



Track and Field Sign-ups for 5th, 6th, 7th, and 8th grade

Track is a great way to meet and make friends with kids from other Catholic Schools.

Track Season starts March 1st

- Practices will be held at Hillsdale High School:
 - Tuesday and Thursday
 - Before Daylight Savings - 5:30–6:30pm
 - After Daylight Savings (March 11th) 5:30 - 7:00PM

PPSL Track Program offers:

Running events

100M	200M	400M	800M	1600M
4 x 100M relay		4 x 400M relay		

Field events

Shot put	Long jump	High jump
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Scheduled Track Meets - Sundays 12:30pm

- March 25 – (all grades)
- April 1 – (all grades)
- April 15 – (all grades)
- April 21 – (5th grade only)
- April 22 – (6th, 7th, 8th)
- April 29 – (all grades, last 5th grade meet)

- May 6 Divisional Meet – (mandatory attendance)

Athletes that qualify at Divisional Meet must attend the Spirit Festival Meet

- May 20 Spirit Festival at 10am – TBD (Chabot College in Hayward or CSM)

Sign-up forms are due by Friday, February 24th

- For additional information, call Paul Tait
- 650 888-6102 (cell) or 650 356-0650 (home)

We will accommodate those playing baseball, softball and soccer please try to attend one practice a week.

Parent volunteers are needed during track meets (you will get school service hours).