



St. Aloysius Track

2024 Season

Track is open to students in 5th through 8th Grade

Practices: start **Monday, February 19** and will be held **Monday, Tuesday, Wednesday, Thursday for the first two weeks, then will swap to just Tuesday, Wednesday, Thursday the week of March 3**. All practices will take place after school from **3:15 – 5:00 p.m. at the football field on campus**. In the event of a weather cancellation, coaches will notify parents. Makeup practices could be held the Friday of that same week, but that'll be contingent upon the coaches' decision. Athletes are encouraged to attend at least two practices a week.

Meets: potential for seven meets on the schedule. They typically last **four to five hours**. Meet formats and scheduling will be shared by coaches as dates approach for each meet.

1. Sunday, March 3, East Ascension High School, 1:00 PM
2. Sunday, March 10, Location & Time TBD
3. Sunday, March 17, Episcopal School of Baton Rouge, 1:00 PM
4. Sunday, March 24, East Ascension High School, 1:00 PM
5. Sunday, April 14, Location & Time TBD
6. Sunday, April 21, Location & Time TBD
7. Sunday, April 28 (Championship), Catholic High School, 1:00 PM

Athletes compete in four divisions for track meets:

1. Junior Girls (5th & 6th Grade)
2. Junior Boys (5th & 6th Grade)
3. Senior Girls (7th & 8th Grade)
4. Senior Boys (7th & 8th Grade)

Kids are allowed to compete in **four events maximum** at a meet.

For the different types of track events, see the Excel Spreadsheet provided with this document.

Equipment:

1. **Tennis Shoes:** any regular pair of tennis shoes should be fine. It's recommended athletes have a separate pair from the ones they wear for daily use. Worn down shoes should also be replaced as they can lead to discomfort and potential injury.
2. **Track Spikes:** recommended, but **not mandatory**. Some athletes in previous years have used spikes while others stuck to just their training shoes. If getting spikes, look for ones with ¼ in. pyramids as some facilities don't allow any other ones.
3. **Clothes:** gym shorts, t-shirt or singlet/tank top (clothing that is wicking which allows moisture/sweat to easily evaporate)



4. Water Bottle: to stay hydrated during practice. Big jugs are recommended to hold more water. There will be water tanks at practices where the kids can refill their bottles if needed.
5. Towel: can be used as a sweat towel and/or for use during exercises.
6. Athletic bag: to hold any necessary gear they may need.

Coaches will be reaching out soon to introduce themselves, plus answer any other potential questions. Please make sure the **Track Sign Up** is filled out so the coaches can have your contact information on hand to communicate.

Jr Girls are 5 & 6 Grade Girls	Sr Girls are 7 & 8 Grade Girls	Start	For SB & SG Hurdles are 30"	For JG & JB Hurdles are 30"
Running Events	Running Events			
4 x 100 Relay	4 x 100 Relay			
1600 Meter Run	1600 Meter Run	Hurdle	13 meters to first hurdle	Hurdle 13 meters to first hurdle
Hurdles (100 Meters Jumping 5 Hurdles)	Hurdles (100 Meters Jumping 10 Hurdles)			
100 Meter Dash	100 Meter Dash			
400 Meter Dash	400 Meter Dash			
200 Meter Dash	200 Meter Dash	Hurdle	8.5 meters to next hurdle	
800 Meter Run	800 Meter Run			
4 x 200 Relay	4 x 200 Relay			
Field Events	Field Events	Hurdle	8.5 meters to next hurdle	Hurdle 17 meters to next hurdle
High Jump	High Jump			
Shot Putt (6 lbs)	Shot Putt (6 lbs)			
Long Jump	Long Jump			
Discus (1.0 KILO)	Discus (1.0 KILO)	Hurdle	8.5 meters to next hurdle	
	Triple Jump			
Jr Boys are 5 & 6 Grade Boys	Sr Boys are 7 & 8 Grade Boys	Hurdle	8.5 meters to next hurdle	Hurdle 17 meters to next hurdle
Running Events	Running Events			
4 x 100 Relay	4 x 100 Relay			
1600 Meter Run	1600 Meter Run			
Hurdles (100 Meters Jumping 5 Hurdles)	Hurdles (100 Meters Jumping 10 Hurdles)	Hurdle	8.5 meters to next hurdle	
100 Meter Dash	100 Meter Dash			
400 Meter Dash	400 Meter Dash			
200 Meter Dash	200 Meter Dash			
800 Meter Run	800 Meter Run	Hurdle	8.5 meters to next hurdle	Hurdle 17 meters to next hurdle
4 X 200 Relay	4 X 400 Relay			
Field Events	Field Events	Hurdle	8.5 meters to next hurdle	
High Jump	High Jump			
Shot Putt (6 lbs)	Shot Putt (4 KILO)			
Long Jump	Long Jump			
Discus (1.0 KILO)	Discus (1.0 KILO)	Hurdle	8.5 meters to next hurdle	Hurdle 17 meters to next hurdle
	Triple Jump			
IN EACH DIVISION	Note: Notice, only the sr boys throw the 4 KILO Shot and run a 4 x 400 relay	Hurdle	8.5 meters to next hurdle	
Unlimited entries in all events				
JR BOYS & GIRLS CAN RUN UP IN SR EVENTS.	How the Hurdles are set up >>>>>>>>			
		finish	10.5 meters to finish line	19 meters to finish line
NO ONE CAN DO MORE THAN 4 EVENTS				