



PICKERING
CHRISTIAN
SCHOOL

Mr. D. Park
Principal

Mrs. J. Grant
VP - Primary

Mr. N. Ogborne
VP - Intermediate

Parents/Guardians of PCS Track & Field athletes,

I am excited to report that your child has been successful in making it to the Edvance Durham Athletics (EDA) **Regional Track and Field Meet on Monday May 30th at St. Mary's Catholic Secondary School, 1050 Birchwood Trail, Cobourg.** Please be at the school by **7:00 am** if your child is traveling on the bus. Lord willing, we will arrive back around **4:00 pm.** ***Please find attached a tentative schedule for the meet.*** I hope, as the meet convenor, to actually move things ahead as we work our way through events. If you plan on watching your child compete, I would recommend you coming earlier than their scheduled time. Please send a lunch with your child but nothing too heavy. **A hat, sunscreen, water bottle, and PCS gym attire** is required to keep our students safe and represent our school at the meet. Good running shoes with lots of tread will allow for the best performance potential; cleats are not allowed, or needed. There will be no water access on site so please send your child with lots of water. At this time, the weather appears to be questionable in forecast, but our track, and event areas, are "all weather" allowing us to participate rain or shine. If this indeed takes place, please send your child dressed appropriately.

If you are planning to attend at any time, please note that parking is very limited and anyone found to be in bus areas will be towed. If you are going to pick up your child at the meet and take them home, please look for Mrs. Johnston and inform her of your intentions so as to account for all attending athletes. **If you are planning on going to the meet and can drive your child, please let us know below. We have limited seats on the bus.**

Please sign the permission slip below and return giving your approval for attendance and participation on this great day!

As we give our best for the Lord,

Mr. Ballanger
PCS Phys-Ed and Athletics
Track & Field Coach
Regional Track & Field Convenor

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I hereby give permission for _____ to attend the **Regional Track and Field Meet on Monday May 30th at St. Mary's Catholic Secondary School**

- ☐ My child will be going on the bus
- ☐ I will be driving my child to the meet
- ☐ My child will be driven by _____

Parent/Guardian Name (printed) _____

Parent/Guardian Signature _____

Date _____

162 Rossland Rd. E.
Ajax, ON L1T 4V2

TEL: 905.427.3120
FAX: 905.427.0211

| REGIONAL MEET - CHRISTIAN SCHOOLS - May 30/25 | | | | | | | | | |
|---|---|-----------|--------|-------------|--------|------------|--------|------------|--------|
| Schedule for the Day | | | | | | | | | |
| 8:45am | Coaches meeting | | | | | | | | |
| 9:00am | 1500 Meter for both genders (staggered start) | | | | | | | | |
| 9:30am-12:00p | Girls track/Boys Field | | | | | | | | |
| 12:00pm-2:30p | Boys track/Girls Field | | | | | | | | |
| 2:30pm | Relays | | | | | | | | |
| Track order 100-200-400-800 | | | | | | | | | |
| Field event schedule | | | | | | | | | |
| School Running | | Knox | | Immanuel | | Shot Put | | Broad Jump | |
| | | Long Jump | | Triple Jump | | Ball Throw | | Javelin | |
| 9:30am | Tyke | | | | | | Int | | Junior |
| 10:00am | Junior | | Tyke | | | | | | Int |
| 10:30am | Int | | Junior | | Tyke | | | | |
| 11:00am | | | Int | | Junior | | Tyke | | |
| 11:30am | | | | | Int | | Junior | | Tyke |
| 12:00pm | Tyke | | | | | | Int | | Junior |
| 12:30pm | Junior | | Tyke | | | | | | Int |
| 1:00pm | Int | | Junior | | Tyke | | | | |
| 1:30pm | | | Int | | Junior | | Tyke | | |
| 2:00pm | | | | | Int | | Junior | | Tyke |