

Saint Elizabeth Track Team

Sprints * Long & Middle Distance Runs * Relays * Field Events

Be part of a great co-ed St E's team ranging from 1st to 8th grade

Highlights of St E's Track team:

- Participates in the City of Rockville Track and Field program
- Practices (twice a week) beginning in mid-March
- Five (5) Track meets on Wednesday evenings beginning mid-April
- City Conference Finals in late-May
- Practices are held at Robert Frost Middle School and/or Wootton High School track; meets take place at Rockville High School

Registration information:

- For online registration, please visit https://issuu.com/rockvillerecreation/docs/winter_final_interactive and select "Co-Ed Track and Field" under Spring Leagues (p. 14 of the digital brochure)
- When registering, please be sure to select "Saint Elizabeth Track Team – Joe Roach"
- Although the registration deadline is March 7th, please note that registration is on a first-come/first-serve basis so please register promptly if you are interested in participating on the St E's Track team. **ADVICE:** register before December 31st to ensure placement on the St E's roster.
- If you have any questions about the St E's track team or if you are interested in helping out as an assistant coach, please contact Head Coach Joe Roach at joeroach@verizon.net or (202) 425-4599

Co-Ed Track & Field

Run like an Olympian! Learn track and field skills through participation and competition. Practices the week of 3/18. Practices are weekday evenings, two practices a week pre-season, and one practice after the start of the season. Conference meets begin 4/17. Participants must either live or attend a school within the City of Rockville corporate limits. All dates are tentative and subject to change. Early bird registration: register by 3/1 and save \$10. Registration deadline is 3/7.

Cost: - Early bird by 3/1, fee is \$67R/\$77NR. After 3/1 fee is \$77R/\$87NR.

Divisions:

Bantams - Grade: K-2, course #8058

PeelWees - Grade: 3-4, course #8059

Juniors - Grade: 5-6, course #8060

Intermediates - Grade: 7-8, course #8061,

Regular season meets: Wednesdays, 5:45-8:30 PM, 4/17-5/22.

Conference Meets: tentatively scheduled for 5/28 and 5/30, 5:45-8:30 PM.

Meet Location: Rockville High School

Practice: weekday evenings, two practices a week pre-season and one practice a week after the start of the regular season (1 hour practice) 3/18-5/24.