

**REMINDER: ZONE 1500 is on Tuesday, May 20th at  
9:00 at Parkcrest Elementary  
ZONE TRACK AND FIELD MEET FORMAT 2014**

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1. Date: Thursday, May 22, 2014
2. Location – Hillside Stadium
3. Please have a representative from your school at the Stadium by 8:00 a.m. to help with setup.
4. Zone Sports Representatives retain responsibility for arranging all of the following:
  - a) Your school or zone should supply stopwatches, measuring tapes and clip boards. All other equipment should be at the track
  - b) People to fill all of the following jobs:
 

1. Announcer	- Park	10. LJ Pit #2	- AH
2. Clerk of the Course	- Jack Isenor (OLPH)	11. TJ Pit #1	- KB
3. Concession	- City of Kamloops	12. TJ Pit #2	- KB
4. Scorekeepers	- Park	13. HJ Pit #1	- St. Ann's
5. Starter	- Wally Smeaton	14. HJ Pit #2	- OLPH
6. Oval Marshall	- Joan Cowden	15. HJ Pit #3	- AEP
7. Finish Judges	- Mel Wiebe & KCS	16. SP Area #1	Pinatan 4 & 6 lb shots
8. Program	- O.L.P.H.	17. SP Area #2	St Ann's 4 & 6 lb shots
9. LJ Pit #1	- Brock Middle	18. Supervisors of Students-AEP, AH, KCS and Brock Middle	
		19. Clean up	- ALL

Helpers for field events arrive by 8:30 am

3. Note that the order of events on the track will continue to be from oldest to youngest. Older athletes can thereby show the way for younger ones. Older athletes can also model appropriate behaviours for the younger ones to see.
4. **Number of competitors allowed in the Zone Meet from each school in the Zone – three competitors are allowed to complete in each age/sex category depending on what each Zone has decided. The only exception is relays where schools are only allowed to enter one team per age/sex category. Three in all events except 100,200,400, High Jump = 2 ONLY.**
5. Heat qualifying for finals in 100m and 200m: Due to the limitations of time and expertise at Zone Meets, it is recommended that the following guidelines be followed:
  - if 4 heats – top 2 in each heat go to the final
  - if 3 heats – top 3 in each heat go to the final
  - if 2 heats - top 4 in each heat go to the final
  - if 8 or fewer runners – it's a final not a heat

It should be noted that runners should be put on the track in a fair and regular manner so that both runners from one school do not end up in the same heat.

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6. Name Tags for each event the student is entered in and having the student's name, classification, school, event, and estimated start time of each event should be used to make the meets go more smoothly.
7. All 400m races will be mass curved line starts up to approximately 24 runners. There will be a "cut-in" line to spread the field \*\*A reminder that the top 4 finishers in each 400m race will advance to the District Meet.
8. Please note how many competitors from each Zone can be sent to the District Track and Field Meet:
- 1<sup>st</sup> and 2<sup>nd</sup> only in all relays, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> only in all other running events remember that in the 100m, 200m and 400m, 1<sup>st</sup> and 2<sup>nd</sup> place in each age/sex category from the Zone Meet will advance to the District "A" Flight Finals (which determines 1<sup>st</sup> through 8<sup>th</sup> place at the District Level). \*\* Also, 3<sup>rd</sup> and 4<sup>th</sup> place in each age/sex category from the Zone Meet will advance to the District "B" Flight Final (which determines 9<sup>th</sup> through 16<sup>th</sup> place at the District Level).
- \*NEW in 2007 = 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> in all field events**
10. Finish judging in all races needs to be place judging only (unless a Zone decides to use a different method). Timing is not seen to be necessary at this level (and as a method of determining placing is usually so inaccurate as to be a little value anyway).
11. No time has been set aside for official opening of meets. Discussions at Sports Council Meetings in the past have concluded that official openings are seldom held and not really necessary.
12. Scheduling:
- track events begin at 9:00 a.m. sharp
  - field events begin at 9:00 a.m.
  - approximate finish of track events is 2:15 p.m.
  - approximate finish of field events is 2:00 p.m.
  - see attached schedule of events
  - it should be noted that with a starting time of 9:00 a.m. for 200m races and most buses not arriving by then, it may be necessary to make alternate transportation arrangements in the morning for your 200m runners. Races will not be delayed to wait for absent runners or for buses to arrive.

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## ORDER OF EVENTS FOR THE TRACK

<u>TIME</u>	<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENT</u>
09:00 AM	1. Heats	Bantam 1 Boys	200m
	2. “	Bantam 1 Girls	200m
	3. “	Pee Wee 2 Boys	200m
	4. “	Pee Wee 2 Girls	200m
	5. “	Pee Wee 1 Boys	200m
	6. “	Pee Wee 1 Girls	200m
	7. “	Tyke Boys	200m
	8. “	Tyke Girls	200m
09:45 AM	9. Finals	Bantam 2 Boys	800m
	10. “	Bantam 2 Girls	800m
	11. “	Bantam 1 Boys	800m
	12. “	Bantam 1 Girls	800m
	13. “	Pee Wee 2 Boys	800m
	14. “	Pee Wee 2 Girls	800m
	15. “	Pee Wee 1 Boys	800m
	16. “	Pee Wee 1 Girls	800m
	17. “	Tyke Boys	800m
	18. “	Tyke Girls	800m
10:40 AM	19. Finals	Bantam 1 Boys	200m
	20. “	Bantam 1 Girls	200m
	21. “	Pee Wee 2 Boys	200m
	22. “	Pee Wee 2 Girls	200m
	23. “	Pee Wee 1 Boys	200m
	24. “	Pee Wee 1 Girls	200m
	25. “	Tyke Boys	200m
	26. “	Tyke Girls	200m

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<u>TIME</u>	<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENT</u>
11:05 AM	27. Heats	Bantam 2 Boys	100m
	28. “	Bantam 2 Girls	100m
	29. “	Bantam 1 Boys	100m
	30. “	Bantam 1 Girls	100m
	31. “	Pee Wee 2 Boys	100m
	32. “	Pee Wee 2 Girls	100m
	33. “	Pee Wee 1 Boys	100m
	34. “	Pee Wee 1 Girls	100m
	35. “	Tyke Boys	100m
	36. “	Tyke Girls	100m
11:50 AM	37. Finals	Bantam 1 Boys	400m
	38. “	Bantam 1 Girls	400m
	39. “	Pee Wee 2 Boys	400m
	40. “	Pee Wee 2 Girls	400m
	41. “	Pee Wee 1 Boys	400m
	42. “	Pee Wee 1 Girls	400m
	43. “	Tyke Boys	400m
	44. “	Tyke Girls	400m
12:25 PM	45. Finals	Bantam 2 Boys	100m
	46. “	Bantam 2 Girls	100m
	47. “	Bantam 1 Boys	100m
	48. “	Bantam 1 Girls	100m
	49. “	Pee Wee 2 Boys	100m
	50. “	Pee Wee 2 Girls	100m
	51. “	Pee Wee 1 Boys	100m
	52. “	Pee Wee 1 Girls	100m
	53. “	Tyke Boys	100m
	54. “	Tyke Girls	100m

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<u>TIME</u>	<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENT</u>
12:55 PM	55. Finals	Bantam 2 Boys	4x100m Relay
	56. “	Bantam 2 Girls	4x100m Relay
	57. “	Bantam 1 Boys	4x100m Relay
	58. “	Bantam 1 Girls	4x100m Relay
	59. “	Pee Wee 2 Boys	4x100m Relay
	60. “	Pee Wee 2 Girls	4x100m Relay
	61. “	Pee Wee 1 Boys	4x100m Relay
	62. “	Pee Wee 1 Girls	4x100m Relay
	63. “	Tyke Boys	4x100m Relay
	64. “	Tyke Girls	4x100m Relay
01:50 PM	65. Finals	Bantam Co-Ed	Medley Relay*
	66. “	Pee Wee Co-Ed	Medley Relay*

Notes:       \* Medley Relay consists of 200-200-400-800—in that order. (2 girls & 2 boys)  
 \*\* All times given for track events are approximate and can vary up to 30 minutes either earlier or later. Athletes and coaches must listen to the announcer for exact times.

### ZONE CHAMPIONSHIPS FOR 1500M

DATE:       Tues, May 20<sup>th</sup>, 2014                      Location: Parkcrest                      Time: 9:00 AM

9:00 AM	55. Finals	Bantam 2 Boys	1500m
	56. “	Bantam 2 Girls	1500m
	57. “	Bantam 1 Boys	1500m
	58. “	Bantam 1 Girls	1500m
	59. “	Pee Wee 2 Boys	1500m
	60. “	Pee Wee 2 Girls	1500m
	61. “	Pee Wee 1 Boys	1500m
	62. “	Pee Wee 1 Girls	1500m
	63. “	Tyke Boys	1500m
	64. “	Tyke Girls	1500m

## ZONE 3 FIELD EVENTS PROGRAM

Legend: T = Tyke  
 PW = Pee Wee  
 Ba = Bantam  
 B = Boys  
 G = Girls

		<b>Pit #1 Long</b>	<b>Pit #2 Long</b>	<b>Pit #1 Triple</b>	<b>Pit #2 Triple</b>	<b>Pit #1 Shot</b>	<b>Pit#2 Shot</b>
Event #1	9:00 a.m.	TB	Ba II B Ba II G	PW II G	PW I G	PW I B	PW II B
Event #2	10:00 a.m.	PW I B	X	TG	Ba I G	PW II G	Ba II B Ba II G
Event #3	11:00 a.m.	TG	Ba I B	TB	PW II B	X	PW I G
Event #4	12:00 p.m.	PW I G	PW II B	PW I B	Ba I B	Ba I G	TB
Event #5	1:00 p.m.	PW II G	Ba I G	Ba II B Ba II G	X	TG	Ba I B

End of Field Events – 2:00 p.m.

### HIGH JUMP SCHEDULE

	<b>Pit #1</b>	<b>Pit #2</b>	<b>Pit #3</b>
A) 9:00 a.m.	Ba I B	Ba I G	TG
B) 10:45 a.m.	PW I G	TB	PW II B
C) 12:30 p.m.	PW I B	Ba II B Ba II G	PW II G

**\*\*\* Please note\*\*\***

All times given for field events are approximate. Athletes and coaches must listen to the

announcer for exact times. The

times noted here are to help with planning and scheduling the day.

End of High Jump Events – 2:00 p.m. This year the Bantam 11 Girls and Boys field events have been combined to help make the meet run smoother. Since there were not a lot of Bantam 11 in an event it was felt that it would be better to combine them.

# REGULATIONS AND EVENTS FOR ZONE AND DISTRICT TRACK & FIELD MEETS 2014

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## 1. Regulations - Age Limits:

Tykes.....	born in or after 2004
First Year Pee Wees .....	born in 2003
Second Year Pee Wees.....	born in 2002
First Year Bantams.....	born in 2001
Second Year Bantams.....	born in or before 2000

## 2. Events

	Tykes G & B	1 year P.W. G & B	2 year P.W. G & B	1 year B. G & B	2 year B G & B
100m	*	*	*	*	*
200m	*	*	*	*	
400m	*	*	*	*	
800m	*	*	*	*	*
1500m	*	*	*	*	*
4 x 100m	*	*	*	*	*
Medley Relay		One co-ed Pee Wee Relay		One co-ed Bantam Relay	
Long	*	*	*	*	*
Triple	*	*	*	*	*
High	*	*	*	*	*
Shot	*	*	*	*	*

## 3. Athletes:

A student is only allowed to participate in 3 individual events and 1 relay. Remember the 1500m races is on a different day and that counts as one of the 3 events.

## 4. Aggregate Awards

To be considered for an aggregate award, a competitor must have competed in events in only one age category.

## 5. Zone entries to the District Track and Field Meet: Please note these regulations

1<sup>st</sup> and 2<sup>nd</sup> place only in all relays

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place only in: 100 m, 200m, 400m, 800m, 1500m

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> place only in: Long Jump, Triple Jump, Shot Put, and High Jump

## 6. Uniform:

Athletes must be in proper gym strip (shorts or sweat pants). Please use school uniform whenever possible as it adds much to the meets.

## 7. Footwear:

Running shoes only must be worn in all events except High Jump in which bare feet may be used. No spikes, spikeless flats, or aquasocks are allowed for any competitor. Only running shoes.

8. In Field- Students are not allowed to linger in the in-field. There 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.

9. Weather:

Except under the most extreme weather conditions, the meet will be held on the scheduled day. Rain will not likely be a reason for postponement of a meet. For Zone Meets, decisions regarding the postponement of a meet till another day will be made by the Zone Sports Representative or the Meet Director. For the District Meet the Elementary Sports council President will make such decisions when they are necessary.

10. Awards:

Ribbons will be awarded for first through eighth place in each event instead of first to sixth as in the past.

11. 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.

1. High Jump Starting Heights for Zone and District Track and Field Meets:

Tykes	-	90cm	Bantam I	-	105cm
PW1	-	95cm	Bantam II	-	110cm
PW2	-	100cm			

The bar will be raised in 5 cm increments until only 2 competitors remain in the competition. It will then be raised in 2 cm increments.

2. Student Helpers:

Bring at least 2 or 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.

3. Name Tags for Competitors:

- a) Zone Meets – It is required that each school prepare name tags for each event that a competitor is entered in at the Zone Meet. Suggested information to be included on the name tag would be:
  - competitor's name, school, name of event, age/sex category and scheduled time for that event
- b) District Meet: - The above information should also be included on a name tag for each event that a competitor is being sent to the District Meet to compete in. There will be no written entries for the District Meet so name tags are vitally important to the smooth operation of the meet. For the 100m, 200m or 400m please put down A Flight (1<sup>st</sup> or 2<sup>nd</sup>) or B Flight (3<sup>rd</sup> and 4<sup>th</sup>).

4. 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, they need to immediately return to the pit event to complete the competition. They should not linger at the track, visiting with friends and family, having a snack, etc.
- d) If the field event is to start at the exact time as the running event, then the student needs to have someone take their name tag 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.
- f) Just a reminder that Brock Middle gets to send 12 students for each field event, 8 students for the 100m, 200m and 400m, 8 students for the distance events, 4 teams for the 4 x 100m relays and 4 teams for the Medley Relay. Brock was given this many students per event since all of the North Shore grade 7's go to their school.