

**Christian School / Home School Field Day
2010 Nebraska State Championships**

Dear Parents,

Students will be allowed to participate in every event for their grade level. K-2 may choose up to 6 events and 3-8 may choose up to 7 events (not counting the relay)

To keep Field Day as organized as possible, we are going to run events as close to their scheduled time as possible. Parents and event volunteers will be given the same schedule and we will do our best to see that events begin at their designated time. Please be patient if events run behind.

For fun we are going to add a parent/teacher relay which will run after the student relay! If you are interested in running in a relay please make a note on your paperwork and we'll see how many teams we can get together. Or better yet, get a team organized before you come!

Central Catholic has asked that we inform you regarding the use of their restrooms. We are able to use their outdoor access to the locker rooms on the southeast side of the building. The only time we should be in the building is for restroom use. A map will be provided with your schedule should you have any questions.

As a school we have enjoyed putting on this Field Day. We would appreciate your feedback and welcome any suggestions you may have. You can email your thoughts to kim.erdmann@gmail.com or speak to Kim at the day of the event. Thank you for your participation.

Please share with other homeschool families that you know about this opportunity. The more children, the more fun for everyone!

See you there!

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You Are Invited!

Each spring for the past seventeen years, Grand Island Christian School has hosted the Central Nebraska Field Day Championships. Last year, about 100 Christian School and Home School students participated in the event.

Here are some of the details for this year's event:

Place: Central Catholic High School in Grand Island (1200 N. Ruby Ave.)

Date/Time: Friday, May 14, 2010, 8:30 am –1:00 pm

Entry Fee: The **entry fee will be \$6.00 for each participant**. (Optional T-Shirts are available for an additional \$10.) Athletes ages K-8 are eligible to participate in up to **seven** events plus a relay.

Entry Deadline: Friday, **April 30th**.

Awards: Ribbons will be awarded to the top five places in each event. A participation ribbon will go to athletes not placing in the top five in any of their events. Medals will be awarded to participants in the top three Relay Teams.

Categories: We will have individual grades or combined grade levels based on the number of entries at each level.

Waiver of Liability Forms: These forms must be signed and returned with entry forms.

Helpers: Participating schools are requested to provide six people who are willing to help run the events. Although leaders will be assigned for each grade level, **supervision will be the responsibility of each school and family. Be sure children are at each event ahead of schedule so he/she is not scratched from an event.**

Name Tags: Each child should have a name tag with his name, grade and school written on it. These will be provided upon arrival.

Field Day T-Shirt: To order a really cool Christian School/Home School Field Day T-Shirt, indicate size and color on the sign up form and include an extra \$10 for each t-shirt ordered.

Concessions: Breakfast, lunch, snacks and drinks will be sold at the concession stand.

Goals:

- To enjoy the day.
- To encourage each participant to do his/her best.
- To honor the Lord with our attitudes and actions.

If you are interested in participating in this year's Field Day Championships, please complete the enclosed forms. If you need additional forms, you may download them from our school website: **www.gichristian.org**.

We look forward to your participation in the 2010 Christian School/Home School Field Day State Championships!

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Event Rules

In all events, boys and girls will compete separately according to the grade division on the Event Summary. For example, all 4th Grade Boys will compete for the place awards in their divisional events (exceptions may be made for events with less participation, i.e. the mile run). Secondly, place awards will be given for first through sixth place (or up to the amount of participants). Students who do not place in any of their events will receive a participation ribbon. The event Judges' ruling will be final. Ribbons will be delivered the week following the meet.

1. 50-- Meter Dash -- Students will run in heats, with the 1st two finishers from each heat competing in the finals. Heats will be assigned randomly. If there are less than 9 participants, there will be no preliminaries. As in all events, boys and girls will compete separately.
2. 100 -- Meter Dash -- Same as 50 Yard Dash.
3. 200 m., 400 m., 800 m., and 1600 m. Runs -- These will all be run on a track. Heats will again be selected randomly, with the number of heats being dependent upon the number of entrants in each division. There will not be finals for these races. The fastest time will receive 1st place, etc.
4. Shuttle Run -- Students will run on a 10 yard course, pick up a small bean bag, return the bag to the starting line, and repeat the procedure with a second bean bag. This event will also be run for time, with the top times being awarded 1st place, etc. Each student will have only one run.
5. Softball Throw -- Students will be given two throws, with their longest throw being counted. Students may throw the softball overhand or underhand, but must throw the ball from behind the line. The longest throw of the age division will be recorded by the judges. The ball will be measured from where it first hits the ground.
6. Soccer Kick -- Students will stand behind a line to kick. Students must stand and kick. The length of the kick will be determined by where the ball stops rolling. Each student will be given two kicks.
7. Football Kick -- Students may punt or kick the football from a tee. The length of the punt or kick will be determined by the distance that the ball travels in the air. Each student will be given two kicks.
8. Standing Long Jump -- Students will stand behind a line and will jump forward from that line. The length of the jump will be measured from the closest point to the line where the back of the heel lands. If a student falls backward, the fall is marked closest to the board. Each student will be given two jumps and the longest jump will be the one recorded.
9. Running Long Jump -- Students will run along a runway of approximately 30 yards, jump off of a 4 inch board forward into the pit. Forward progress will be marked from the closest point to the board. Three jumps will be given to each student, however, the students may not step over the board or a scratch results in a disqualified jump.
10. Relay -- The All--School Relay will be 4 x 200 around the track. There must be 2 girls and 2 boys on each team (1 from K-2, 1 from 3-4, 1 from 5-6, 1 from 7-8) (If a school doesn't have grades 7-8, 2 members of the relay team can be in lower grades.) Homeschoolers are encouraged to assemble a team while at Field Day.

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Helper Sign-up Form

Participating schools must provide six people who are willing to help run the events. Assistance is especially needed during the morning when the K-2 athletes are competing. **Supervision will be the responsibility of each school and family.**

Name of School:

Name of Volunteer:

Address:

City / State / Zip Code:

Phone:

E-mail Address:

Name of Volunteer:

Address:

City / State / Zip Code:

Phone:

E-mail Address:

Name of Volunteer:

Address:

City / State / Zip Code:

Phone:

E-mail Address:

Name of Volunteer:

Address:

City / State / Zip Code:

Phone:

E-mail Address:

Name of Volunteer:

Address:

City / State / Zip Code:

Phone:

E-mail Address:

Name of Volunteer:

Address:

City / State / Zip Code:

Phone:

E-mail Address:

Please enclose with your Sign-up Form, Waiver, and Remittance and mail to:

**Grand Island Christian School
1804 W State St
Grand Island, NE 68803**

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Waiver of Liability

This is to certify that I (We), the undersigned, do fully absolve Grand Island Christian School and Central Catholic School in Grand Island, Nebraska, of any liability during the Field Day events held on May 14, 2010, at the Central Catholic School track. I (We), the undersigned, understand that the signing of this form is necessary for the participation in any events for our child/children.

The following is a list of children that are covered by this absolution of liability:

Signed this day _____, 2010

(Parent or Guardian)

Parent or Guardian _____

Address _____

City, State & Zip _____

Phone number _____

E-Mail _____

School _____

Mail Sign-up Form, Waiver, Helper Form, and Remittance to:

Grand Island Christian School
1804 W. State Street
Grand Island, NE 68803