

## Unified Track 2019

Sign-up Meeting Tuesday March 19th in room 285 immediately after school. The meeting should last 15 minutes. Please email me if unable to attend meeting: [theresa.nyhan@mansfieldschools.com](mailto:theresa.nyhan@mansfieldschools.com)

### Practice:

1. Practice begins Monday April 8th. There will be no practice during April vacation!
2. Practice will be on Mondays from 2-3 on the track. We may also use the grass field behind QMS.
3. Student athletes must participate in practice to be able to fully participate in league meets.

### Tentative Meet Schedule

1. Thursday April 25th at Franklin
2. Thursday May 2nd at Mansfield
3. Thursday May 9th at Sharon
4. Thursday May 16th at Taunton
5. Tuesday May 21st at Foxboro (Hockomock Championship meet)

### Rules and Regulations

- There needs to be an even ratio of partners to athletes.
- Each athlete can participate in as many as 5 events/league meet - two field, two running and relay.
- Each athlete can participate in 3 events/sectional meet - one field, one running and one relay
- All student-athletes must follow school rules.

### List of Events:

<b><u>Field</u></b>	<b><u>Running</u></b>	<b><u>Relay</u></b>
Long jump	100m	4x100
Shot put	400	4x400
Modified javelin	800	