

Zone 4 Track Meet Responsibilities

Friday, May 23, 2014

9:00 am - 2:30 pm

SCHOOL ASSIGNMENTS

1. Meet Director - Tiffany Hawkins - Summit
2. Scorekeeper - Barriere
3. Finish Line - ASES and Westsyde students
4. Oval Marshall - TBA
5. Starter & assistant - TBA
6. Announcer - Bert Edwards

Event	Pit	School	Pit	School	Pit	School
Long Jump	#1	Rayleigh	#2	Barriere		
Triple Jump	#1	David Thompson	#2	Raft River/Rayleigh		
High Jump	#1	ASES	#2	David Thompson	#3	Westmount
Shot put	#1	Raft River/BEST	#2	Westmount		

Even 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 efficiently. (See Section #8)

* **Long and Triple Jump Trouble Shooter** - TBA

* **High Jump Trouble Shooter** - Logan Lake

****Note:** 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.)

*****Each school also needs to provide a responsible adult to supervise or to direct their students (if needed, to their events).*****

Please refer to remaining sheets for

very important information

IMPORTANT INFORMATION

1. 1500 m RACES

- Wednesday, May 14, 10:45 - noon @ David Thompson Elementary
- open to all age groups

2. 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, 1500 m, and field events - **3 per school**

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

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

4. 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 Pee-Wee (either PW1 or PW2) and Bantams (either B1 or B2)

5. ATHLETES

- a student is **only allowed** to participate in **3 individual** events (including the 1500m) and **1 relay**
- Students participating in a 9:00 event and traveling by bus **NEED** to be at Hillside Stadium ready for their event at 9:00. The event goes as planned. If they are not there, they could possibly miss the event. The student may need to come earlier in a separate vehicle.
- Athletes must be in proper gym strip and running shoes. Athletes should wear school jerseys.
- Only **running shoes** must be worn in all events except high jump, in which bare feet may be used. No spikes, spike-less flats, or aqua-socks are allowed for any competitor.
- Age Limits:
 - Tykes - born in or after 2004
 - Pee Wee I - born in 2003
 - Pee Wee II - born in 2002
 - Bantam I - born in 2001
 - Bantam II - born in or before 2000

6. NAME TAGS

- Make sure that the name tags have the **first and last name, school, age group, and event**. They need a sticker for **each event**. Please avoid writing out the information. It is best to be computer generated (i.e. when it rains)
- 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.

7. IN-FIELD

- Students are not to linger in the in-field. They must walk along the gray cement around the track, near TCC, to get to the field events on the far field.
- Encourage your students to stay in the stands in their designated area and to watch the running events. 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.

8. STUDENT HELPERS

- Bring at least 2-3 student helpers for each field event. Great leadership opportunity for students that may have not qualified for an event.
- 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, retrieve the shot puts, etc.

If you cannot bring student helpers to help at your field event, please let me know by May 12 and I will bring some Summit students.

9. CONFLICTS: between running events and field events

- 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 they are on the Bantams. They need to stay at their field event until their age group is called to the marshaling area for the running events.
- 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.
- 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.
- 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. Have the runner wait there until the athlete has returned. As soon as the race is over, the student needs to **IMMEDIATELY** go to the field event.

- 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. OTHER USEFUL INFORMATION

1. **Field Events:** must stay open until at least 15 minutes before the start of the next event if there are students who have previously checked in and still need to compete in the event. Ribbons will be handed out when the event is officially over.
2. **Aggregate Award:** To be considered for an aggregate award, a competitor must have competed in events in only one age/gender category. Points are awarded for the 8 places (9,7,6,5,4,3,2,1).
3. **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.
4. **Weather:** Weather will not likely be a cause for canceling a meet. Decisions regarding any postponement would be made by the Commissioner in consultation with school sports representatives in attendance at the meet.
5. **Concession:** There will be a concession, but it should be noted that this and all future concessions in the stadium are owned and operated by the City of Kamloops.
6. **Tents:** No tents/canopies are allowed to be set up in the bleachers, according to the legal department from the City. All tents are to be set up on the lower field by shot put pits.

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.

TRACK EVENTS

9:00 am	200m 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 pm	100 m finals
1:00 pm	4 x 100 m relays
2:10 pm	Medley relays

ZONE FIELD EVENTS

Must begin at 9:00am!

End of Field Events - 2:00 pm

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

Long Jump, Triple Jump and Shot Put

Event		Pit #1 Long	Pit #2 Long	Pit #1 Triple	Pit #2 Triple	Pit #1 Shot	Pit#2 Shot
#1	9:00 am	T B	Ba 2 B & Ba 2 G	PW II G	PW I G	PW I B	PW II B
#2	10:00 am	PW I B	X	T G	Ba I G	PW II G	Ba 2 B & Ba 2 G
#3	11:00 am	T G	Ba I B	T B	PW II B	X	PW I G
#4	12:00 pm	PW I G	PW II B	PW I B	Ba I B	Ba I G	T B
#5	1:00 pm	PW II G	Ba I G	Ba 2 B & Ba 2 G	X	T G	Ba I B

High Jump Schedule

		Pit #1	Pit #2	Pit #3
A	9:00 am	Ba I B	Ba I G	T G
B	10:15 am	PW I G	T B	PW II B
C	11:30 am	PW I B	Ba 2 B & Ba 2 G	PW II G

