**Dear Parents/Guardians-**

 **I would like to invite any 6 grade track 3students who may be interested in trying out for this year’s 2019 annual First In Fitness Event located at South East Raleigh HS on Friday, March 15th from 7:30-2:00.**

**Tryout dates for track 6/3 students will be held on Thursday, February 21st from 2:15-3:45. Please keep in mind that your son/daughter will need to arrange transportation NO later than 3:45.**

**If you have any additional questions, please feel free to send me an email any time. Good luck & Thank you for your support.**

**Description of events –**

1. **Shuttle run**
2. **Mile run**
3. **4 X 100 (boys & girls)**
4. **Triathlon (Mile run, Pull ups & shuttle run)**
5. **Pull ups (boys & Girls)**
6. **Long Jump**
7. **400 meter**
8. **100 yd. dash**

 **Sincerely-**

 **Coach Smith**