

MES Track and Field 2024 - 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 **Thursday, May 16th**. Please come prepared for the day with water, a light jacket, sun screen, bug spray 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. Points are given to each student for each standard they achieve, there are 5 standards students can achieve during the events. The standards have been set up from previous years' results with each of the first four standards being divided into equal quarters. The fifth standard is for those athletes that place first in each event...so students can earn an extra point by placing first.

The Aggregate (the total number of points scored by a player in a series of sporting contests) is an award given to the top point earner male and female in each grade. 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.

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

Thank you,
Brett Nish
Joshua Sherwood

Schedule for the grade 3/4 Track Meet

Time	4 Boys	4 Girls	3 Boys	3 Girls
8:45-9:45	100m	100m		
9:30-10:00	HJ	TJ		
10:00-10:30	HJ	LJ		
10:30-11:00	TJ	BT	100m	100m
11:00-11:45	200m	200m	BT	HJ*
11:45-12:30	Lunch	Lunch	Lunch	Lunch
12:30-1:00	400m	400m	HJ*	LJ
1:00-1:30	LJ	HJ		BT
1:30-2:00	BT	HJ	LJ	
2:00-2:30	100m final	100m final	100m final	100m final
2:30-3:00	Relay	Relay	Relay	Relay