

# 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 8<sup>th</sup> 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/index/c472f6a715f4285bceac48de2fabdbd5?filter=c2VhcmNoPSZhZ2VHcm91cCU1QjU1NUQ9MQ==>
- When registering, please be sure to select "Saint Elizabeth Track Team – Joe Roach"
- Registration deadline is 03/12/2025 but placement on team is on a **first-come/first-serve** basis. Please register promptly if you are interested.
- 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](mailto: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 3/18-5/27. 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.						
<b>Bantam (34629)</b>	Rockville High School	Kindergarten ...	Wed	04/09-05/28	5:45pm-8:30pm	<b>\$87</b>
<b>Intermediate (34632)</b>	Rockville High School	7th Grade - 8...	Wed	04/09-05/28	5:45pm-8:30pm	<b>\$87</b>
<b>Junior (34631)</b>	Rockville High School	5th Grade - 6...	Wed	04/09-05/28	5:45pm-8:30pm	<b>\$87</b>
<b>Pee Wee (34630)</b>	Rockville High School	3rd Grade - 4...	Wed	04/09-05/28	5:45pm-8:30pm	<b>\$87</b>