

St. Mary Magdalen Catholic School
Athletics
2018 – 2019
Middle School Sports News

Our second and final track and field mini-meet is Saturday, December 1st here at St. Mary Magdalen Catholic School. The visiting schools are Good Shepherd, Holy Redeemer, and St. John Vianney. The meet will begin promptly at 11:00 am for 5th, 6th and 7th graders and at 2:00 pm for the 8th graders. This scheduling was done in order to allow the 8th graders to attend the Bishop Moore entry exam.

We need athletes there ready to warm up 45 minutes before the start. 10:15 am for 5th, 6th, and 7th graders and 1:15 pm for 8th graders.

Please keep in mind that Track and Field is a team sport and participants are expected to warm up as a team and remain after their events to support their team throughout the day, when results are announced. Coaches assign events based on practice times and results. Everyone should have an event with no more than four events. If your athlete is unable to participate, we need to know **ASAP**.

Those athletes that only have one or two events may form a team to participate in the mixed relay races. They would need four athletes in order to compete. Once they form the team they just need to let us know and have their team ready once called to race.

Athletes need to participate in at least one Mini Meet in order to qualify for the Championship meet.

Order of Events

TRACK

100 M

1600 M

4x100 M relay

400 M

Mixed relay

800 M

200 M

4x400 M relay

FIELD

Events begin at 11:00 AM / close at 1:00pm
*for 8th graders: open at 2:00 pm and close by 3:30 pm

** We try to get field events done as early as possible so results can be scored & added to team totals.**

Volunteers:

We are in **need of volunteers** to help with the Vortex event and as finish line timers. We need at least 2 volunteers to measure and 2 volunteers to record results. We will need at least one to two timers for each of the races. **There will be a volunteer meeting at 10:30 am to go over rules and expectations.** We also need a few parents to help oversee the athletes at the team tents. Any additional volunteers are welcome to help out throughout the day as needed. If you are able to help, please send me a quick email at SmmAthletics@SmmSchool.org.

Please, no footballs, basketballs, or frisbees on the field or courts.

Please remember that this is a volunteer run league. It takes a lot of time and effort to run a track meet of this size. Please consider volunteering to help us run a safe, efficient, and successful track meet for our kids.

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Flag Football Schedules

JV

<http://leagueathletics.com/schedule.asp?team=547745&org=CYSORLANDO>

Varsity

<http://leagueathletics.com/schedule.asp?team=547745&org=CYSORLANDO>

Uniform Return

Please continue bringing in the Middle School Boys' Soccer and Girls' Basketball uniforms. Remember that they are the property of the school and must be returned at the end of each season.

Important Dates

Track Boys and Girls

November 10th to December 15th

- Mini-Meets - 11/10/18 and 12/1/18
- Championship - 12/15/18

Flag Football

November 3rd to December 16th

- Regular Season - 11/4/18 to 12/2/18
- Regional Tournament - 12/5/18 to 12/12/18
- Regional Championship - 12/12/18
- Diocese Cup - 12/16/18
- All Stars Game - 12/17/18