

Track and Field 2024

Track and Field practice has started. Practices will run on Mondays and Wednesdays from 3:15-4:30.

Important Dates:

- Entries Due: Probably the week of May 13th.
- Sectionals: May 21st in Swift Current
- Districts (If you move on): May 29th in Swift Current
- Provincials (If you move on) : June 7th and 8th in Saskatoon (grades 9-12 only)

Events:

Sprints: 100m, 200m, 400m, Hurdles

Distance Events: 800m, 1500m, 3000m

Jumping: High Jump, Long Jump, Triple Jump

Throwing: Shot Putt, Discus, Javelin

Quad: 100m, 800m, Long Jump, Shot Put

Expectations:

- Show up to as many practices as you can. Must attend at least 3 practices
- Come ready to participate.
- Practice Structure: Warmup, Stretching, Practice, Cool Down
- Students can participate in max 4 events, minimum 1 event.