

Dear Parents:

Master Field Day Information (also see the website – Master Field Day)

Congratulations! Your son/daughter has been selected for the CCS Master Field Day (MFD) Team. MFD takes place on Friday, May 31 at the Mohawk Sports Park located at 1100 Mohawk Rd. E. (corner of Mohawk Rd. and Upper Kenilworth Rd). Please take the following into consideration:

1. A shuttle service will be provided from CCS to the park. Students should be at CCS at 8:15 a.m. to take the shuttle. Please inform Mr. Boonstra if your child is taking the shuttle service. Otherwise, it will be assumed that you are driving your child straight to the park. Opening devotions begin at 8:45 a.m., with the first event set for 9:00 a.m. (see schedule below for all event times).
2. Please ensure that your child is at his/her events on time. They need to connect with the group leader if they arrive later in the day.
3. Students are not permitted to leave the grounds unless they are going home or leaving to go some place with a parent. Mr. Boonstra should be informed of this decision.
4. Team uniforms are a must – especially shirts (CCS gym shirts will do).
5. Students should come prepared for rain or shine - proper clothing, water, sunscreen, etc.
6. MFD will take place even if it is raining, unless it looks particularly nasty. Please check the **school website** to see if MFD is canceled. Students will be expected to go to school if MFD is canceled. There is no rain date.
7. If your child needs a ride back to school, the same shuttle service will be provided. You will need to pick up your child at CCS at approximately 3:30 p.m.
8. Students must take along their own lunch and drink. Food **will not be sold** at the park.
9. Students are encouraged to practice the event they are participating in.
10. Participants should not be in more than 5 events.
11. Please see the back of this sheet for a complete schedule of events.

Track Team Practice

A team practice is set for tomorrow (Wednesday, May 29) after school. The practice will run from 3:30-4:30. All students are welcomed to join us to practice the event that they have qualified for.

If you have any questions, please feel free to email me – aboonstra@ccshamilton.ca

Sincerely,

Mr. Boonstra

MASTER FIELD DAY SCHEDULE
FRIDAY May 31, 2019

Time	9/10 Boys	9/10 Girls	11/12 Boys	11/12 Girls	13 + Boys	13+ Girls
8:30	Teachers and Leaders Meeting					
8:45	Opening Devotions					
9:00	800 m	800 m	800 m	800 m	800 m	800 m
9:40	Ball Throw	Running Long	100 m Dash	100 m Dash	Standing Long	Triple Jump
10:20			Running Long	Standing Long	100 m Dash	100 m Dash
11:00	100 m Dash	100 m Dash	Ball Throw	Running Long	Triple Jump	Standing Long
11:40	Triple Jump	Ball Throw			Running Long	200 m
12:20	Standing Long		Triple Jump	Ball Throw		Running Long
1:00	Lunch Break					
1:10	Running Long	Triple Jump	Standing Long	200 m	200 m	Ball Throw
1:50		Standing Long	200 m	Triple Jump	Ball Throw	
2:30	4 x 100 Relays	4 x 100 Relays	4 x 100 Relays	4 x 100 Relays	4 x 100 Relays	4 x 100 Relays
3:00	Results and Closing Devotions					

Please be at the events at the required time. Note the **10 minute Lunch Break**. All blanks indicate make-up time or a break.