

SCS Track

2019



Track will start Feb. 25th. We will be practicing from 3:30-4:45 Mon.-Thurs. I would love to have parent volunteers come out to help with timing and recording. ☺ I am excited to be able to coach the students again this year and I am looking forward to a great season.

We will be competing in the Panama-Buena district. The preliminary meet will be held at Thompson Jr. High the week of March 25th-28th. Please see the attached paper for event times and dates. Please be sure to arrive at the meets at least 45 minutes ahead of the scheduled time of the student's race. They DO start events at least 30 minutes before the scheduled time so PLEASE BE EARLY!

The following events are **Not** available for Bantam participants: 3000M, 3200 relay, Hurdles, Discus, & Triple Jump. Each athlete may enter up to three events. Junior High may enter up to four events.

All athletes will practice Mon.-Thurs. Relay teams will practice on Friday as well.

If you have any questions or concerns, please contact me: (661) 703-2545 or at knighbert@stockdalechristian.com

Thank you for your help,

Kelly Nighbert

Track Tryouts

Track tryouts will start Monday, February 25th. Students can participate in track if they are already 9yrs old and older.

The following dates are the only days to try out for events. If you are playing basketball, it is important to come out on at least one of the dates to try out for that specific event. Events will be run from 3:30-4:45. Students are required to come to practice at least 3 days a week. If you have a schedule conflict, please let me know.

Events:

Monday, Feb. 25th and Wednesday, 27th (No practice Tues. this week)

100 meters
200 meters

Thursday, Feb 28th

400 meters

Monday, March 4th –thru- Wednesday, March 6th

800 meters
Long Jump
Triple Jump

Thurs., March 7th

Shot put
Discus (born from 2003-2008 only)

Monday, 11th -thru- Wednesday 13th

High Jump
1500 meter (Monday)

Thursday, March 14th

3000 meter(born from 2003-2008 only)
Hurdles

Thurs. 15th -thru- Fri. 16th

4x100 relay, 4x400 relay, 4x800 relay (2003-2007 only)

You have qualified for a track event. It is very important to practice your event at least 3 to 4 days per week. We will practice from 3:30-4:45. Please be sure you have paid the \$15 participation fee and have turned in the information packet in order to participate.

You have qualified for the following event(s).

1. _____

2. _____

3. _____

If you have any questions or concerns please contact me at (661)703-2545 or email me at knighbert@stockdalechristian.com.

Thank you for your participation!
Mrs. Nighbert