

MES Track and Field 2025 - Grade 3 and 4

We are excited to announce that this year we will have a Grade 3 and 4 Track Meet. It will be held on **Wednesday May 21**. 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 3 Events		Grade 4 Events	
100 meter Long jump	High jump* Ball throw	100 meter 200 meter 400 meter	Long jump Triple jump High jump Ball throw
15 possible points		35 possible points	

*The High Jump, for grade 3 will be a for-fun event. We will use rope instead of the Bar and will not be keeping track of faults. The other three events will be measured and ribbons will be given out.

Divisional Track and Field is scheduled for June 4th in Raymond. **This is only for grades 4-6.** We will be sending a note home when we receive our information packet. Grade 3s do not attend divisionals.

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

Thank you,
Brett Nish
Joshua Sherwood

Time	4 Boys	4 Girls	3 Boys	3 Girls
8:45–9:45	100m	100m		
9:45–10:30	High Jump	Long Jump		
10:30–11:15	Long Jump	Triple Jump	100m	100m
11:15–12:00	200m	200m	Ball Throw	High Jump*
12:00–12:30	Lunch Break	Lunch Break	Lunch Break	Lunch Break
12:30–1:00	400m	400m	Long Jump	Ball Throw
1:00–1:45	Triple Jump	Ball Throw	High Jump*	Long Jump
1:45–2:30	Ball Throw	High Jump		
2:30–2:45	100m Final	100m Final	100m Final	100m Final
2:45–3:10	Relay	Relay		

*Gr 3 high jump for fun, no measuring, no ribbons given