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## **Wells Parks & Recreation Track & Field**

Track & Field will be held on Fridays from 3:30 - 5:00pm at the Wells Rec. Park on 9A. Practices start on Friday, May 1 and go to June 12. \*May 22, the Friday of Memorial Day weekend, may be used as a rain make up if needed.

Participants can be dropped off at the Rec. Park near the first base dugout on the Rec. softball field. Bus transportation is available, there is a bus that stops at the Rec, please contact the bus company to see if they have space for you. Participants can be picked up at 5:00pm near the first base dugouts.

Please dress; accordingly, if it is cold outside then dress warmly, it is easier to take off layers than need extra layers and be cold. You can bring a change of clothing and change before practice. Water may not be available out on the fields, please bring a water bottle with your name on it. If it is raining and track is cancelled for that day an announcement at school will be made, an email will be sent from our registration program, and a post will be put on Facebook.

During Track Meets and practices, there are many events going on at once, such as throwing, jumping, and running. Participants are asked to give everything a try at least once, you may like it. At track meets you must participate in at least 3 events; you can choose to do all 12 if you desire. If you are not involved in an event at the time, please make sure you are not in the way. For your safety, please pay attention, listen to the instructors, and always stay with the group.

We have 2 away meets this season; attendance is optional, but we encourage you to attend. We will compete against Hollis, Old Orchard Beach, Buxton, Standish, Limington, and possibly other Rec teams. Participants can compete in up to 12 events against similar grade and gender competitors from each town.

Our first meet will be at Hollis on **Friday, May 8** at 14 Lower Tarbox Road, Hollis. The last meet will be at Old Orchard Beach on **Friday June 12** at 40 E Emerson Cummings Blvd, Old Orchard Beach. All meets will start around 3:30-4:00pm (or when we arrive) and go to about 7:00-7:30pm.

The Rec. can provide transportation to and from the away meets for up to 12 people. **The Rec. van will pick up track members at the Wells Elementary School gym, promptly leaving Wells at 3:15pm.** If you would like your child to ride on the van, please reserve a seat by calling the Rec. office 646-5826, or speak with coaches in advance. If your child will be riding in the Rec vans to a meet; **You MUST contact the school to inform them, track members will be dismissed with the Rec After Care kids.**

Since we are only able to attend 2 meets this year, we have decided to hold a mini meet during practice on Friday, May 29 and parents and family members are invited to participate. Participants will compete in 50- & 100-yard dashes, 400-yard run, team relays, shot put, discus, turbo jav, and standing jump. Challenge your family, teammates, or try to beat your record.

**Volunteer help is needed** during regular track practices as well as track meets. Extra coaches make for more practice opportunities and quicker meets! Helpers don't necessarily need to know how to do the skill, just help with supervision and taking some measurements. If you have any questions or would be interested in helping at either regular practices or at a Track meet, please contact Wells Rec. at 646-5826.

Thank you,  
Marilyn Wallace  
Natalie Gould  
Jakob Rivers  
Wells Parks & Recreation