

Return form to Mr. Englund by February 9th, 2018 with the fee stapled to the event forms.

2018 Track Meet

**North County Parochial League
K – 4th Grade
&
County Championship
5th - 8th Grade**

Saturday, March 10th, 2018

4:00p.m. Start time for K – 4th

11:00 a.m. Start time for 5th – 8th

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

K - 4th check in at 3:30 p.m.

5th - 8th check in at 10:30 a.m.

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 9th, 2018.

Forms on next few pages!

Please only return the registration pages, and fully fill these out! Thank you!
If you want be a volunteer, please read the very last page on this packet.

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Event choices for grades K – 2nd Grade

The order of events are listed below, time schedule is approximate. Maximum of 4 events/person(including relays). K-2 athletes may participate in 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. 100m _____ **or** 400m _____

Name _____

Phone number _____

e-mail _____

Event choices for grades 3rd - 4th Grade

The order of events are listed below, time schedule is approximate. Maximum of 4 events/person(including relays). K-2 athletes may participate in only one field event.

Check four events you wish to participate

Event choices for 3rd – 4th Grades.

Field events: (Choose at least one event)

Long jump _____ Javelin (TurboJav) _____

Running Events: (Choose at least one event)

800m _____ 200m _____ 100m _____

Relay:

4x 100 Relay _____

Name _____

Phone number _____

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e-mail _____

Event choices for grades 5th – 8th Grade

Check four events you wish to participate:

The order of events are listed below, time schedule is approximate. Maximum of 4 events/person(including relays). Each school may put a maximum of 5 athletes per grade level in any one event.

Field events: Choose at least one

Long jump _____ High Jump _____ Shot Put _____

Running Events: Choose 2 events

1600m _____ 400m _____ 100m _____

Relay: Only chose one relay event

4 x 100 Relay _____

4 x 400 Relay _____

Name _____

Phone number _____

e-mail _____

Only parent coaches are going to be allowed on the field. I am looking for a few parents to help on the field the day of the event. If you are available please sign your name and email and I will be emailing you to set up a brief parent meeting to go over assignment and expectation on the field. Limited space, first come first serve basis.

Parent Name _____

Best Contact email _____

Please keep the last few pages and highlight which events your child is signed up for your records.

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Thank you, Mr. Englund