

## Track Information Outline

A general information meeting will be held for all athletes prior to the beginning of the season to meet coaches, and answer any questions you may have. If you have specific questions that are not answered by this outline please feel free to contact Melissa Caporellie at [misscap@hotmail.com](mailto:misscap@hotmail.com)

### Sub Novice and Regular Track

- Season begins March 1<sup>st</sup>
- Season runs through beginning of May
- Practice is held at Downingtown West Track (directly across from St Joe's)
- Meets are weekly on Sunday's at 1pm (Majority of meets are held at D West)

### SubNovice Only

- Open to both boys and girls Kindergarten through 3<sup>rd</sup> Grade
- Practice will be held on Wednesday and Friday nights 5:30 to 6:30
- Depending upon weather we will usually start a week or two after regular track (2<sup>nd</sup> week of March)
- Athletes will compete in weekly meets 100 meter 200 meter and 800 meter
- Athletes will compete against their gender and grade level whenever possible
- Subnovice season ends after District meet at the beginning of May
- Main focus of the program is to introduce the children to the sport, and to have fun

### Regular Track General Information

- Open to boys and girls 4<sup>th</sup> through 8<sup>th</sup> Grade
- Practice begins weather permitting March 1<sup>st</sup>
- Practice is held Monday ,Wednesday, Friday, 5:30pm to 6:30pm
- Athletes will compete in weekly meets in variety of both track and field events
- Season runs to District competition in early May, and then qualifiers will move to Regionals and Archdiocese
- Participation in Penn Relay competition