

Zone 1 Track Meet Responsibilities

Tuesday, May 20, 2014

9:00 am - 2:30 pm

SCHOOL ASSIGNMENTS

1. Meet Director - Sherri Oryschak - McGowan Park
2. Scorekeeper - Kerilyn Scott - McGowan Park
3. Finish Line - McGowan Park
4. Oval Marshall - TBA
5. Starter & assistant - TBA
6. Announcer - TBA

Long jump	#1 South Sahali	#2 McGowan	
Triple jump	#1 Dufferin / Savona	#2 Summit	
High jump	#1 Aberdeen	#2 Pacific Way	#3 Pacific Way
Shot put	#1 Aberdeen / Summit	#2 Beattie	

* long and triple jump trouble shooter - TBA

* high jump trouble shooter - TBA

(trouble shooters **DO NOT** run an event; they are to provide assistance to the different pits (i.e.) answer questions, help with the final placing of competitors, etc.)

* 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; if you can not let me know and I will provide McGowan students

* 1500 m race - Thursday, May 15

10:00 - noon @ Hillside Stadium

- open to all age groups

- 3 students per age / gender group

ADDITIONAL IMPORTANT INFORMATION -

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

- * 100 m, 200 m, and 400 m - 2 per school
- * 800 m, 1500 m, and field events - 3 per school

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

100 m, 800 m, 1500 m, 4 x 100 relay, and all field events

3. 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) and Bantams (either B1 or B2)

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

- remember the 1500 m **counts** as one of the three events

5. 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

6. 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 need to be careful along the 100 m stretch. It can be quite distracting for the competitors if the spectators walk along or hang out at the edge of lane 8.

7. 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.

8. Student 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.

9. 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.

10. 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.

9:00 am	200 m heats
9:40 am	800 m timed finals
10:40 am	200 m finals
11:10 am	100 m heats
11:50 am	400 m timed finals
12:30 am	100 m finals
1:00 pm	4 x 100 m relays
2:10 pm	Medley relays

