

# Zone 2 Track Meet Responsibilities

**Tuesday May 16, 2017**

9:00 am - 2:30 pm

## SCHOOL ASSIGNMENTS

1. Meet Director - Grant Naylor - Juniper Ridge
2. Scorekeeper - Haldane
3. Finish Line - Juniper Ridge
4. Starter & Assistant - KTFC officials
6. Announcer - Don Poelzer

Event	Pit #	School	Pit #	School	Pit #	School
Long Jump	1	RLC	2	Juniper Ridge		
Triple Jump	1	Lloyd George	2	RLC		
High Jump	1	M. Schilling	2	Lloyd George	3	Dallas
Shot Put	1	Haldane	2	KSA/Sk'elep		

\*\*\* If there is more than two schools at an event, we need both of you there. It can take up to two to three people to run an event effectively \*\*\*

Long & Triple Jump Shooter - TBA

High Jump & Triple Jump Shooter - RLC

## NOTES:

- Troubleshooters **DO NOT** run an event, there are there to provide assistance to the different pits.
- Larger schools will be given more than one event; in theory you will have more students which also means more teachers should be in attendance and able to run an event.
- Please send staff who know how run an event
- Please send at least 3 student helpers to run a field event.

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## Important Information

**Zone 2 - 1000 / 1200m Race**

**Wednesday May 17, 2017 @ Dallas Elementary**

**10:30 - 12:00**

## **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.

<b>TYKES</b>	60 m	100 m	300 m	600 m	1000 m	4 x 100 m
<b>PW 1</b>	60 m	100 m	300 m	600 m	1000 m	4 x 100 m
<b>PW 2</b>	80 m	100 m	300 m	800 m	1200 m	4 x 100 m
<b>Bantam 1</b>	100m	200m	300m	800 m	1200 m	4 x 100 m
<b>Bantam 2</b>	100 m	800 m	1200 m	4 x 100 m		

\* 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 (in running events):

\* 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 – 800m 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**
  - 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 infield 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.
9. **HELPERS** - **Bring at least 2 - 3 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.
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 marshalling area if they are on the bantams. They need to stay at their field event until their age group is called to the marshalling 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 for 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 1<sup>st</sup> and 2<sup>nd</sup> place teams qualify in all relays. In the 60m, 80m, 100m, 200m, and 300m events, the top **FOUR** athletes qualify. Those who place 1<sup>st</sup> and 2<sup>nd</sup> shall be designated into Flight A and those in 3<sup>rd</sup> and 4<sup>th</sup> shall be in Flight B. Flight A decides 1<sup>st</sup> through 8<sup>th</sup> while Flight B decides 9<sup>th</sup> – 16<sup>th</sup>.
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** - The starting heights for Zone and Districts Meets are:

<b>Tykes - 90 cm</b>	<b>PW I - 95 cm</b>	<b>PW II - 100 cm</b>
<b>Bantam I - 105 cm</b>	<b>Bantam II - 110 cm</b>	

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**

<b>Zone Meet</b>	
<b>Time</b>	<b>Event</b>
9:00 am	200 m, 80 m, 60 m Heats
9:40 am	800 m, 600 m Finals
10:40 am	200 m, 80 m, 60 m Finals
11:10 am	100 m Heats
11:50 am	300 m Finals
12:30 pm	100 m Finals
1:00 pm	4 x 100 relays Finals
2:00 pm	Medley relays Finals

### **Track Distances**

<b>TYKES</b>	60 m	100 m	300 m	600 m	1000 m	4 x 100 m
<b>PW 1</b>	60 m	100 m	300 m	600 m	1000 m	4 x 100 m
<b>PW 2</b>	80 m	100 m	300 m	800 m	1200 m	4 x 100 m
<b>Bantam 1</b>	100m	200m	300m	800 m	1200 m	4 x 100 m
<b>Bantam 2</b>	100 m	800 m	1200 m	4 x 100 m		

◆ **Medley Relay:** PW 300 – 300 – 200 – 800 m

### ZONE FIELD EVENTS

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

## ZONE TRACK EVENTS PROGRAM

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

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