

Kamloops Elementary Schools District Track & Field Meet 2014

Date: Wednesday, May 28, 2014

Times: Events begin @ 9:00 am
1500 m races Tues., May 27 @ *10:00 am*

Location: All events take place at Hillside Stadium

1. Meet Director: Sherri Oryschak (McGowan Park)
2. Concession: Provided by City-approved concessionaires
3. Starter: TBA - Retired teacher
4. Starter's Assistant: Joan Cowden (retired teacher)
(oval marshall)
5. Scorekeepers: McGowan Park staff
6. Finish Judges: TBA
7. Announcer: TBA
8. 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 put Remember to return all equipment to the proper storage bin.
9. Headsets: Radio headsets are available for use at all Zone and District Meets. These are the property of the City of Kamloops. They are to be used for communication during the meet between:
 1. Announcer's table
 2. Finish Line
 3. Starter
 4. Oval Marshall
10. Tents: Schools who bring their own tent, are to set them up on the field down by the shot put pits. **NO tents are to be set up in the bleachers.**
11. 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

Track Umpires will be on hand throughout the meet to spot lane infractions, cutting off infractions, leaving the track infractions, etc. They will also be on hand to help supervise exchange zones during the relays. 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.

12. Questions: Contact your Zone Meet Organizer:
 Zone 1: Sherri Oryschak - McGowan Park
 Zone 2: Grant Naylor - Juniper Ridge
 Zone 3: Jack Isenor (OLPH) or Siobhan Lane (Parkcrest)
 Zone 4: Tiffany Hawkins - Summit
13. Event Times: Scheduled times for all events will be adhered to. Some field events may be forced to run late but they should not be early. **Do not start a group until the scheduled starting time for that group**, even if you have the time to. All track times are approximations.
- Field events must stay open for at least 15 minutes after the close of the event, **IF** there are students who have **previously checked in**, and left to compete in a running event, and who still need to complete that event. The others may want to get their ribbon right away but they will have to wait, or go away and check in at the scorer's table for the final result. Ribbons should NOT be handed out until all REGISTERED participants have had the opportunity to complete their attempts. To speed things up, send a runner to the announcer's table to have that student(s) paged.

14. Spectator area: Spectators are not allowed on the infield of the track at any time. All those who wish to watch track races MUST remain in the grandstand seating area or stand on the GRAY CEMENT on the outside of the track. To get to the other side of the field, they must also go AROUND ON THE GRAY CEMENT. Field event spectators need to be careful that they do not interfere with the “run-up” area for the competitors. They also need to not “pester” the event officials. Interference with competing athletes on the track could result in injury to one or both people involved.
15. Marshalling area: Some track events will be marshaled on the outside edge of the track near the starting area for that event or on the inside. Competitors need to get there via the gray cement pathway instead of crossing the track and infield. Also, they should NOT go to a marshalling area UNTIL their AGE GROUP has been called. All field events are at the designated pits.
16. Absent Qualifiers: It is the responsibility of each school to directly notify the next eligible competitor in the Zone, if any athlete from your school, who has qualified for the District Meet, is unable to attend. Do this as early as possible.
17. Officiating: Anyone who officiates at a field event must familiarize him/herself with the proper procedures of that event. These are available on the School District website. The official is to hand out the ribbons for 2nd to 16th place to the athletes who have earned them. Be VERY sure of the results before handing out the ribbons and be certain that all have had all of their trials in the event. The final result sheet is then to be sent to the scorer’s table with the first place athlete. He/she will then receive his/her ribbon.
- WITH A TIE**, you must adjust the “placements.” For example, if two athletes tie for 2nd, then there is **NO** 3rd place. The next ribbon is for 4th place. If there are 3 people tied for 4th place, then there is **NO** 5th or 6th place; the next ribbon is for 7th place. Because there is only one of each ribbon in your envelope, send the athletes to the scorer’s table to get their appropriate ribbon and to turn in the others.

Track and Field Regulations and Events
Zone & District Meets

1. Age Limits: Tykes, Pee Wee I, Pee Wee II, Bantam I, Bantam II

2. Events: All ages can participate in all field events: long jump, triple jump, high jump and shot put

All ages can participate in 100m, 800m and 1500m

There are NO competitions for Bantam II in the 200m or 400m

3. Event Limit: An individual may compete in a maximum of THREE different individual events plus one relay. The 1500m counts as one of the three events, even though it is run on a different day. Each school is entitled to only one team per age/gender category in the relays. An athlete may only compete in ONE relay.

4. Aggregate Award: 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 the aggregate winners in the ten categories, excluding relays. Points are awarded for the first 8 places (9,7,6,5,4,3,2,1).

5. 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 100m, 200m, and 400m 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.

6. Uniforms: Athletes must be in proper gym strip and running shoes. Athletes should wear school jerseys.

7. Footwear: 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.

8. 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.

9. Weather: Weather will not likely be a cause for canceling a meet. The track is designed for all weather conditions.
10. Awards: Ribbons will be awarded to the 1st to 16th place finishers in each event.
11. Medley Relay: There are TWO Medley Relay races consisting of the following:
a) a co-ed (2 boys / 2 girls) Pee Wee Medley Relay
b) a co-ed (2 boys / 2 girls) Bantam Medley Relay
12. High Jump: The starting heights for Zone and Districts Meets are:
Tykes - 90 cm PW I - 95 cm PW II - 100 cm
Bantam I - 105 cm Bantam II - 110 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.

13. 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.
14. Stickers: Each school must prepare stickers for each event that a competitor is entered in at the meet. The following information should be included:
a) athlete's full name
b) school
c) name of event
d) age / gender category
e) scheduled time for that event

For the District Meet, all of the above information needs to be included, as well as Flight A and B information for the 100m, 200m, and 400m events.

District Track and Field Meet Order of Track Events

9:00 am	200m Finals	Flight B Bantam I Boys Flight A Bantam I Boys Flight B Bantam I Girls Flight A Bantam I Girls Flight B PW II Boys Flight A PW II Boys Flight B PW II Girls Flight A PW II Girls Flight B PW I Boys Flight A PW I Boys Flight B PW I Girls Flight A PW I Girls Flight B Tyke Boys Flight A Tyke Boys Flight B Tyke Girls Flight A Tyke Girls
9:55 am	800m Finals	Bantam II Boys Bantam II Girls Bantam I Boys Bantam I Girls ↓ Tyke Girls
10:50 am	100m Finals	Flight B Bantam II Boys Flight A Bantam II Boys Flight B Bantam II Girls Flight A Bantam II Girls Flight A Bantam I Boys ↓ Flight B Tyke Girls Flight A Tyke Girls
11:50 am	400m Finals	Flight A Bantam I Boys Flight B Bantam I Girls ↓ Flight B Tyke Girls Flight A Tyke Girls
1:05 pm	4 x 100 relay	Bantam II Boys Bantam II Girls Bantam I Boys Bantam I Girls ↓ Tyke Girls
2:00 pm	Medley relay	Bantam Co-ed Medley Relay

