

SAINT MARK TRACK AND FIELD

Track and Field is not all running. In fact, there are many other options to choose from that don't require running. The field aspect includes many different aspects. These consist of shot put, long jump, and high jump. If your child is not interested or running is not your strength, then the field part of track is the one for you. Long jump where you jump a long distance into a sand pit. Shot put is also like these two but you use a very heavy ball that you throw as far as you can. High jump where you jump over a horizontal pole onto a soft mat.

Practices will begin on Monday, March 10th and will be held at the Bristol High School Track. Practice is from 5:30 to 6:30, Monday through Thursday for grades 4th to 8th Grade. 1st to 3rd graders practice Monday and Wednesday. Meets are always on Sundays.

DON'T WAIT ANOTHER SECOND! HEAD OVER TO
[HTTPS://TSHQ.BLUESOMBRERO.COM/STMARKBRISTOL](https://tshq.bluesombrero.com/stmarkbristol)

Any Questions Contact

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5:30PM TO 6:30PM

MONDAY
THROUGH
THURSDAY

BRISTOL TRACK FIELD

TRENTON RD AND
JACKSON ST
BRISTOL, PA 19007