

Thursday 2/18/10

Dear Track Parents,

Now that we have the track teams picked, there are several things I need to go over. There is a track fee of \$75 that needs to be sent in (a few already have been). Also, you will find a schedule and team roster on other links within the sports page ([www.trafton.org](http://www.trafton.org)). The following is a description of each of the track meets Trafton is attending for the 2010 season, with an explanation of what to expect as players and parents. It will be up to the coaches (*Dan Mewhinney*-Distance running, Discus & Shot Put; *Shawn Hyland*-High, Long, & Triple Jump; and *Pat Tatum*-hurdles, sprinting and relay events) to decide which event(s) each student competes in because there is a limit on the number of players from each school per event.

Our running practices will continue to be Tuesday, Wednesday 3:30-4:30pm. Coach Hyland will be doing the jumping practices once or twice a week during P.E. Shotput & discus will be from 4:30-5:00pm Tuesday, Wednesday in addition to once or twice a week during P.E.. Baseball, softball, golf & tennis players that are also on track will continue to play/practice with their respective team(s) and occasionally practice their track events at P.E. as the schedule and the weather allow.

Pat Tatum

Head Track Coach

## Presbyterian Invitational Meet

This meet is scheduled on **Thursday, March 4<sup>th</sup>** and **Friday, March 5<sup>th</sup>**. There are divisions for 8th grade, 7th grade, and 6th grade teams. We are limited to three participants per event per grade. The events scheduled are as follows:

### Thursday - March 4th

Boys' Long Jump  
Boys' High Jump  
Boys' Shot Put  
Boys' Discus  
Boys' Triple Jump (8<sup>th</sup> only)

Girls' 100m Hurdles  
Girls' 200 Meter Hurdles  
Girls' 100 Meter  
Girls' 200 Meter  
Girls' 400 Meter  
Girls' 600/800 Meter  
Girls' 1200/1600 Meter  
Girls' 4 x 100 Meter relay  
Girls' 4 x 400 Meter relay

### Friday - March 5th

Girls' Long Jump  
Girls' High Jump  
Girls' Shot Put  
Girls' Discus  
Girl Triple Jump  
  
-(6<sup>th</sup> & 7<sup>th</sup> / 8th)-Boys' 100m Hurdles  
Boys' 200 Meter Hurdles  
Boys' 100 Meter  
Boys' 200 Meter  
Boys' 400 Meter  
Boys' 600/800 Meter  
-(6<sup>th</sup> / 7th & 8th)-Boys' 1200/1600 Meter  
Boys' 4 x 100 Meter relay  
Boys' 4 x 400 Meter relay

Currently, our plans are for the student competitors to leave Trafton at about 3:00pm. We will be taking the entire team by bus from Trafton to Presbyterian's track, with the first event scheduled to begin at 4:00pm. Snacks and drinks are usually available from a concession stand, so students may want to bring some money. Parents who wish to pick-up their student athlete at the track may do so between 6:00-7:00pm. (Some students will be done with their events much sooner than others.) Please do not leave a meet with a Trafton student without telling us!! We expect to return to Trafton about 7:30PM. If you have any questions concerning this meet, please contact me at Trafton (723-3732).

FYI: Presbyterian's track is off 288 South. On 288 south, the second exit is Reed Rd. The track and sports fields are on the right at 288 and Reed Road.

## Lutheran South Invitational Meet

This meet is scheduled on **Tuesday, March 9<sup>th</sup>**. There are divisions for 8th grade and 7th grade teams; however, some 6th graders will get to run up as 7<sup>th</sup> graders. We are limited to three participants per event per grade.

### **Tuesday - March 9th**

Boys' & Girls' Long Jump  
Boys' & Girls' High Jump  
Boys' & Girls' Shot Put  
Boys' & Girls' Discus  
Boys' & Girls' Triple Jump  
Boys' & Girls' Pole Vault - (8<sup>th</sup> grade division only)

Boys' & Girls' 100m Hurdles  
Boys' & Girls' 200 Meter Hurdles  
Boys' & Girls' 100 Meter  
Boys' & Girls' 200 Meter  
Boys' & Girls' 400 Meter  
Boys' & Girls' 800 Meter  
Boys' & Girls' 1600 Meter  
Boys' & Girls' 4 x 100 Meter relay  
Boys' & Girls' 4 x 200 Meter relay  
Boys' & Girls' 4 x 400 Meter relay

Currently, our plans are for the student competitors to leave Trafton at about 3:00pm. We will be taking the entire team by bus from Trafton to Lutheran's track, with the first event scheduled to begin at 4:00pm. Snacks and drinks are usually available from a concession stand, so students may want to bring some money. Parents who wish to pick-up their student athlete at the track may do so between 6:00-7:00pm. (Some students will be done with their events much sooner than others.) Please do not leave a meet with a Trafton student without telling us!! We expect to return to Trafton about 8:00PM. If you have any questions concerning this meet, please contact me at Trafton (723-3732).

FYI: Lutheran South is off I-45 South. Just past Beltway 8 take the Dixie Farm Road exit. Turn right onto Dixie Farm Road and then take your next immediate right (about 100 Feet), which is again Dixie Farm Road. This road will hook left and become Ryewater.

## Kinkaid Meet

This meet is scheduled on **Monday March 22<sup>nd</sup>** and **Wednesday March 24<sup>th</sup>**. There are divisions for 8th grade, 7th grade, and 6th grade teams. We are limited to three participants per event per grade. The events scheduled are as follows:

### Monday - March 22<sup>nd</sup>

Boys' Long Jump  
Boys' High Jump  
Boys' Shot Put  
Boys' Discus -(7th & 8th only)  
Triple Jump - (8th only)

Girls' 80/100m Hurdles  
Girls' 200 Meter Hurdles  
Girls' 100 Meter  
Girls' 200 Meter  
Girls' 400 Meter  
Girls' 600/800 Meter  
Girls' 1200/1600 Meter  
Girls' 4 x 100 Meter relay  
Girls' 4 x 400 Meter relay

### Wednesday - March 24<sup>th</sup>

Girls' Long Jump  
Girls' High Jump  
Girls' Shot Put  
Girls' Discus -(7th & 8th only)  
Triple Jump - (8th only)

-(6<sup>th</sup> & 7<sup>th</sup> / 8th)-Boys' 80/100m Hurdles

Boys' 200 Meter Hurdles  
Boys' 100 Meter  
Boys' 200 Meter  
Boys' 400 Meter  
Boys' 600/800 Meter  
Boys' 1200/1600 Meter  
Boys' 4 x 400 Meter relay  
Boys' 4 x 100 Meter relay

-(6<sup>th</sup> / 7th & 8th)-

-(6<sup>th</sup> & 7<sup>th</sup> / 8th)-Boys' 1200/1600 Meter

Currently, our plans are for the student competitors to leave Trafton at about 3:00pm. We will be taking the entire team by bus from Trafton to Kinkaid with the first event scheduled to begin at 4:00pm. Snacks and drinks are available from a concession stand, so students may want to bring some money. Parents who wish to pick-up their student athlete at Kinkaid may do so between 6:00-7:00pm. (Some students will be done with their events much sooner than others.) Please do not leave a meet with a Trafton student without telling us!! We expect to return to Trafton about 8:00PM. If you have any questions concerning this meet, please contact me at Trafton (723-3732).

FYI: Kinkaid's Ph# is 782-1640 and their address is 201 Kinkaid School Drive, which is off San Felipe two stop lights west of Voss.

***This meet is the first day back from Spring Break. I will need to know before we leave for Spring Break if you will be able to attend this meet. You will add to my unnecessarily high anxiety by telling me the day of the meet something to the effect of "What meet?" or "I'm not sure I can go".***

## Houston Christian High School's Meet

This meet is scheduled on Wednesday and Thursday, **March 31<sup>st</sup>** and **April 1<sup>st</sup>**. There are divisions for 8th grade, 7th grade, and 6th grade teams. We are limited to three participants per event per grade. The events are as follows:

### Wednesday - March 31<sup>st</sup>

Girls' Long Jump  
Girls' High Jump  
Girls' Shot Put  
Girls' Discus  
Girls' Triple Jump - (8th only)  
Girls' Pole Vault\*

\*Pole Vault Clinic will be offered by the host at the meet.

Boys' 4 x 100 Meter relay  
Boys' 800 Meter  
Boys' 100m Hurdles  
Boys' 100 Meter  
Boys' 400 Meter  
Boys' 200 Meter Hurdles  
Boys' 200 Meter  
Boys' 1200/1600 Meter (7<sup>th</sup> / 8th)  
Boys' 4 x 400 Meter relay

### Thursday - April 1<sup>st</sup>

Boys' Long Jump  
Boys' High Jump  
Boys' Shot Put  
Boys' Discus  
Boys' Triple Jump - (8th only)  
Boys' Pole Vault\*

Girls' 4 x 100 Meter relay  
Girls' 800 Meter  
Girls' 100m Hurdles  
Girls' 100 Meter  
Girls' 400 Meter  
Girls' 200 Meter Hurdles  
Girls' 200 Meter  
Girls' 1200/1600 Meter (7<sup>th</sup> / 8th)  
Girls' 4 x 400 Meter relay

Currently our plans are for the student competitors to leave Trafton each day at about 2:30pm. We will be taking the entire team by bus from Trafton to HCHS, with the field events scheduled to begin at 4:00pm. Snacks and drinks will be available from a concession stand.

Parents who wish to pick-up their student athlete at HCHS may do so between 6:30-7:30pm, but don't be late. We will **all** be leaving when the meet is over. I will not leave someone behind, nor will I hold everyone back to wait on an expected or delayed carpool, etc. Please do not leave a meet with a Trafton student without telling us!! We expect to return to Trafton each night at about 8:30 PM.

If you have any questions concerning this meet, please contact me at Trafton (723-3732).

FYI: HCHS's Ph# is 713-580-6000 and their address is 2700 W. Sam Houston Pkwy N., which is on the feeder north of I-10.

## St. John's Meet

This meet is scheduled on **Thursday, April 8<sup>th</sup>** & **Friday, April 9<sup>th</sup>**. This meet is almost identical to the Kinkaid Meet. There are divisions for 8th grade, 7th grade, and 6th grade teams. We are limited to three participants per event per grade. The events scheduled are as follows:

### Thursday - April 8<sup>th</sup>

Boys' Long Jump  
Boys' High Jump  
Boys' Shot Put  
Boys' Discus -(7th & 8th only)  
Triple Jump - (8th only)

Girls' 80/100m Hurdles  
Girls' 200 Meter Hurdles  
Girls' 100 Meter  
Girls' 200 Meter  
Girls' 400 Meter  
Girls' 600/800 Meter  
Girls' 1200/1600 Meter  
Girls' 4 x 100 Meter relay  
Girls' 4 x 400 Meter relay

### Friday - April 9<sup>th</sup>

Girls' Long Jump  
Girls' High Jump  
Girls' Shot Put  
Girls' Discus -(7th & 8th only)  
Triple Jump - (8th only)

-(6<sup>th</sup> & 7<sup>th</sup> / 8th)-Boys' 80/100m Hurdles

Boys' 200 Meter Hurdles  
Boys' 100 Meter  
Boys' 200 Meter  
Boys' 400 Meter  
Boys' 600/800 Meter  
-(6<sup>th</sup> / 7th & 8th)-  
-(6<sup>th</sup> & 7<sup>th</sup> / 8th)-Boys' 1200/1600 Meter  
Boys' 4 x 400 Meter relay  
Boys' 4 x 100 Meter relay

Currently, our plans are for the student competitors to leave Trafton at about 3:00pm. We will be taking the entire team by bus from Trafton to St. John's School, with the first events scheduled to begin at 4:00pm. Snacks and drinks are usually available from a concession stand, so students may want to bring some money. **THIS IS ONE WAY TRANSPORTATION.** Parents should pick-up their student athlete at St. John's between 6:00-7:30pm (Some students will be done with their events much sooner than others). Please do not leave a meet with a Trafton student without telling us!! If you have any questions concerning this meet, please contact me at Trafton (723-3732).

FYI: St. John's Ph# is 850-0222 and they are located near Lamar High School at the intersection of Buffalo Speedway and Westheimer.

## Awty hosting the GHAC Conference Meet

This meet is scheduled on **Thursday and Friday, April 22<sup>nd</sup> and 23<sup>rd</sup>**. This meet is the real thing and the competition will be very good. There are divisions for 8th grade, 7th grade, and 6th grade teams. We are limited to three participants per event per grade. The events scheduled are as follows:

### Thursday April 22<sup>nd</sup>

Boys' Long Jump  
Boys' High Jump  
Boys' Shot Put  
Boys' Discus -(7th & 8th only)  
Triple Jump - (8th only)

Girls' 80/100m Hurdles  
Girls' 200 Meter Hurdles  
Girls' 100 Meter  
Girls' 200 Meter  
Girls' 400 Meter  
Girls' 600/800 Meter  
Girls' 1200/1600 Meter  
Girls' 4 x 100 Meter relay  
Girls' 4 x 400 Meter relay

### Friday April 23<sup>rd</sup>

Girls' Long Jump  
Girls' High Jump  
Girls' Shot Put  
Girls' Discus -(7th & 8th only)  
Triple Jump - (8th only)

-(6<sup>th</sup> & 7<sup>th</sup> / 8th)-Boys' 80/100m Hurdles  
Boys' 200 Meter Hurdles  
Boys' 100 Meter  
Boys' 200 Meter  
Boys' 400 Meter  
Boys' 600/800 Meter  
-(6<sup>th</sup> / 7<sup>th</sup> & 8th)-  
-(6<sup>th</sup> & 7<sup>th</sup> / 8th)-Boys' 1200/1600 Meter  
Boys' 4 x 400 Meter relay  
Boys' 4 x 100 Meter relay

Currently, our plans are for the student competitors to leave Trafton at about 3:00pm. We will be taking the entire team by bus from Trafton to Awty's track, with the first event scheduled to begin at 4:00pm. Snacks and drinks are usually available from a concession stand, so students may want to bring some money. Please do not leave a meet with a Trafton student without telling us!! If you have any questions concerning this meet, please contact me at Trafton (723-3732).

FYI: Go north on 610 west loop. Exit Memorial/Woodaway. From feeder, pass Woodway, and turn left under freeway on Memorial. Immediately veer right onto North Post Oak. Stay on North Post Oak, pass over I-10. Turn left at Light.(Awty School Lane) - it is a small street.