

Ramona - Track and Field - 2023

Track and Field is a competitive sport that tests athletes speed, endurance and strength in different events. Track events vary in individual events and team events (relays). Athletes competing are working to earn points for their team by placing in their designated events.

What are the events?

Running Events:

- Sprints: 100m, 200m, 400m
- Distance: 800m & 1600m
- Relays: 4x100m, 4x200m & 4x400m

Field Events

- Jumps: High, Long & Triple
- Throws: Shot put

Who can participate?

All 6th, 7th, and 8th graders are welcome to participate on the Ramona Track and Field team. Track and Field is a “no-cut” sport however the number of spots for each meet is limited. Therefore not all students will travel to Track and Field meets, but students who do not qualify to compete are still welcome to practice.

Tuesday March 14th- Everyone comes to practice
Wednesday March 15th- Anyone interested in Sprints and Shot-Put
Thursday March 16th- Anyone interested in Distance and any Jumps

Monday - Thursday

- 3:40 pm- 5 pm (latest): Due to athletes competing in multiple events, practice times may differ for each student. Once athletes have completed their event practices for the day they are dismissed from practice.
- Students participating in multiple events may be required to stay at practice until 5pm.

Fridays:

- 3:30 - 4:30 pm IF needed

Compact days:

- 1:00 pm - 2:30 pm

*If practice is canceled an announcement will be made at school. Also you can see full schedule at:
<https://vikingpride.weebly.com/>

Thank you and we look forward to another great season,
Ms. Acedo- Mr. Gibbons-Mr. Jackson- Ms. Wilson

Contact Mr. Gibbons with any questions at j.gibbons@bonita.k12.ca.us

Track Meet Schedule

<u>Date:</u>	<u>Location:</u>	<u>Teams Competing:</u>
Th. 3/30	Charter Oak HS	Ramona, Royal Oak, Suzane
W. 4/12	Bonita HS (Ramona Hosts)	Ramona, Royal Oak, El Roble
W. 4/19 & Th. 4/20	Ramona MS	“Green vs. Gold” Practice meet
M. 4/24	Covina District Field	League Prelims
W. 4/25	Covina District Field	League Finals

**Please remember that students must qualify to participate at Track meets. Students will be notified if they will attend the meet the week of, rosters will be posted in both Boys and Girls Locker rooms.*