

### Track and Field Day Permission Slip

Dear Parents/Guardians,

We are excited to announce that your child has made it to our upcoming **Track and Field Days** for Grade 4 and Grade 5 & 6 students! These events are a fun opportunity for students to engage in physical activity, teamwork, and school spirit.

#### Event Details:

- **Grades 5 & 6 Track and Field Day: Wednesday, May 14, 2025**
- **Grade 4 Track and Field Day: Thursday, May 15, 2025**
- **Location:** Albert McMahon Elementary
- **Time:** See attached schedule
- **What to Bring:**
  - Water bottle, sunscreen, hat, comfortable athletic clothing and running shoes.
  - Lunch and snacks

Please complete and return the permission slip below by Friday, May 9<sup>th</sup>, 2025.

### Track and Field Day Permission Slip

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

☐ I give permission for my child to participate in the Track and Field Day on:

(please check the appropriate box)

☐ Wednesday, May 14 – Grade 5 & 6

☐ Thursday, May 15 – Grade 4

Parent/Guardian Name (print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Emergency Contact Name & Number: \_\_\_\_\_

Allergies or medical concerns: \_\_\_\_\_

Please arrange transportation for your child, to and from the event at Albert McMahon.

## Schedule – Track and Field 2025

Wednesday, May 14th Grade 5 and 6

9:00 am - 100m heats	9:15- HJ boys 5	9:15 – shot-put girls 6
	9:15 - LJ boys 6	
9:45 –800m 5/1600m 6 (finals)	10:45 - HJ girls 5	10:45 - shot-put boys 6
		10:45 – LJ boys 5
10:30 – 200m heats	11:45 – HJ boys 6	11:45 – shot-put girls 5
	11:45 – LJ girls 6	
11:15 – 100m <u>Final</u>	12:45– HJ girls 6	
12:15 – 400m <u>Final</u>	12:45 – LJ girls 5	12:45 – shot-put boys 5
1:15 – 200m Final		
1:30 – Relays Grade 5/6 Girls and Boys		

## Schedule Track and Field 2025

Thursday, May 10<sup>th</sup> Grade 4

9:00 am - 100m heats	9:15- High Jump Girls 4	9:15 – Long Jump Boys 4
9:40 – 800m <u>FINAL</u>		
10:15 – 200m heats	10:30 – High Jump boys 4	10:30 - Shot-put Girls 4
11:00 – 400m <u>FINAL</u>	11:30 – Shot put Boys 4	11:30 – Long Jump Girls 4
12:00 – 200m <u>FINAL</u>		
12:15– 100m <u>FINAL</u>		
12:30 – Adapted 100M race Grades 4-6		
1:00 – Relays Grade 4 Girls and Boys		

\*\*\*Times are a guideline, the actual times may vary, please ensure you are at the school 20-30 mins before event start time.

Hello, Track and Field Parents!

Albert McMahon Elementary is excited to be hosting the upcoming District Track & Field Meet on May 14–15, 2025—and we're running a concession stand to keep everyone fueled and happy throughout the event!

To help keep things smooth for all our visiting schools, we've set up an online pre-ordering system for food and drinks:

<https://albertmcmahonpac.square.site>

Why pre-order?

Online orders help us plan quantities more accurately and ensure we don't run out of key items. It also guarantees your child will have a hot lunch ready for them—only pre-ordered meals will be held aside.

Here's what to know:

- The pre-order site is open now for all students and families attending the track meet.
- Hot lunch options include Panago Pizza and Hot Dogs.
- Hot food will be ready for pick-up starting at 11:15am at the clearly marked tent.
- Students will need to give the name the order was placed under.
- No refunds are available, so please remind students to pick up their orders.
- Make sure you're ordering for the correct date (May 14 or 15) depending on your school's participation!

While online orders aren't required, hot food purchased with cash the day of will be first come, first serve—so there's no guarantee food will still be available later in the day.