

TRACK 2016

Again welcome to another short but exciting season of Track and Field. All information you need on dates, times and results of meeting is located at the SITA (**Southtowns Invitational Track Association**) sight <http://sitasite.org/>. You may also view the rules of events. It is important not only that runners know the rules, which we explain in practice, but that parents understand the rules of events for volunteering. We are required to have parent volunteers for each meet.

We are part of the Hoak League which includes the following schools: Nativity, Aurora Waldorf, Southtowns Catholic, Mary Queen of Angels, Our Lady of Victory, St. Augustine Scholars, St. Aloysius, and North Chautauqua Catholic

Students will be released to the coach Edbauer, or assisting coaches Mesch, or Hammer at dismissal. Practice times and locations will vary due to availability of the track. Athletes must have water, sneakers, and layers of outdoor clothing appropriate for the weather. This includes hat and gloves. We will be running outside so it is important that the runners are dressed appropriately. LAYERS ARE BEST! When we practice first at St.Al's we will run over to SGI if track is available. I will have to communicate via email if there are changes to the schedule as SGI can change the schedule when they need to accommodate their track team. I am requesting use of the Parish hall for our practices in the event of heavy rain or thunder practice can still take place to some extent.

The 2016 SITA schedule includes:

Sat 4/23 11 am St. Francis

Sat 4/30 12:30 am Lackawanna

Friday 5/13 6:30 pm-Lackawanna

Championship meet is Sun 5/22 1:30 pm Lackawanna

All SITA is Tue 5/31 5:30 pm at St. Francis

St. Aloysius Track team will be practicing, weather permitting, on the following days:

Mon April 11- 3:30pm to 5pm (SGI)

Wed April 13- 3:30pm to 5pm

Fri April 15- 3:30pm to 5pm

Mon April 18- 3:30pm to 5pm

Tue April 19 -3:30pm to 5pm

Fri April 22- 3:30pm to 5pm

Mon April 25 – 5pm to 7pm

Wed April 27 – 5pm to 7pm

Thurs April 28 – 5pm to 7pm

Mon May 2- 3:30 to 5pm

Wen May 3- 5pm to 7pm

Fri May 6 - 3:30pm to 5pm

Tue May 10 – 3:30pm to 5pm

Wed May 11- 5pm to 7pm

Thurs May 12- 3:30pm to 5pm

Mon May 16- 3:30pm to 5pm

Wed May 18- 3:30 pm to 5pm

Fri May 20- 3:30pm to 5pm

Mon May 23 3:30pm to 5pm

Tues May 24 5pm to 7pm

Friday May 27 3:30 to 5pm