

# St. Bernadette School Track & Field

Introduce your child to the great sport of Track and Field - A sport that allows them to experience the fun of a team while getting a great individual workout. Children will learn and compete in sprint and distance events as well as long jump, shot put, and turbo javelin. Interested parents should submit the attached form along with your payment to the Main Office.

Grades 4<sup>th</sup> thru 8<sup>th</sup>; Girls and Boys  
No prior experience required

100, 200, 400 and 800 meter run  
1600 meter (1 mile) run  
4 X 100 Relay  
Long Jump, Shot Put, Turbo Javelin



Practices will be held Tuesdays and Thursdays, starting April 24<sup>th</sup>  
Approx. 6:00 - 7:15 PM  
at  
St. John's High School Track in Shrewsbury

Meets will be held weekdays at nearby schools at approx. 3:00PM:  
Wed May 23 (@Trottier Middle School), Wed May 2<sup>nd</sup>, 16<sup>th</sup>, (Venerini), week of May 21 (AMSA), Wed  
June 6 (Melican Middle School/Trottier Middle School @ ARHS)

Massachusetts Middle School Track and Field Championship Meet - Sat June 2 (Invitational)

Parent Meeting on April 11 at 7:00PM (Charbonneau Center)

Parents are required to provide transportation to and from practice and meets

Cost \$30 per child; Max \$65 per family  
Uniform \$20 ea.

Checks made payable to St. Bernadette School

Any questions please contact Coach Harris - rharris@stb-school.org