



North Bay Catholic School League Invitational Track & Field Day

Sunday May 22nd Cardinal Newman High School, Santa Rosa
K-3rd 11am - 3:30pm / 4th - 8th 1pm - 6pm

INFORMATION & REGISTRATION FORM

Over 700 student athletes from the NB CSL member schools and invited guests, who register to participate, will represent their schools in this ONE DAY Track & Field event. Track teams will be formed for each grade from every invited school. Parents from all schools volunteer to coach the track teams and run the track meet.

Our school will organize practice days for our track team and volunteers to coach each team. **Every grade must have parent volunteers to run practices and coach the team the day of the event.**

AM Meet K – 3rd grades 11am-3:30pm

K-3rd grade teams rotate through the following events:

- 50m, 100m, standing broad jump, softball throw, 4x100relay team, 200m - (2nd grade & up)
(only 1 relay team per gender, per grade allowed)

PM Meet 4th – 8th grades 1pm – 6:00pm

4th – 8th graders may choose up to 5 events to participate in: (grades will rotate through events together)

- 100m, 200m, 400m, long jump, softball throw (4th-6th grades), 800m, shot put (7th- 8th grades), 4x100relay team
(Only 1 relay team per gender, per grade allowed)

All participants receive place or participation ribbons at the end of every event.

PARTICIPANTS

- Participants must submit registration form and fees by the registration deadline.

Practices will be held on the following days: Coaches are needed and must be able to volunteer on the days listed

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| • K – 3 rd grades | Starting in May – Days & Times TBD |
| • 4 th – 8 th grades | Starting in May – Days & Times TBD |

VOLUNTEER COACHES

- **Every grade must have parents to volunteer to coach, or your grade will not be able to participate in the meet.**
- Volunteers must be a registered volunteer with our school and must be compliant with all Diocese regulations for volunteers. **(see the school office for information to register as a volunteer)**
- Coaches will follow the practice plan and run practices with their assigned grade, and will be in charge of their team during the actual track meet.

TRACK MEET VOLUNTEERS – SERVICE HOURS!

- Dozens of energetic and happy volunteers are needed to work the Track Meet on May 22nd.
- Our school will be assigned an event to run the day of the track meet.
- Our school will need volunteers to organize and run our assigned event for the entire day – running kids through, handing out ribbons, set up and clean up, etc.
- Please consider volunteering when our school holds sign-ups for working at the track meet.

For more info, contact the Athletic Director, Katie Ford: akajrford@att.net or call 707-354-0805.

**NB CSL TRACK & FIELD DAY (2021)
PARTICIPANT REGISTRATION FORM**

Registration form must be complete and Medical Release must be signed by parent/guardian.

Track Fee \$40 per child

Attach payment, made payable to St. Mary's School with the registration form

PLEASE PRINT CLEARLY - Select t-shirt size carefully – there will be no exchanges or returns.

Name: First _____ Last _____ Grade _____ M / F
Circle shirt size: Child: SM (4-6) / MED (6-8) / LRG (10-12) OR Adult: AS / AM / AL / AXL

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Name: First _____ Last _____ Grade _____ M / F
Circle shirt size: Child: SM (4-6) / MED (6-8) / LRG (10-12) OR Adult: AS / AM / AL / AXL

Parent / Guardian information (REQUIRED) PLEASE PRINT

Name: First _____ Last _____ **CELL PHONE _____

Home Address: _____ City _____ ** HOME PHONE _____

Please INCLUDE Email address: _____

****We must have cell phone and/or home phone included in case of emergency.**

Requirements for Participation

- Track & Field is a physical athletic activity. It is important that participants understand they will be running, jumping, throwing, and running some more, in hot and or cold, sometimes wet conditions, all outside.
- Participants will be required to adhere to practice rules and conduct, and must remain with their coaches at all times.
- Participants should make every effort to attend practices. Those who are selected to run on the 4 x 100 relay teams must be able to practice with their team.

By completing, signing and returning this form, parent and child understand the expectations for participation.

MEDICAL RELEASE and WAIVER - REQUIRED - must be signed by parent or the form will be returned as incomplete)

I, we, hereby authorize and give consent and permission to the representatives of the NB CSL after-school athletic program, (which includes its volunteer coaches and those of any guest schools) to make decisions regarding emergency medical care which may be needed or deemed necessary, for my child, while under their supervision. Emergency or medical care can include, but is not limited to: calling for ambulance, taking my child to the hospital, the decision to provide basic first aid.

I understand that we the parents shall be responsible for the expense for any emergency or medical care that my child requires while under the supervision of the NB CSL after-school athletic program.

I have no knowledge of any physical impairment that would affect the above named children in any rigorous physical activity. I understand that it is my responsibility to notify the athletic director and coaches of any medical condition which may affect my child.

I, we, the parents of the above mentioned participants, understand that the NB CSL and its volunteers will attempt to provide reasonable supervision for our child. However, we understand that injuries can occur. These injuries can, on rare occasion result in total disability, paralysis or death. In consideration for providing my child the opportunity to participate in this athletic event, I, we, hereby release and save harmless the NB CSL member schools, its employees and volunteers from any liability for any injury that my child may sustain while participating.

Parent signature _____ Date _____