

Dear SPCS Families:

We are so excited for our students of St. Peter Catholic School to participate in their first Landsharks spring track meet, which is coming up this weekend, Sunday, April 21. There are a few items to make note of which include:

1. Tomorrow's track practice, Wednesday, April 13 at 3:15 p.m. we will gather in the gym and during check-in we will be handing out **the pre-ordered forest green Landshark running T-shirt.**

*Please note that if your student **already** has a Landshark t-shirt from the past cross-country season, we encourage them to bring it in their backpack to wear for **our yearbook photo tomorrow at practice**, but if they don't remember to bring it, we will have some extras on hand.

2. Our first track meet is **this Sunday, April 21 at Lewis Palmer High School, with runners arriving at 2:35 p.m. with a 3 p.m. race start.** ****For a detailed schedule see below.**

What do you need to know?

We've been encouraged to have the students arrive by 2:35 [p.m.at](#) the Lewis Palmer High School track and dressed ready to run with their designated forest green Landsharks t-shirt and comfortable tennis shoes. *Of course with Colorado weather being a bit unpredictable, we encourage you to always bring extra warm-up clothes in case your runner needs to add warmer layers.

How do you know where to go?

There will be signs for you to be directed (parking lot off of Jackson Creek Pkwy and Higby Road), where you will walk your student to drop off as you enter the track stadium. *Only* coaches are allowed to be on the track field; parents will be asked to watch from the bleachers. Given this we will have a SPCS Landshark coach at the fence to escort our students to our group where we will be warming up on the field. Our coaches will assist them on pinning on their race numbers.

How are the races organized?

Each race will begin with boys before girls in each heat for the whole meet. Then, they will go by this order of grades and start with 2nd grade heats with each school in 1-3 lanes; followed by 1st grade, Kindergartners, 3rd grade and then 4-5th/6th grade heats *Please note after runners complete each of their races they will go to assigned area in the stands.

What race distances will our athletes be competing in?

At this track meet the 50 meter dash, the 400 meter (1 track lap) and 800 meter (2 track laps) race will be part of the track meet competition. All students are **welcome to participate in all three distances (but are not required)**, with the exception of the 800 meter race for the Kindergartner grade.

Additionally, for your awareness when you arrive at Lewis Palmer High School you will see a track meet wrapping up as there will be a race prior to ours, so there will be some participants departing while we're arriving as they prepare for the next round of racers.

Please don't hesitate to ask any questions, email me here or call/text me at 402-850-1524.

Thank you.

Track Meet Agenda for Sunday, April 21 at Lewis Palmer High School Track:

2:30 pm Head Coach Meeting for organizing staging and volunteer names

2:35 Runners start arriving and join their team on the track field to get their bibs

2:40 pm Runners have bibs, must pin on back of shirt and begin warm ups

2:55 p.m. All runners must be inside the track area by grade following the signs

2:58 p.m. National Anthem

3:00 p.m. 50 meter dash begins with boys before girls in each heat for the whole meet, runners go to assigned area is the stands after they complete each of their races

Order of grades will start with 2nd grade heats with each school in 1-3 lanes; followed by 1st grade, Kindergartners, 3rd grade and then 4-5th/6th grade heats

3:30 p.m. 400 meter dash (Order of Heats: boys first. 2nd grade, 1st, ALL Kind runners, 3rd, 4th, 5th-6th)

4:00 p.m. 800 meter race (Order of Heats: 1st & 2nd, 3rd & 4th, 5th & 6th (no Kindergarten))

Tara Valentino-Maher