**MVHS track and field 2017**

**Our team will begin practicing on Monday, April 24th, and practices will run from 3:45-5pm. For the first few weeks, they will be held each Monday, Wednesday and Thursday. Practices will be posted and updated on our Facebook group page (MVHS Cross Country and Track and Field), and on school announcements. As we get closer to the Regional Meet, we will be practicing at the JMH Track several times/week. Those committed to either MVHS Volleyball or Rugby teams will be permitted to attend a minimum of 2/week, as schedules allow, until those teams’ seasons are finished. All other participants will be expected to make *all* practices. Track is a very short season, lasting only ~ 5 weeks, so it is very important to make use of all practice time available. If you are not able to make a practice, please let Mrs. Stewart know in person ASAP.**



**Categories:**

**Junior: Grade 9-10; Senior: Grade 11-12**

**Track events:**

**100m, 200m, 400m, 800m, 1500m, 3000m, 80m Hurdles (JG), 100m Hurdles (JB, SG), 110m Hurdles (SB), 300m Hurdles (JG, JB), 400m Hurdles (SG, SB)**

**\*\*Relays are formed after Regionals and compete only at Provincials.**

**Field events:**

**Jumps: High Jump (must jump qualifying ht. at Regionals – JG 1.30m, JB 1.50m, SG 1.35m, SB 1.55m);**

**Long Jump, Triple Jump**

**Throws: Shot Put, Discus and Javelin**

**\*Minimum measured qualifying distances for Field Events at the Regional Meet:**

**Jr. and Sr. Girls:**

**Shot Put – 6 meters**

**Javelin – 18 meters**

**Discus – 15 meters**

**Long Jump – 3.5 meters**

**Triple Jump – 7 meters**

**Jr. and Sr. Boys:**

**Shot Put – 10 meters**

**Javelin – 25 meters**

**Discus – 21 meters**

**Long Jump – 4.5 meters**

**Triple Jump – 8 meters**

**Every participant may compete in up to 3 events, and each school may have up to 3 participants compete in each event.**

**Competitive Meets:**

**The *NBIAA North East Regional Meet* is scheduled for *Saturday, May 27st* at Bonar Law Memorial High School, in Rexton.**

**Top 8 competitors in each event (except HJ) will then qualify to compete in the *NBIAA Provincial Meet,* which is the following *Saturday, June 3rd*at the Canada Games Stadium in Saint John.**

 **Please note – before participating in the Regionals event, ensure that you are able to attend Provincials, as if you qualify for an event for Provincials, you must attend!**

**NBIAA states “Athletes not competing in the NBIAA Championships may be suspended from participating in Track & Field in the next school year and the school may be fined $200.”**

**MVHS Track and Field athletic fee is $75, and must be paid prior to attending the Regional Meet.**

**Looking forward to a great season! ☺ Coaches: Mrs. T. Stewart and Mr. A. Gremley**