



Brittany Foley Thomas Memorial 5th Grade Track & Field Challenge

Preston County Schools will be sponsoring a fun day of running, jumping, and throwing for county 5th graders on Tuesday, May 24th, 2016. This grade was chosen because it is a transition year for students before they can compete in middle school athletics. Students that are interested in competing will be transported via school bus from their home school to the Dr. John Trenton Track & Field complex at Preston High School. Upon arrival, guides from Preston High will assist students and teachers from each of the eight schools. Students are asked to wear t-shirts in the following colors to distinguish what school they are from: Aurora – red, Bruceton – maroon, Fellowsville – white, Central Preston – gray, Rowlesburg – orange, South Preston – yellow / gold, Terra Alta – East Preston – navy blue, Valley – royal blue.

The 5th Grade Track & Field Challenge is in memory of Brittany Foley Thomas who passed away in March of 2016. She was an all-state high jumper at Preston High and was extremely compassionate about the children of her community. It is hoped that this meet will inspire the youth of Preston County to become involved in athletics and healthy lifestyles.

The events that will be contested at the 5th Grade Track & Field Challenge are the 50 meter dash (one half the length of a football field), 100 meter dash (length of a football field), 200 meter dash (one half of a lap around the track), 400 m (one lap around the track), cross country (approximately ½ mile run up and down grass hills and finishing on the track), softball throw, long jump (run and then jump in the sand pit), and the 4 x 100 relay (four students of the same gender from the same school each running 100 meters). Schools can enter more than one relay if they choose. Athletes can compete in a maximum of three events. Students are asked to bring a packed lunch or arrange for a bag lunch from their home school. Below is the order of events.

Date:	Tuesday, May 24 th , 2016
9:00 a.m.	- 100 Meter Dash
	- 400 Meter Dash
	- 50 Meter Dash
	- 200 Meter Dash
11:30 p.m.	- Lunch
12:00 p.m.	- Cross Country Run
	- 4 x 100 Meter Relay
	- * Long Jump
	- * Softball Throw
1:15 p.m.	- Depart for home school

* The softball throw and long jump will take place throughout the day. Students can go and compete in these events when they are not involved in a running event.

Awards: Students that finish in the top ten places will receive a certificate or ribbon.

How to Register: Parents or teachers can register students electronically at the link below: <http://boe.pres.k12.wv.us/preston/fieldday.html>. Students can also be registered by sending in their paper application to Coach Martin via fax, text, or email. Regardless of the method, all students must be registered by **Monday, May 23rd at 3:00 p.m.** Coach Martin's cell number is 304 290-3772 and his email is prestonrun@gmail.com. The fax number at Preston High is 304 329-3899.

We look forward to hosting the "5th Grade Track & Field Challenge" on Tuesday, May 24th. The rain date for this event will be Wednesday, May 25th. If you have any questions, please contact me at one of the above methods.

Sincerely,

Paul Martin
Elementary & MS Track Coordinator



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STUDENT NAME _____

SCHOOL _____

TEACHER _____

GENDER _____

PARENT SIGNATURE _____

- Participants can enter a total of three events, but they can enter less if they desire.
- Please circle the events you wish to participate in at this meet.
- Return this form to your teacher or send to Paul Martin via text, email, or fax. Participants can also be entered online at <http://boe.pres.k12.wv.us/preston/fieldday.html> .
- The deadline to enter is **Monday, May 23rd** at 3:00 p.m. (NO EXCEPTIONS)
- The rain date is Wednesday, May 25th, 2016.
- Parents and family members are welcome to attend the meet.
- Cell - (304) 290-3772; Email - prestonrun@gmail.com; Fax – (304) 329-3899

EVENTS

50 Meter Dash

100 Meter Dash

200 Meter Dash

400 Meter Dash

Cross County (~800 meters)

4 x 100 Meter Relay

Softball Throw

Long Jump

If an athlete is running in the 4 x 100 meter relay (four athletes of the same gender from the same school), please fill out the name of each teammate:

1 _____

2 _____

3 _____

4 _____