



South Pasadena All City Track Meet Friday, April 27th, 2018 - 4:00 pm



Track Meet and practices will be held at the South Pasadena High School Track

Important Dates and Notes:

<p><u>Practices (optional)</u> ~We need parent volunteers at the Meet and at practice</p> <p>Apr. 23 5:00- 7:00pm ~Please mark the Volunteer box on the entry form.</p> <p>Apr. 26 5:00- 7:00pm ~ Only volunteers are allowed on the field.</p> <p> ~Events will be taught to beginners at the practices.</p> <p> ~No cleats or spiked shoes allowed at the Meet or practices.</p>	<p>~ All participating children must be supervised by a parent or guardian. If your child attends organized after-school care, you must arrange for a guardian.</p>
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Please register online at the Marengo PTA website by April 13

RELAY TEAM SELECTION

The relay teams will be selected based on timed trials in the 50 yd (K-2nd) and 100 yd (3rd-5th). 8 boys and 8 girls plus 1 alternate for each from each grade level will be selected. Participants will be notified and will have time to practice their relay at the practice sessions.

Schedule of Events:

Starting Time:	Track Events (order of events)	Field Events will be called in order listed		
4:00 p.m.	8 x 50 relay (on grass) (2 nd , 1 st , Kindergarten)- 50 yd dash (on grass) (2 nd , 1 st , Kindergarten) 800 m dash (4 th and 5 th Grades) 100 m dash (3 rd , 4 th , and 5 th Grades) 400 m dash (3 rd , 4 th , and 5 th Grades) 4 x 100 relay (3 rd , 4 th , and 5 th Grades)	<u>Long Jump</u>	<u>High Jump</u>	<u>Shot Put</u>
		3 rd Girls 3 rd Boys 4 th Girls 4 th Boys 5 th Girls 5 th Boys	4 th Girls 4 th Boys 5 th Girls 5 th Boys	5 th Girls & Boys 4 th Girls & Boys

Girls will compete first in each Track Event

Field events will begin at the start of the meet. **Running events** take priority, so athletes should leave the field event when their running event is called. (They will be allowed to finish their field event later.)

- + **Please be in the stands and ready for Opening Ceremonies at 3:45. Meet begins PROMPTLY at 4:00.**
- + **Each school will have a clearly marked section in the grandstand for athletes, parents and other volunteers.**
- + **The only parents allowed on the field will be those who are volunteers for the Meet. See volunteer box on entry form. Parents may volunteer to help with specific events.**
- + **The 4 x 100 relays may not end until after 8:00. We suggest you bring jackets.**
- + **The snack bar will be open (food, candy, drinks). Proceeds from the snack bar benefit the SPMS Booster Club.**
- + **NO FOOD, DRINK, GUM, SEEDS ALLOWED ON THE TRACK**

Questions???? Contact: Tracy Kawasaki: tracykawasaki@gmail.com