



Ramona - Track and Field - 2020

What is Track and Field?

Track and Field is a competitive sport that tests athletes speed, endurance and strength in different events. Track events vary, some are individual events and some are team events. Overall, all athletes competing are working to earn points for their team by placing in their designated event.

What are the events?

Running Events:

- Sprints: 100m, 200m, 400m
- Distance: 800m & 1600m
- Relays: 4x100m, 4x200m & 4x400m

Field Events

- Jumps: High, Long & Triple
- Throws: Shot put

Who can participate?

All 6th, 7th, and 8th graders are welcome to participate on the Ramona Track and Field team. However, the number of spots for each meet is limited and not all students participating will travel to Track and Field meets. **Students will participate in event tryouts the first week of practice**, this will help the coaches decide which athletes will compete at meets. **Track and Field is a “no-cut” sport, if your child does not qualify to compete they are still welcome to come and participate at practice but they are not guaranteed a competition spot.**

Practice Information

Monday - Thursday

- 3:30 pm - 4:30 pm
- Students participating in multiple events may be required to stay at practice **until 5:00 pm.**

Fridays:

- 3:30 - 4:30 pm **IF needed**
- Parents will be notified of Friday practice by remind app.

Compact days:

- 1:00 pm - 2:00 pm

*If practice is **cancelled** an announcement will be made at school and a notification will be sent through the remind app.

Thank you and we look forward to a great season,

Mrs. Buchan ~ Ms. Powers ~ Ms. Acedo ~ Mr. Ring

Contact Mrs. Buchan with questions: br.buchan @bonita.k12.ca.us



REMIND APP CODE: @ge8ea9

OR Go to <https://www.remind.com/join/ge8ea9>

Track Meet Schedule

<u>Date</u>	<u>Location</u>	<u>Teams Competing</u>
3/18 @	Covina District Field	Traweek El Roble Ramona Royal Oak
4/8 @	Diamond Bar High School	Chaparral Ramona Royal Oak Goddard
4/23 @	Sandburg Middle School	Sandburg Ramona South Pointe
4/27 @	Covina District Field	<i>League Prelims</i>
4/29 @	<i>Covina District Field</i>	<i>League Finals</i>

****Track meets start at 3:15 pm. If at the meet has a different start time you will be notified the week of.***

***** Please remember that students must qualify to participate at Track meets. Students will be notified if they will attend the meet the week of, rosters will be posted in both Boys and Girls Locker rooms.***