

# **A.D. Rundle Track & Field – 2023**

Our track season runs from March to late May. **Practices are Tuesday & Thursday after school until 3:45.** Athletes are expected to regularly attend practices in order to participate in the meets. As with all our school extracurricular activities, it is expected that all students participating in track & field maintain their status as students in good standing at ADR. Parents please fill out the online ADR permission form for Track & Field.

Our meets are listed below. Remember to bring food, extra clothes, blankets, sun screen, etc. to our meets. For the meets in Chilliwack, we will bus to the Sardis track and parents pick up after the meets. For the Abby meets we will get the kids to Abby and back to ADR. Parents, if you have not done so, please complete the Athletic/sports form that can be found at ADR's website.

Mr. Lightle, Ms. Marchuk, and Ms. Brose are our coaches. If you have any questions, email is the best way to contact our coaches.

## **Meet**

<b>Meet</b>	<b>Date</b>	<b>Location</b>	<b>Time(Approx)</b>
Mini Meet 1	Tue, April 18	Sardis Track	3:00-4:30
Mini Meet 2	Tue, April 25	Sardis Track	3:00-4:30
Mini Meet 3	Tue, May 2	Sardis Track	3:00-4:30
ABBY Meet	Thur, May 4	Rotary Stadium Abby <b>Gr 8's Only</b>	TBA
Chwk Meet	Tue, May 16	Sardis Track	8:00-3:30 (All Day)
Easter Valley Championships	Tue/Thur May 23/25	Rotary Stadium Abby <b>Gr 8's Only</b>	TBA

The schedule for the Mini-meets is on the back

## SPRING 2023 MINI MEETS

*\*Sprints (100m – 400m) will occur in the following order: 8 boys, 8 girls, 7 boys, 7 girls, 6 boys, 6 girls.*

*\*Distance races (800m, 1500m) will be combined depending on the number of athletes.*

Mini Meet #1 – Tuesday, April 18			
Time	Track Events	Time	Field Events
3:15	100 m	3:15	High Jump – Gr 6,7,8 Boys Triple Jump – Gr. 7 Girls & Boys Discus – Gr. 8 Girls & Boys
4:00	4x400m relay	3:40	High Jump – Gr 6,7,8 Boys (con't) Triple Jump – Gr. 6 Girls & Boys Discus – Gr. 7 Girls & Boys
4:15	800 m	4:00	High Jump – Gr 6,7,8 Boys (con't) Triple Jump – Gr. 8 Girls & Boys Discus – Gr. 6 Girls & Boys

Mini Meet #2 – Tuesday, April 25			
Time	Track Events	Time	Field Events
3:15	400 m	3:15	High Jump – Gr 6,7,8 Girls Long Jump – Gr. 6 Boys
4:00	Sprint Hurdles (8 boys-100m, 8 girls-80m, 7boys-80m)	3:40	High Jump – Gr 6,7,8 Girls (con't) Long Jump – Gr. 7 Boys Javelin – Gr. 8 Girls & Boys
4:15	Sprint Hurdles Con't (7 girls-80m, 6 boys-80m, 6 girls-80m)	4:00	High Jump – Gr 6,7,8 Girls (con't) Long Jump – Gr. 8 Boys

Mini Meet #3 – Tuesday, May 2			
Time	Track Events	Time	Field Events
3:15	4x100m relay	3:15	Long Jump – Gr. 6 Girls Shot Put – Gr. 8 Girls & Boys
4:00	1500 m	3:40	Long Jump – Gr. 7 Girls Shot Put – Gr. 6 Girls & Boys
4:15	200 m	4:00	Long Jump – Gr. 8 Girls Shot Put – Gr. 7 Girls & Boys