

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 K to 8th grade

- 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 with meets at Rockville High School

Registration information:

- For online registration, please visit the City of Rockville Co-Ed Track & Field <https://secure.rec1.com/MD/city-of-rockville-md/catalog>
- When registering, please be sure to select "Saint Elizabeth Track Team – Joe Roach"
- Although the registration deadline is March 12th, 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.
- 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 3/20-5/26. Practices are weekday evenings, two practices a week pre-season, and one practice after the start of the season. Season begins 4/10. Conference meets begin 5/29 & 5/31. All dates are tentative and subject to change. Early bird registration: register by 2/29 and save \$5. Registration deadline is 3/12.						
Bantam (30325)	Rockville High School	Kindergarten ...	Wed	04/10-05/08	5:45pm-8:30pm	\$82
Intermediate (30328)	Rockville High School	7th Grade - 8...	Wed	04/10-05/08	5:45pm-8:30pm	\$82
Junior (30327)	Rockville High School	5th Grade - 6...	Wed	04/10-05/08	5:45pm-8:30pm	\$82
PeeWee (30326)	Rockville High School	3rd Grade - 4...	Wed	04/10-05/08	5:45pm-8:30pm	\$82