

Dear Parents,

The 43rd Annual P.A.L. Invitational Track Meet is this Saturday, March 17, 2018. The track meet will be held at Washington Union High School. **6041 S. Elm Ave. • Fresno, California 93706**. Starting time will be 9:00 A.M.

It is possible that the meet could be postponed due to the weather. I will hopefully, know that by Friday night and send out an email.

Here are some key points I would like to address:

Please be there no later than 8:45am. We can all sit together as a school and help me making sure kids are getting to their events. Parents are responsible for watching their own child through out the day. I will come and get them to their event. There will be a lot of down time in between events. I have been trying to work on that with our team. Kids can not run around this school and no one is allowed out on the track, except myself and other Coaches//Athletic, Directors.

I handed out track t- shirts today at practice. There are still a few that need to pay me for the t-shirt and also pay the track fee. They need to wear a pair of comfortable athletic shorts/ sweats or yoga pants (I don't mind the color). Running/tennis shoes, no converse or high tops please.

Each runner needs a name badge with the events they are running. I supply those for our team and will also have a big board made up of all our events and runners for everyone to look a and follow.

Ribbons are, given 1<sup>st</sup> through 9th place and participation. You may leave with your child after all their events are finished.

There will be a snack bar, but it is okay to bring a very small ice chest for water and some little easy snacks. Such as string cheese, fruit, water.

Thank you,  
Alison Trukki

# P. A. L. Track Meet 2017

## SCHEDULE OF EVENTS

### Saturday, March 17, 2018 9:00 A.M. Start

3000m Run	Bantam Girls
3000m Run	Bantam Boys
3000m Run	Midget Girls
3000m Run	Midget Boys
3000m Run	Junior Girls
3000m Run	Junior Boys
3000m Run	Inter. Girls
3000m Run	Inter. Boys

100m Dash	Bantam Girls
100m Dash	Bantam Boys
sequence. 100m Dash	Midget Girls
100m Dash	Midget Boys
100m Dash	Junior Girls
100m Dash	Junior Boys
100m Dash	Inter. Girls
100m Dash	Inter. Boys

800m Run	Bantam Girls
800m Run	Bantam Boys
800m Run	Midget Girls
800m Run	Midget Boys
800m Run	Junior Girls
800m Run	Junior Boys
800m Run	Inter. Girls
800m Run	Inter. Boys

400 m Relay	Bantam Girls
400 m Relay	Bantam Boys
400 m Relay	Midget Girls
400 m Relay	Midget Boys
400 m Relay	Junior Girls
400 m Relay	Junior Boys
400 m Relay	Inter. Girls
400 m Relay	Inter. Boys

1500m Run	Bantam Girls
11:30	
1500m Run	Bantam Boys
1500m Run	Midget Girls
1500m Run	Midget Boys
1500m Run	Junior Girls
1500m Run	Junior Boys
1500m Run	Inter. Girls
1500m Run	Inter. Boys

400m Dash	Bantam Girls
400m Dash	Bantam Boys
400m Dash	Midget Girls
400m Dash	Midget Boys
400m Dash	Junior Girls
400m Dash	Junior Boys
400m Dash	Inter. Girls
400m Dash	Inter. Boys

200m Dash	Bantam Girls
200m Dash	Bantam Boys
200m Dash	Midget Girls
200m Dash	Midget Boys
200m Dash	Junior Girls
200m Dash	Junior Boys
200m Dash	Inter. Girls
200m Dash	Inter. Boys

1600m Relay	Bantam Girls
1600m Relay	Bantam Boys
1600m Relay	Midget Girls
1600m Relay	Midget Boys
1600m Relay	Junior Girls
1600m Relay	Junior Boys
1600m Relay	Inter. Girls
1600m Relay	Inter. Boys

Field events will be called in the following

#### **Turbo Javelin**

Bantam Girls
Bantam Boys
Midget Girls
Midget Boys

#### **Discus (If possible)**

Midget Girls
Midget Boys
Junior Girls
Junior Boys
Inter. Girls
Inter. Boys

#### **High Jump**

Bantam Girls	Junior Girls
Midget Girls	Inter. Girls
Bantam Boys	Junior Boys
Midget Boys	Inter. Boys

#### **Long Jump pit 1**

Bantam Girls 9:30-10:30
Midget Girls 10:30-11:30
Jr./inter. Girls 11:30-12:30

#### **Long Jump pit 2**

Bantam Boys 9-10
Midget Boys 10-11
Jr./inter. Boys 11-

#### **Triple Jump**

All Triple Jumpers 9:00-9:30

#### **Shot Put**

Inter Boys
Inter. Girls
Junior Boys
Junior Girls
Bantam Boys
Bantam Girls
Midget Boys
Midget Girls