



Neilson Grove Elementary School

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Principal: David Hope - E-mail: dhope@deltasd.bc.ca



April 2017

Dear Parents:

Grade 4-7 Track & Field



Students will soon begin training for the upcoming Track & Field events listed below. Students will sign up for the events that interest them and we will begin a selection process for the Regional Track & Field meet. Students should listen to announcements for sign-up and practice times.

Practice Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45 am					Grade 4-7 Sprints & Relays
12:15-12:55 pm		Grade 4/5 Long Jump	Grade 6/7 Long Jump Grade 4-7 Long Distance		Grade 4-7 Long Distance
3:10-4:00 pm	Grade 4-7 Sprints & Relays	Grade 4/5 Softball Throw Grade 6/7 Shot Put	Grade 4-7 Sprints & Relays	Grade 4/5 Softball Throw Grade 6/7 Shot Put	

Track Meets

Event	Grades	Date	Location
Sprint Mini-Meet Grade 6-7 100m Sprint Grade 4-5 60m Shuttle	4 to 7	Wednesday, May 3 3:30 – 4:30 p.m. approx. (after school for 1 hour)	Delta Secondary
Regional Track & Field Meet	4 to 7	Tuesday, May 11 9:00 a.m. – 3:00 p.m.	Delta Secondary
District Track & Field Meet (Qualification at Regional Meet)	4 to 7	Thursday, May 18 10:00 a.m. – 2:45 p.m.	South Delta Secondary

Students who sign up to try out for Track and Field will be expected to attend every practice. Only students who fully participate in practices will qualify to participate at the Regional Track Meet on Tuesday, May 11th.

Permission slips for participants attending the Regional and District Track & Field Meets will go home at a later date.

Yours truly,

Mr. Hope
Principal

