

Mount Slesse Track and Field

Any athlete **Grade 7 – 9** may join the Track and Field Team and participate at the level that they are comfortable up to and including the District Meet on Wednesday April 25th. Athletes are restricted to three individual events at each meet but may be on more than one relay team.

Practices are every **Monday** and **Thursday** at the **Sardis Track and Field Complex by Sardis Senior Secondary**. Athletes need to get themselves to and from practices that start at **3 pm and go to 4:15**.

If an athlete does not have a bus pass and informs me soon enough I can apply for a temporary pass for the Track and Field Season. At parents/guardians, discretion athletes may run to the complex as a warm up.

Multiple schools may be at the complex on any set day. We practice and warm-up with Sardis Senior. The coaching is dividing among the schools to support the training of multiple events.

Grade 8 and Grade 9 athletes may participate beyond the District Meet and attend the Upper Fraser Valley Meet. They do not need to qualify to attend the Upper Fraser Valley Championships.

However, in order for an athlete to participate in the Fraser Valley Meet and BC High School Championship depends on whether or not they qualify in their chosen event in the previous meet. For example, only the top 12 athletes in individual events from the Upper Fraser Valley move on to the Fraser Valley Championships. The top 8 relay teams move on. Qualifying at this meet is the only way an athlete is eligible to participate in the Fraser Valley Championships.

Cost to participate in Track will be scaled and dependent on level of participation.

Mount Slesse Track and Field Schedule 2018

Practices are every **Monday** and **Thursday** at the **Sardis Track and Field Complex by Sardis Senior Secondary**. Athletes need to get themselves to and from practices that start at **3 pm and go to 4:15**.

Thurs April 11	3:00 Mini Meet #1		Sardis
Wed April 18	3:00 Mini Meet #2		Sardis
Wed Apr 25	8:30 – 2:30	Chilliwack District Meet	Sardis Secondary
Wed May 2	2:00 – 7:00	Upper Fraser Championship	Rotary Stdm/Abbotsford
Thurs May 3	8:00 – 5:00	Upper Fraser Championship	Rotary Stdm/Abbotsford
Mon May 14	3:00 - 9:00	Fraser Valley Championship	Rotary Stdm/Abbotsford
Tues May 15	3:00 - 9:00	Fraser Valley Championship	Rotary Stdm/Abbotsford
Thurs May 17	9:00 – 3:30	Fraser Valley Championship	Rotary Stdm/Abbotsford
Fri/Sat May 25/26	BC combined event Championships		
Thurs May 31	8:00 – 7:00	BC High School Championship	McLeod Park/Langley
Fri Jun 1	8:00 – 6:00	BC High School Championship	McLeod Park/Langley
Sat Jun 2	8:00 – 6:00	BC High School Championship	McLeod Park/Langley

Please keep this paper on hand to record important dates, times, and locations. RETURN the permission form by Thursday, April 6th 2018.