

Track & Field 2017

Enclosed is a schedule of events and important pieces of information for all track meets. **Those running a field event need to pick up their package at the scorer's table as soon as you arrive in the morning, which hopefully will be by 8:30.**

ADDITIONAL REMINDERS:

1. TENTS - No tents / canopies are allowed to be set up in the bleachers, according to the legal department from the City. It does not matter if you have done it before with other community activities. All tents are to be set up on the lower field by the shot put pits. Inform your parents of this as well.

2. TRACK DISTANCES - The following are the distances for each age group.

TYKES – 60 m, 100 m, 300 m, 600 m, 1000 m, 4 x 100 relay

PW 1 - 60 m, 100 m, 300 m, 600 m, 1000 m, 4 x 100 relay

PW 2 - 80 m, 100 m, 300 m, 800 m, 1200 m, 4 x 100 relay

Bantam 1 - 100 m, 200 m, 300 m, 800 m, 1200 m, 4 x 100 relay

Bantam 2 - 100 m, 800 m, 1200 m, 4 x 100 relay

* 1000 m and 1200 m will be run on a different day from the Zone Meet

3. ENTRIES - each school is allowed to enter the following athletes for each age group:

* 60 m, 80 m, 100 m and 300 m - **2 per school**

* 600 m, 800 m, 1000 m, and 1200 m & *field events* - **3 per school**

4. Bantam 2 (B2) athletes only compete in the following events:

100 m, 800 m, 1200 m, 4 x 100 relay, and all field events

5. RELAYS - there are 2 types of relays: 4 x 100 and medley

- a student can run in only **ONE** type of relay

- 4 x 100 relay teams are open to all age groups

- medley relay teams are for PeeWee (either PW1 or PW2) 300 – 300 – 200 – 800 m and Bantams (either B1 or B2) 200 - 200 - 400 - 800 m

6. ATHLETES - a student is only allowed to participate in **3 individual** events and **1 relay**.

Remember the 1000 m and 1200 m races are on a different day and they **count** as one of the 3 events. Check with your zone coordinator to find out when and where your zone 1000 / 1200 m race is.

Age Limits: Tykes born in or after 2007

PW 1 born in 2006

PW 2 born in 2005

Bantam 1 born in 2004

Bantam 2 born in 2003

- 7. NAME TAGS** - Make sure that the name tags have the **first and last name, school, and age group, event and time of event (pit number for field events)**
- the stickers do not like to stick to the mesh school jerseys, so have the students put them on their t-shirts underneath the jersey
 - For the District Meet, all of the above information needs to be included, as well as **Flight A and B** information for the 60m, 80m, 100m, 200m, and 300m events.
- 8. IN-FIELD** - Students are not to allowed to linger in the in-field. They are NOT to go across the in-field to get from one side to the other. Remind them to walk along the gray cement and go around the track. Encourage your students to stay in the stands and watch the running events from there. If they are watching the jumping events, they need to make sure they do not get in the path or interfere with the competitors. Additionally they can **not** be on the sidewalk that runs parallel with the 100 m. They can walk the length of the stands to get to the start of the 60m, 80m and 100m instead of cutting across the track and into the infield.
- 9. HELPERS** - Bring at least 3 - 4 student helpers for each field event. This is a good leadership opportunity for students who would not qualify as a competitor. Their job would be to hold the measuring tape in place while you look and record the distance, replace the high jump bar, rake the pits, etc.
- If you can not bring student helpers to hold the tape measure, rake the pits, replace the high jump bar, etc. then please let me know (in advance) and I will bring some McGowan students.**
- 10. CONFLICTS** - between running events and field events
- a) Students need to pay close attention to the P.A. as the running events are being announced. There is no need for a tyke to go to the marshaling area if the bantams are running. They need to stay at their field event until their age group is called to the marshaling area for the running events.
 - b) When it is time for them to leave, they need to tell the person running the pit that they are going to their running event.
 - c) As soon as they finish their race, they need to **IMMEDIATELY** return to the pit event to complete the competition. They should not linger at the track, visit with friends or family, have a snack, etc.
 - d) If the field event is to start at the exact time as a running event, then the student needs to have someone take their sticker and register him/her at the field event. As soon as the race is over, the student needs to **IMMEDIATELY** go to the field event.
 - e) A field event will not begin early. However, it will not wait indefinitely for a competitor to return. The person running the pit will have the P.A. call a competitor back to the event; the student has 15 minutes to return. If he/she does not return in that time frame, the event will be closed, and the competitor **WILL NOT** be able to finish his/her attempts.

- 11. STUDENT MANAGERS** - These students are **NOT** to be in the infield. They are given a specific task of helping students get to events, as well as recording results. However, they can get the results while standing on the outer part of the track or some other time during the day. They do not need to be standing at / near the finish line or around the finish line tent. Their presence in the inner part of the track “encourages” others to go there as well.
- 12. AGGREGATES**- To be considered for an aggregate award, a competitor must have competed in events in only one age/gender category. Medallions will be awarded to winners in the ten categories, excluding relays. Points are awarded from the first 8 places (9,7,6,5,4,3,2,1)
- 13. DISTRICT QUALIFIERS**- **FIVE** entrants from each zone are allowed in **field events**. If there is a fifth place tie, **BOTH** competitors may compete at the District. The 1st and 2nd place teams qualify in all relays. In the 60m, 80m, 100m, 200m, and 300m events, the top **FOUR** athletes qualify. Those who place 1st and 2nd shall be designated into Flight A and those in 3rd and 4th shall be in Flight B. Flight A decides 1st through 8th while Flight B decides 9th – 16th. Top **FOUR** for other running events as well; there are no flight designations.
- 14. UNIFORMS**- Athletes must be in proper gym strip and running shoes. Athletes should wear school jerseys. Running shoes only must be worn in all events except high jump in which bare feet may be used. **NO** spikes are allowed for any competitor.
- 15. SHOT PUT**- Four pound shot put will be used for Tykes and Pee Wee I, while a six pound shot will be used for Pee Wee II and Bantams.
- 16. HIGH JUMP** - Starting heights for Zone (left) and **Districts Meets** (right) are: * revised*
- | | | |
|-----------------------------------|------------------------------------|--------------------------------|
| Tykes - 90 cm / 90 cm | PW I - 95 cm / 100 cm | PW II - 110 cm / 115 cm |
| Bantam I - 115 cm / 120 cm | Bantam II - 115 cm / 120 cm | |
- The bar will be raised in 5 cm increments until only **TWO** competitors remain in the competition. It will then be raised in 2 cm increments.
- 17. ATTEMPTS** - Three attempts will be allowed for each competitor in a field event. This does not include a single warm-up attempt for each athlete.
- 18. WEATHER** - Weather will not likely be a cause for canceling a meet. The track is designed
for all weather conditions.
- 19. EQUIPMENT** - The Kamloops Track and Field Club will allow use to use their tubs with equipment. Schools **DO NOT** have to bring their own equipment, or clipboard. Someone from each event should arrive early to pick up your clipboard and envelope as well as to **HELP SET UP** your station before the Meet begins. At the end, you **MUST** also return all equipment to the proper storage bin.
- 20. ORDER of EVENTS** - These times are approximate and students should be made aware that they need to listen to the P.A. The track events will run continuously.

ORDER of EVENTS - TRACK SCHEDULE

Zone Meet		District Meet	
Time	Event	Time	Event
9:00 am	200 m, 80 m, 60 m Heats	9:00 am	200 m, 80 m, 60 m Finals
9:40 am	800 m, 600 m Finals	9:55 am	800 m, 600 m Finals
10:40 am	200 m, 80 m, 60 m Finals	10:50 am	100 m Finals
11:10 am	100 m Heats	11:50 am	300 m Finals
11:50 am	300 m Finals	1:00 pm	4 x 100 relays Finals
12:30 pm	100 m Finals	1:50 pm	Bantam Medley relay
1:00 pm	4 x 100 relays Finals		PW Medley relay
2:00 pm	Medley relays Finals		

Track Distances

TYKES – 60 m, 100 m, 300 m, 600 m, 1000 m, 4 x 100 relay

PW 1 - 60 m, 100 m, 300 m, 600 m, 1000 m, 4 x 100 relay

PW 2 - 80 m, 100 m, 300 m, 800 m, 1200 m, 4 x 100 relay

Bantam 1 - 100 m, 200 m, 300 m, 800 m, 1200 m, 4 x 100 relay

Bantam 2 - 100 m, 800 m, 1200 m, 4 x 100 relay

♦ Medley relay: PW **300 – 300 – 200 – 800 m**

Bantam **200 – 200 – 400 – 800 m**

District Track & Field Meet Responsibilities -2017

Friday, May 26, 2017

1000/1200 m races Thurs., May 25 @ *10:00 am*

Hillside Stadium

1. Meet Director: Sherri Oryschak (McGowan Park)
2. Starters & Assistant: KTFC official & Joan Cowden (retired teacher)
3. Scorekeepers: McGowan Park staff
4. Finish Judges: McGowan Park
5. Announcer: **TBA**
6. **RESPONSIBILITIES-** To be determined by individual zone coordinator, depending on the number of students from each school who qualified.
 - Zone 1:**
 - (8) Finish Line Judges
 - (1) High Jump Official (Pit #1)
 - (1) Supervisor - student behavior
 - (1) Triple Jump Official
 - Scorer's Table (McGowan Park)
 - Zone 2:**
 - (2) Relay Exchange Zone Official (#1 station)
 - (2) Long Jump Officials
 - (1) Supervisor - student behavior
 - (1) Track Umpire - monitor track at different places for interference
 - Zone 3:**
 - (1) Supervisor - student behavior
 - (1) Triple Jump Official
 - (2) Relay Exchange Zone Official (#2 station)
 - (1) High Jump Official (Pit #3)
 - (1) Shot Put Official
 - Zone 4:**
 - (2) Relay Exchange Zone Official (#3 station)
 - (1) Track Umpire - monitor track at different places for interference
 - (1) High Jump Official (Pit #2)
 - (1) Shot Put Official
 - (1) Supervisor - student behavior

Each zone is to provide a supervisor who is asked to be present and circulate throughout the day, especially along the path adjacent to the 100m lanes. They should wear a brightly colored vest so that everyone knows they have a specific duty / job. These supervisors are to supervise students from ALL schools in the meet and have the authority to deal with inappropriate behaviors that they observe. Inform your students of this and instruct them to show proper respect towards all adults, supervisors and other volunteers.

ZONE & DISTRICT FIELD EVENTS PROGRAM

Legend: **T = Tyke** **PW = Pee Wee** **Ba = Bantam**
 B = Boys **G = Girls** **X = no group**

TIME	LONG Pit #1	LONG Pit #2	TRIPLE Pit #1	TRIPLE Pit #2	SHOT Pit #1	SHOT Pit #2
9:00 am	TB	Ba 2 B & Ba 2 G	PW 2 G	PW 1 G	PW1 B	PW 2 B
10:00 am	X	PW 1 B	TG	Ba G	PW 2 G	Ba 2 B & Ba 2 G
11:00 am	TG	Ba B	TB	PW 2 B	X	PW 1 G
12:00 pm	PW 1 G	PW 2 B	PW 1 B	Ba B	Ba G	TB
1:00 pm	PW 2 G	Ba G	Ba 2 B & Ba 2 G	X	TG	Ba B

High Jump Schedule

TIME	Pit #1	Pit #2	Pit #3
9:00 am	Ba B	Ba G	TG
10:45 am	PW 1 G	TB	PW 2 B
12:30 pm	PW 1 B	Ba 2 B & Ba 2 G	PW 2 G

End of Field Events – 2:00 pm

* revised 2014 / 15

ZONE TRACK EVENTS PROGRAM

◆ all times are approximate; each event begins with the Bantam Boys and ends with the Tyke Girls

9:00 am	200 M heats	Bantam 1 boys & girls
	80 M heats	PW 2 boys & girls
	60 M heats	PW 1 boys & girls Tyke boys & girls
9:40 am	800 M Finals	Bantam 2 boys & girls Bantam 1 boys & girls PW 2 boys & girls
	600 M Finals	PW 1 boys & girls Tyke boys & girls
10:40 am	200 M Finals	Bantam 1 boys & girls
	80 M Finals	PW 2 boys & girls
	60 M Finals	PW 1 boys & girls Tyke boys & girls
11:10 am	100 M heats	Bantam 2 boys & girls Bantam 1 boys & girls PW 2 boys & girls PW 1 boys & girls Tyke boys & girls
11:50 am	300 M Finals	Bantam 1 boys & girls PW 2 boys & girls PW 1 boys & girls Tyke boys & girls
12:30 pm	100 M Finals	Bantam 2 boys & girls Bantam 1 boys & girls PW 2 boys & girls PW 1 boys & girls Tyke boys & girls
1:00 pm	4 x 100 Relays	Bantam 2 boys & girls Bantam 1 boys & girls PW 2 boys & girls PW 1 boys & girls Tyke boys & girls
2:00 pm	Medley Relays	Bantam (200 – 200 – 400 – 800m) PW (300 – 300 – 200 – 800m)

DISTRICT TRACK EVENTS PROGRAM

◆ all times are approximate; each event begins with Flight 'B' Bantam Boys and ends with Flight 'A' Tyke Girls

9:00 am	200 M Finals 80 M Finals 60 M Finals	Bantam 1 <i>Flight B & A</i> - boys & girls PW 2 <i>Flight B & A</i> - boys & girls PW 1 <i>Flight B & A</i> - boys & girls Tyke <i>Flight B & A</i> - boys & girls
9:55 am	800 M Finals 600 M Finals	Bantam 2 boys & girls Bantam 1 boys & girls PW 2 boys & girls PW 1 boys & girls Tyke boys & girls
10:50 am	100 M Finals	Bantam 2 <i>Flight B & A</i> - boys & girls Bantam 1 <i>Flight B & A</i> - boys & girls PW 2 <i>Flight B & A</i> - boys & girls PW 1 <i>Flight B & A</i> - boys & girls Tyke <i>Flight B & A</i> - boys & girls
11:50 am	300 M Finals	Bantam 1 <i>Flight B & A</i> - boys & girls PW 2 <i>Flight B & A</i> - boys & girls PW 1 <i>Flight B & A</i> - boys & girls Tyke <i>Flight B & A</i> - boys & girls
1:00 pm	4 x 100 Relays	Bantam 2 boys & girls Bantam boys & girls PW 2 boys & girls PW 1 boys & girls Tyke boys & girls
1:50 pm	Medley Relays	Bantam (200 – 200 – 400 – 800m) PW (300 – 300 – 200 – 800m)