

Track and Field Meeting
Tuesday, May 8, 2018
4:15 pm - Sinclair PS

1. Coaches Clinic for high jump and shot put
 - Wednesday, May 9th at Invista Track
 - Shot put start at 4:15 pm
 - High jump at 4:45 pm
 - Necessary for coaches of high jump and shot put to qualify every 3 years
 - Please email Darrell Scott to register for these workshops

2. Venue – CaraCo Track, Invista Centre\
 - Diagram of the track, pits and parking areas is available on the web site. Please see that this goes home with all parental permission forms.
 - Safety Issues - spikes/High jump pit

3. Fees
 - \$5 per athlete
 - No entry fees for district
 - Your school was charged with the spring sports fees based on your registration numbers from last year

4. Field Events
 - 4 pits in use for long jump and triple jump – run in rounds
 - 1 high Jump Pit
 - regional meets will be run in rounds
 - district meet will not be run in rounds
 - please be sure your competitors can comfortably clear the start height. See #9
 - only three competitors from each area meet will move on to the district meet in high jump

5. Dates:
 - Track & Field - registration due Monday, May 28, 2018 - this is a hard deadline. No exceptions or extensions will be granted.
 - Region 1: Tuesday June 5, 2018
 - Region 2: Wednesday June 6, 2018
 - Region 3: Thursday June 7, 2018
 - Region 4: Friday June 8, 2018
 - Region 5: Monday June 4, 2018
 - Regional Rain Dates: Monday June 11 or Tuesday June 12, 2018
 - District Track & Field Championships: Wednesday June 13, 2018
 - District Rain Date: Thursday June 14, 2018

6. Regional Meets
 - Suggested Time constraints for 3000m & 1500 m (suggested that competitors should be able to match minimum these times) – **NO WALKERS PLEASE**

Qualifying Times		Midget	Bantam	Atom
Boys	3000m Open	13:00		
	1500m	5:50	6:30	6:45
	800m	2:55	3:05	3:15
Girls	3000m Open	15:00		
	1500m	6:30	6:50	7:30
	800m	3:10	3:20	3:30

- All meets start at 8:30 for the 3000m and 9 am for all other events.
- Finish line timing:
 - Schools do not need to supply timers
 - Helpers are needed at the finish line to for 3000m, 1500m and 800m – please indicate which schools will provide students/parents/coaches to help with these events.

7. Number of athletes per region to advance to District Meet

- Non-relay events – top 5 from each region will advance to district meet **except for region 5 which will advance 4.**
- Relay events :
 - **Top 3 relay** teams from each region to the district meet
 - **High jump** – cannot handle 5 competitors from each division on one pit – **we will send 3 per region** to the district instead of 5 like in the other events.

8. Registration:

- Registration format – Microsoft Excel
- **Deadline for entries Mon., May 28, 2018**
- Past problems:
 - First – last names – please make sure they are in the correct column – otherwise file will be returned to you for correction
 - Use of capitals – first letter of first and last name only in capitals
 - Blocked cells – except for first and last names the cell on the sheet are blocked. If anything is put in these cells the track program will not take the entries.
 - Misspelled names – if names are spelled differently in two different events, the program considers the individual as 2 people. This creates a problem when the individual points are calculated for individual medals at the end of the meet.
- If you have changes do not repeat the registration process – just email the names via board mail to Darrell Scott
- Changes will be accepted via email up to 2 days before the meet, after that give them to Clerk of the Course or to the person running the field event as soon as you arrive. Do not wait until the event starts.
- You do not need to register your athletes for the district meet. This is done automatically.- please let Darrell Scott know if a student(s) qualifies for the district

meet but cannot make the district meet – where possible, we will notify the next qualifier.

- If you have problems with registration please email Darrell Scott immediately

9. High Jump starting heights

- Training information is available on the web site for shot put and high jump
- High jump – DO NOT ENTER STUDENTS WHO CANNOT CONSISTENTLY CLEAR THE STARTING HEIGHTS

	Starting Height	2nd Round	Increases
Midget Boys	130 cm	140 cm	5 cm or 2 cm at official's discretion
Midget Girls	125 cm	130 cm	5 cm or 2 cm at official's discretion
Bantams	105 cm		5 cm to 130 cm maximum
Atoms	95 cm		5 cm to 125 cm maximum

10. Other items:

- We are asking all competitors, coaches, and parents to stay off the infield (as we have our sound equipment set-up here) and off the track especially the area around the finish line- please include this in the permission form
- Age Categories
 - Atoms born in 2008 or later
 - Bantams born in 2006-2007
 - Midgets born in 2005 or earlier
- Canteen
- Clean up – No food or drinks (except water) anywhere on the Mondo Surface. This includes the pit areas. This should be included in permission forms.

11. Inclement Weather:

- Inclement weather – only 2 rain dates – meets go rain or shine unless severe weather is predicted
- Responsibility for notifying parents – should be included in the permission form – information will be emailed to the school contacts, put on school website and on the radio

12. Other items

- Play equipment at the meet – a discussion followed outlining concerns regarding kids playing catch with footballs, Frisbees and kicking soccer balls around the track area. It was decided to prohibit all Frisbees, footballs, soccer balls, and other such implements anywhere inside the track enclosure. Please let your athletes know.