

Holy Cross Track & Field 2023

We are ready to put together an all-star track and field team for the 2023 season! For many of you, this will be the first time you've participated in the sport, so I encourage you to watch videos and read about the events below. It will help all of us determine the best events for your interests and skills.

Get ready to "run for fun", cheer on your teammates, and learn a great sport!

Practices

We will practice 2-3 times per week. The practices after school on Mondays and Wednesdays will take place outside around the school (jogging on the sidewalks, shot put and long jump at the park). We will practice at the Marine City Middle School on Saturday mornings so athletes can get familiar with the track. We hope that you will also practice in your own time. Remember, even sprinters need to run long distance to build stamina! All athletes should have proper running shoes weather-appropriate clothing (sweatpants/hoodies/gloves/hats) when it's cold.

Meets

There will be (3) meets at the Marine City Middle School Track. We are in the process of confirming these dates with the other schools, so they are subject to change.

- We will have a JV (Grades 5/6) and Varsity (Grades 7/8) team.
- If doing a field event, athletes must also compete in at least one running event.

Running Events

A standard track is 400 meters around. The individual running events and field events will be divided by boys and girls.

Individual Running Events

- **100-Meter Dash:** The shortest race for the fastest runners; $\frac{1}{4}$ of the track

- **200-Meter Dash:** The next shortest race for fast runners: $\frac{1}{2}$ of the track)
- **400-Meter Dash:** Considered the toughest sprint in track. Athletes will sprint one full lap around the track. This is the last of the sprinting events.
- **800-Meter Run:** (2) full laps around the track; considered a middle-distance. It's not a full sprint, but not long distance either.
- **1600-Meter Run (The Mile!):** The most common Olympics running event, which is (4) full laps around the track.

Co-Ed Team Relay Events

Relays are made up of (4) athletes who pass a baton to the next runner after their portion of the race. The starter (first runner) and anchor (last runner) should be the fastest athletes.

- 400 Meter Co-Ed Relay (4X100): 4 athletes each run $\frac{1}{4}$ of the track.
- 1600 Meter Co-Ed Relay (4x400): 4 athletes each run a full lap around the track.

Field Events

There will separate field events for boys and girls. Athletes can compete in their field events at any time during the meet. Each athlete gets (3) opportunities to do their event and their highest score will be recorded as the final score.

Shot Put

Athletes compete by throwing a weighted ball as far as possible. Although you need strength to throw a shot put, technique and form are much more important than muscles! Check out this tutorial: <https://www.wikihow.com/Throw-a-Shot-Put> and watch some “middle school shot put” videos on Youtube!

Long Jump

Athletes compete by sprinting and jumping as far as possible into a sand pit. Check out this video! <https://www.youtube.com/watch?v=doqpcSEwwAs>

Practice & Meet Dates

*As of 3/15, Meets still need to be confirmed with other schools.

Monday, March 27: 3:00 – 4:00 at Holy Cross – Outdoors

Wednesday, March 29: 3:00 – 4:00 at Holy Cross – Outdoors

Monday, April 3: 3:00 – 4:00 at Holy Cross – Outdoors

Wednesday, April 5: 3:00 – 4:00 at Holy Cross – Outdoors

Monday, April 17: 3:00 – 4:00 at Holy Cross – Outdoors

Wednesday, April 19: 3:00 – 4:00 at Holy Cross – Outdoors

Saturday, April 22: 9:00 – 10:00 a.m. at Marine City Middle School Track

Monday, April 24: 3:00 – 4:00 at Holy Cross – Outdoors

Wednesday, April 26: 3:00 – 4:00 at Holy Cross – Outdoors

Saturday, April 29: 9:00 – 10:00 a.m. at Marine City Middle School Track

Monday, May 1: 3:00 – 4:00 at Holy Cross – Outdoors

Wednesday, May 3: 3:00 – 4:00 at Holy Cross – Outdoors

Saturday, May 6: 9:00 – 10:00 a.m. at Marine City Middle School Track

Monday, May 8: 3:00 – 4:00 at Holy Cross – Outdoors

Wednesday, May 10: MEET at 5:30 at MC Middle. Arrive at 5 p.m.

Saturday, May 13: 9:00 – 10:00 a.m. at Marine City Middle School Track

Monday, May 15: 3:00 – 4:00 at Holy Cross – Outdoors

Wednesday, May 17: MEET at 5:30 at MC Middle. Arrive at 5 p.m.

Saturday, May 20: 9:00 – 10:00 a.m. at Marine City Middle School Track

Monday, May 22: 3:00 – 4:00 at Holy Cross – Outdoors

Wednesday, May 24: MEET at 5:30 at MC Middle. Arrive at 5 p.m.