

## Track and Field 2016

### **Please note the changes! There are several!**

(Please contact Gillian at gwilsonhaf@vsb.bc.ca if you have any questions)

### Mini-Meets at Camosun from 3:30 p.m. until 5:00 p.m.

Juniors (Gr. 3 to 5)      Thurs., May 12th, and Wed., May 18th

Seniors (Gr. 6 & 7)      Tues., May 10th, and Mon., May 16th

### Finals at Point Grey on May 26th, 8:30 a.m. to 3:30 p.m.

(Junior meet from 8:30 a.m. until 12:30 p.m. and Senior meet from 1:00 p.m. until 3:30 p.m. Number of runners in the 600m for Juniors and 800m for Seniors will be limited to three girls and boys per school per grade.)

### Mini-Meets and Finals

Girls will start with track for the first mini-meet and for the finals. Boys will begin at with track for the second mini-meet. **Track events for the first mini-meet will begin with 4 X 100m and then a 600m race for Juniors and an 800m for Seniors. For the second mini-meet the track events will include a 4 X 200m (explanation is included on the second page) and 100m sprints. If there is time at the second mini-meet we will also add the 600m (Juniors) or 800m (Seniors).** The final meet will include all four track events. Field events will rotate every 15 minutes at the mini-meets (30 minutes for Juniors and 20 to 25 minutes for Seniors at the zone meet). Please remind students that they must rotate together as a team for the field events. Look below to know where your team starts and rotates. **Also students may not compete in an event they have not practiced numerous times this year.**

Carnarvon, Tennyson, Lord Roberts and Queen Mary  
Start at shot put, then long jump, then high jump

Kitchener, U-Hill, Bayview, Norma Rose Point and Hudson  
Start at long jump, then high jump, then shot put

Gordon, Queen E., J. Quesnel, Trafalgar and Elsie Roy  
Start at high jump, then shot put, then long jump

**Students must have practiced the events they participate in prior to the meets. Grade threes will be asked not to participate in high jump and shot put for safety reasons (exceptions will be made but only with approval by the student's coach). No students will be allowed to compete in high jump unless they have trained several times previously and can jump 0.90m (Juniors) or 1.05m (Seniors).**

# Responsibilities

Shot Put - Queen Elizabeth, Norma Rose Point and Lord Roberts

Long Jump - U-Hill, Carnarvon and Tennyson

High Jump - Gordon, Hudson and Trafalgar

Track Start - Kitchener, Bayview and Elsie Roy

Pass 1 - Queen Mary

Pass 2 - Queen Mary and Kitchener (due to extra challenges with 4X200 ideal to have 2 helpers here for the second week)

Pass 3 - Jules Quesnel

## Please Note

1. Ribbons will only be given out at the final meets. Ribbons will be delivered to your station for the final meets.
2. Students must wear a team jersey in order to compete.
3. Schools responsible for each station must ensure they have all the equipment necessary to run the station ready prior to meet beginning.
4. Spikes cannot be worn at any of the meets.
5. Meets will be on unless the track is flooded.
6. Each school will be assessed a few dollars to share cost of ribbons and lining the field.
7. Remind students to bring water, hats, sunscreen or rain gear.
- 8. Each school should have a first aid kit including instant ice.**
- 9. Each school will need to provide 2 adult volunteers to help at each meet. Volunteers must be familiar with their responsibilities.**
- 10. Instructions for the 4 X 200m: 1st runner starts in his or her lane at the stagger marks. The runner must stay in his or her lane. 2nd runner is also at his or her stagger mark and must stay in his or her lane. 3rd runner is at the finish line in his or her lane. The 3rd runner must receive the baton in his or her lane and then when it is safe to do so (not cutting off another runner) they cut into the inside lane. The 4th runner is never in a lane so they should receive the baton and run in lane 1.**