

Return form to Mr. Englund by February 19th, 2016 with the fee.

I will need a couple of parents to help chaperone this event with me. There will be a brief meeting to go over rolls and responsibilities.

2016 Track Meet

**North County Parochial League
K – 4th Grade**

Saturday, March 12, 2016

9:00 a.m. Start Time

**Held at: Cathedral Catholic High School
5555 Del Mar Heights Rd. San Diego CA 92130**

**8:00 a.m. Warm-up and Check-in; 8:30am Coach's Meeting;
8:45 am Welcome-Prayer**

*Sponsored by: Cathedral Catholic High School Track & Field and
NCPL*

\$10.00 entry fee per athlete (please sign up each athlete separately)

Please make checks payable to: St. Mary Star of the Sea

Please fill out registration form for each student and return with \$ 10.00 FEE to the Office or Mr. Englund by February 19th, 2016.

Forms on next few pages!

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K-2 sign up

Registration form attached; please fill out and return with fee by February 19th.

NCPL Track Registration Form **One form for each athlete please**

Student Name (print) _____ Grade _____

Phone number _____

e-mail _____

Event choices for grades K – 2nd Grade

K-2 athletes may sign up for 3 events, in either the 50 or the 100, the 400m or 800m, and only one field event.

Please **check one event** from each of the three options below:

Field Events: 1. Javelin(TurboJav) _____ **or** Long jump _____

Running Events: 2. 50m _____ **or** 4x50 Shuttle Relay _____

3. 200m _____ **or** 800m _____
(Once around track) (Twice around track)
Last race

Only parent coaches are going to be allowed on the field. I am looking for five parents to help on the field the day of the event. If you are available please sign your name and number and I will be calling you to set up a brief parent meeting to go over assignment and rolls.

Name _____

Phone number _____

e-mail _____

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Grade 3-4 sign up

Registration form attached; please fill out and return with fee by February 19th.

NCPL Track Registration Form **One form for each athlete please**

Student Name (print) _____ Grade _____

Phone number _____

e-mail _____

Check four events you wish to participate

Event choices for 3rd – 4th Grades.

Running Events: (Choose at least one event)

1600m _____ 400m _____ 100m _____
(4 times around the track) (Once around the track)

Field events: (Choose at least one event)

Long jump _____ Javelin (TurboJav) _____

Relay:

4x 100 Relay _____

Only parent coaches are going to be allowed on the field. I am looking for five parents to help on the field the day of the event. If you are available please sign your name and number and I will be calling you to set up a brief parent meeting to go over assignment and rolls.

Name _____

Phone number _____

e-mail _____

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Grade 5-8 sign-up
NCPL Track Registration Form
One form for each athlete please

Student Name (print) _____ Grade _____

Phone number _____

e-mail _____

Event choices for grades 5 – 8

Check four events you wish to participate:

Running Events: Choose 2 events

1600m _____ 400m _____ 100m _____
(4 times around the track) (Once around the track)

Field events: Choose at least one

Long jump _____ High Jump _____ Shot Put _____

Relay: Only chose one relay event

4 x 100 _____

4 x 400 _____

Only parent coaches are going to be allowed on the field. I am looking for two parents to help on the field the day of the event. If you are available please sign your name and number and I will be calling you to set up a brief parent meeting to go over assignment and rolls.

Name _____

Phone number _____

e-mail _____