

# **Christ the King Catholic Track and Field 2023**

## ***Registration Deadline February 17<sup>th</sup>***

**League:** Dallas Parochial League [www.dallasparochialleague.com](http://www.dallasparochialleague.com)

### **Junior Varsity Track**

1. 5<sup>th</sup> & 6<sup>th</sup> Grade combined boys team
2. 5<sup>th</sup> & 6<sup>th</sup> Grade combined girls team

### **Varsity Track**

1. 7<sup>th</sup> & 8<sup>th</sup> Grade combined boys team
2. 7<sup>th</sup> & 8<sup>th</sup> Grade combined girls team

### **Junior Varsity Track Meet Dates**

1. Meet #1 – Saturday, March 25<sup>th</sup> @ TBA
2. Meet #2 – Saturday, April 1<sup>st</sup> @TBA
3. Meet #3 – JV City Meet (Championships) – Saturday, April 15<sup>th</sup> @ TBA

### **Varsity Track Meet Dates**

1. Meet #1 – Saturday, April 22<sup>nd</sup> @ TBA
2. Meet #2 – Saturday, April 29<sup>th</sup> @ TBA
3. Meet #3 – Saturday, May 6<sup>th</sup> @ TBA
4. Meet #4 – Varsity City Meet (Championships) – Saturday, May 13<sup>th</sup> @ TBA

### **Practices**

#### **Days and Times – To Be Determined**

The Athletic Department will secure a local track for practices.

#### **Junior Varsity Track Meet Events**

1. Long Jump
2. High Jump
3. Shot Put
4. Discus
5. 4 X 100 Meter Relay
6. 800 Meter Run
7. 100 Meter Hurdles
8. 100 Meter Run
9. 50 Meter Run
10. 4 X 200 Meter Relay
11. 400 Meter Run
12. 300 Meter Hurdles
13. 200 Meter Run
14. 1600 Meter Run
15. 4 X 400 Meter Relay

#### **Varsity Track Meet Events**

1. Long Jump
2. High Jump
3. Shot Put
4. Discus
5. 4 X 100 Meter Relay
6. 800 Meter Run
7. 100 Meter Hurdles
8. 100 Meter Run
9. 4 X 200 Meter Run
10. 400 Meter Run
11. 300 Meter Hurdles
12. 200 Meter Run
13. 1600 Meter Run
14. 4 X 400 Meter Relay

A complete list of rules can be found on the Dallas Parochial League web site at [www.dallasparochialleague.com](http://www.dallasparochialleague.com)