



St. Charles Track Team - 2020

Spring is right around the corner and that means our track season is starting soon. Registration is now open to join our St. Charles track team as a Cruiser or Junior Cruiser.

Junior Cruisers

Grades: Kindergarten – 2nd Grade

(Open to St. Charles school students, St. Charles & Sacred Heart Riverton Religious Education students)

Practice Schedule

- **When?** Every Sunday, approximately 11:45am - 1:00pm, from approximately March 8th through May 17th / *Please note that times may vary slightly week to week based on coaches' availability*
- **Where?** Cinnaminson High School track (1197 Riverton Road)

Meet Schedule & Events

- **When?** Friday evenings from approx. 6:30pm – 7:30pm; tentative dates: Friday, March 27th, April 3rd, 17th, 24th, May 8th, 15th (6 meets in total)
- **Where?** Cinnaminson High School track (1197 Riverton Road), Maple Shade High School track (180 Frederick Ave.), or another local track
- **What?** 50m, 100m, long jump, and 4x100m relay

Cruisers

Grades: 3rd – 8th Grade

(Open to St. Charles school students, St. Charles & Sacred Heart Riverton Religious Education students)

Practice Schedule

- **When?** Every Sunday, approximately 11:45pm - 1:15pm, from approximately March 8th through May 17th at Cinnaminson High School with the addition of 1 - 2 days during the week based on availability at the Cinnaminson Middle School (may vary week to week)
- **Where?** Cinnaminson High School track (1197 Riverton Road) & Cinnaminson Middle School (312 Forklanding Rd.)

Meet Schedule & Events

- **When?** Saturday mornings from approx. 9am - 12pm with the following tentative dates: March 28th, April 4th, 18th, 25th, May 2nd, 9th (6 regular meets plus a championship meet on May 16th and Meet of Champions on May 19th for those that qualify); one, possibly two, meets will take place on a Friday evening instead of a Saturday morning
- **Where?** Various local tracks as determined by the Catholic League
- **What?** 50m (Cadet level only based on age as of Sept. 2019), 100m, 200m, 400m, 800m, 1600m, 4x100m relay, long jump, and shot put (Junior & Senior levels only based on age as of Sept. 2019)

Questions?

Angie Wojnar, awojnar@comcast.net, (856) 303-0769

Special Notes

If you are interested in participating in field events only (long jump and/or shot put), we encourage you to join our Cruisers team. *You do not need to participate in track events to be a member of the Cruisers team.*

For Religious Education students, if your school has a track team that you will be joining, and you would also like to join our St. Charles track team, please contact Mike McMullen, m2mcmullen@hotmail.com, (609) 828-9024, for more details.

Requirements, Fees, and Registration Information

Each *Cruiser* and *Junior Cruiser* will need the following:

- Completed registration and payment online at <http://www.scbtrack.com> (Medical form and payment will be handled online with the registration process / Track registration fee will be \$30 per student, payable online)
- Decent running shoes, black gym shorts, and team shirt - Team shirt will cost \$15 per shirt for new members of the team or if you would like to purchase a new one for this year.

Please complete online registration by Saturday, March 7th.

You cannot participate in practices or meets until your registration is completed and paid online.

Thanks for your cooperation.