

MES Track and Field 2025 - Grade 5 and 6

This year our Grade 5 and 6 Track Meet will be held on **Wednesday, May 14th**. Please come prepared for the day with water, a light jacket, sun screen, bug spray, a hat and snacks. A hot dog and juice box will be available for each student at lunch time, but please make sure that your child has supplemental fruit and veggies and other snacks because this won't fill them.

Participation in all events is greatly appreciated. The day will be focused on full grade involvement and we would like students to participate in as many events as they would like.

The Aggregate (the total number of points scored by an athlete) is an award given to the top point earner male and female in each grade. The more events that a student participates in, the more points they receive. If a tie occurs, we will then turn to the top finishers to break the tie.

Grade 5 Events		Grade 6 Events		
100 meter 200 meter 400 meter 800 meter*	Long jump Triple jump High jump*** Ball throw	100 meter 200 meter 400 meter 800 meter* 1500 meter*	Long jump Triple jump High jump***	Ball throw Shot put** Discus**
40 possible points		55 possible points		

Events outside of the track meet schedule

*The 1500 (for grade 6) will take place on **May 20** starting at 8:45 am. The 800m (grades 5 and 6) will take place on **May 20** at 2:30 (after the last recess). Parents are welcome to come and watch.

** Shot Put and Discus will be done in class on **May 9** (Parents are welcome to come and watch).

***Due to time limitations at the track meet, not all students can participate in the High Jump. During class, we'll hold a qualification round, and the top 10-12 boys and girls from each grade will advance to the meet. All participants in the qualification round will earn points toward the aggregate score.

Divisional Track and Field is scheduled for June 3th in Raymond, we will be sending a note home when we get closer to that date.

If you have any questions, feel free to contact us at the school.

Thank you,
Joshua Sherwood
Brett Nish

Time	Grade 5 Boys	Grade 5 Girls	Grade 6 Boys	Grade 6 Girls
8:45–9:45	100m	100m	100m	100m
9:45–10:30	High Jump	Long Jump	Triple Jump	Ball Throw
10:30–11:15	Long Jump	Triple Jump	Ball Throw	High Jump
11:15–12:00	200m	200m	200m	200m
12:00–12:30	Lunch	Lunch	Lunch	Lunch
12:30–1:00	400m	400m	400m	400m
1:00–1:45	Triple Jump	Ball Throw	High Jump	Long Jump
1:45–2:30	Ball Throw	High Jump	Long Jump	Triple Jump
2:30–2:45	100m Final	100m Final	100m Final	100m Final
2:45–3:15	Relay	Relay	Relay	Relay

Events outside of the track meet:

Gr 6 shot put and discus: Friday, May 9

Girls starting at 8:30, Boys starting around 9:30

Gr 5/6 800m: Tuesday, May 20 - Starting at 8:45 am

Gr 6 1500m: Tuesday, May 20 - Starting at 2:45pm

High Jump: Qualifying jumps in PE class (top 10-12 go to track meet)