr.6 12 Yr Old Girls
Gr.6 12 Yr Old Boys

10:15 am 600 Meter Timed Finals

Gr.5 11 Yr Old Girls
Gr.5 11 Yr Old Boys
Gr.4 10 Yr Old Girls
Gr.4 10 Yr Old Boys
Gr.3 9 Yr Old Girls
Gr.3 9 Yr Old Boys

11:45 am 60 Meter Heats

Gr.5 11 Yr Old Girls
Gr.5 11 Yr Old Boys
Gr.4 10 Yr Old Girls
Gr.4 10 Yr Old Boys
Gr.3 9 Yr Old Girls
Gr.3 9 Yr Old Boys

12:15 pm 200 Meter Finals

Gr.7 13 Yr Old Girls
Gr.7 13 Yr Old Boys
14 Yr Old Girls*
14 Yr Old Boys*
Gr.6 12 Yr Old Girls
Gr.6 12 Yr Old Boys
Gr.5 11 Yr Old Girls
Gr.5 11 Yr Old Boys

12:45 pm 4X100 Meter Relay Heats

Gr.7 13 Yr Old Girls
Gr.7 13 Yr Old Boys
Gr.7 13 Yr Old Mixed
Gr.6 12 Yr Old Girls
Gr.6 12 Yr Old Boys
Gr.5 12 Yr Old Mixed
Gr.5 11 Yr Old Girls
Gr.5 11 Yr Old Boys
Gr.5 11 Yr Old Mixed
Gr.4 10 Yr Old Girls
Gr.4 10 Yr Old Boys
Gr.4 10 Yr Old Mixed
Gr.3 9 Yr Old Girls
Gr.3 9 Yr Old Boys
Gr.3 9 Yr Old Mixed

4:00 pm 100 Meter Heats

Gr.7 13 Yr Old Girls
Gr.7 13 Yr Old Boys
14 Yr Old Girls*
14 Yr Old Boys*
Gr.6 12 Yr Old Girls
Gr.6 12 Yr Old Boys
Gr.5 11 Yr Old Girls
Gr.5 11 Yr Old Boys
Gr.4 10 Yr Old Girls
Gr.4 10 Yr Old Boys
Gr.3 9 Yr Old Girls
Gr.3 9 Yr Old Boys

Field Events

8:45 AM

Gr.3 -9 Yr Old Boys Long Jump
Gr.3 -9 Yr Old Girls Long Jump
Gr.4-10 Yr Old Boys High Jump
Gr. 6 -12 Yr Old Boys Shot Put
Gr. 7-13 Yr Old Boys Discus
14 Year old Boys Discus*

10:00 am

Gr.5- 11 Yr Boys Long Jump
Gr. 5- 11 Yr Girls Long Jump
Gr. 6-12yr Old Girls Shot Put
Gr. 6- 12 Yr Old Boys Discus
Gr. 7- 13 Yr Boys High Jump
14 Year Old Boys High Jump *

11:15 am

Gr. 7- 13 Yr Girls High Jump
14 Year Old Girls High Jump *
Gr. 4-10 Yr Old Boys Shot Put
Gr. 5-11 Yr Old Boys Discus
Gr.6-12 Yr Boys Long Jump
Gr.6-12 Yr Girls Long Jump

12:45 pm

Gr.7-13 Yr Girls Shot Put
14 Yr Old Girls Shot Put*
Gr. 4- 9 Yr Old Girls High Jump

Wednesday June 12th, 2024 - CISVA DAY #2 EVENTS

TRACK EVENTS

8:45 am 1200 Meter Timed Finals

Gr.7 13 Yr Old Girls
 14 Yr Old Girls*
 Gr.7 13 Yr Old Boys
 14 Yr Old Boys*
 Gr.6 12 Yr Old Girls
 Gr.6 12 Yr Old Boys

10:15 am 1000 Meter Timed Finals

Gr.5 11 Yr Old Girls
 Gr.5 11 Yr Old Boys
 Gr.4 10 Yr Old Girls
 Gr.4 10 Yr Old Boys
 Gr.3 9 Yr Old Girls
 Gr.3 9 Yr Old Boys

11:30 am 300 Meter Timed Finals

Gr.7 13 Yr Old Girls
 14 Yr Old Girls*
 Gr.7 13 Yr Old Boys
 14 Yr Old Boys*
 Gr.6 12 Yr Old Girls
 Gr.6 12 Yr Old Boys

12:15 pm 100 Meter Finals

Gr.7 13 Yr Old Girls
 Gr.7 13 Yr Old Boys
 Gr.6 12 Yr Old Girls
 Gr.6 12 Yr Old Boys
 Gr.5 11 Yr Old Girls
 Gr.5 11 Yr Old Boys
 Gr.4 10 Yr Old Girls
 Gr.4 10 Yr Old Boys
 Gr.3 9 Yr Old Girls
 Gr.3 9 Yr Old Boys

12:45 pm 60 Meter Finals

Gr.5 11 Yr Old Girls
 Gr.5 11 Yr Old Boys
 Gr.4 10 Yr Old Girls
 Gr.4 10 Yr Old Boys
 Gr.3 9 Yr Old Girls
 Gr.3 9 Yr Old Boys

1:15 PM 200 Meter Finals

Gr.7 13 Yr Old Girls
 Gr.7 13 Yr Old Boys
 Gr.6 12 Yr Old Girls
 Gr.6 12 Yr Old Boys
 Gr.5 11 Yr Old Girls
 Gr.5 11 Yr Old Boys

2:00 PM Medley Relay Timed Finals

Gr.7 13 Yr Old Girls
 Gr.7 13 Yr Old Boys
 Gr.6 12 Yr Old Girls
 Gr.6 12 Yr Old Boys
 Gr.5 11 Yr Old Girls
 Gr.5 11 Yr Old Boys

3:45 PM 4X100 Meter Relay Finals

Gr.7 13 Yr Old Girls
 Gr.7 13 Yr Old Boys
 Gr.7 13 Yr Old Mixed
 Gr.6 12 Yr Old Girls
 Gr.6 12 Yr Old Boys
 Gr.5 12 Yr Old Mixed
 Gr.5 11 Yr Old Girls
 Gr.5 11 Yr Old Boys
 Gr.5 11 Yr Old Mixed
 Gr.4 10 Yr Old Girls
 Gr.4 10 Yr Old Boys
 Gr.4 10 Yr Old Mixed
 Gr.3 9 Yr Old Girls
 Gr.3 9 Yr Old Boys
 Gr.3 9 Yr Old Mixed

4:45 PM TEAM AWARDS

FIELD EVENTS

8:45 AM

Gr.5 11 Yr Old Girls Shot Put
 Gr.6 12 Yr Old Boys High Jump
 Gr.6 12 Yr Old Girls Discus
 Gr.7 13 Yr Old Boys Long Jump
 14 Yr Old Boys Long Jump*
 Gr.7 13 Yr Old Girls Long Jump
 14 Yr Old Girls Long Jump*

10:30 am

Gr.4 10 Yr Old Girls Long Jump
 Gr.4 10 Yr Old Boys Long Jump
 Gr.4 10 Yr Old Girls Shot Put
 Gr.6 12 Yr Old Girls High Jump
 Gr.5 11 Yr Old Girls Discus

1:00 pm

Gr.7 13 Yr Old Girls Discus
 14 Yr Old Girls Discus *
 Gr.7 13 Yr Old Boys Shot Put
 14 Yr Old Boys Shot Put*
 Gr.5 11 Yr old Boys High Jump

2:30 pm

Gr.5 11 Yr old Girls High Jump