

SD42 Elementary School Athletic Association

SD42 TRACK & FIELD HANDBOOK

MAPLE RIDGE/PITT MEADOWS ELEMENTARY ATHLETICS
DISTRICT TRACK AND FIELD 2024

General Information:

1. This year the meet will again be held at Maple Ridge Secondary School on Wednesday, June 12th (Grade Four and Five) and on Thursday, June 13th (Grade Six and Seven). The meet will begin at 8:30am each day and will run RAIN OR SHINE. Coaches meet at 8:10 each day in the announcer's tent.
2. This package contains all the necessary standards, schedules, rules, forms, directions, and assignments required to proceed with the meet. The organizer of this year's meet is Heather Lambert. She can be reached at 604-467-9050 or heather_lambert@sd42.ca
3. All schools, no matter the size, will be allowed 3 students in each field event and 4 students in each running event, max. If students, cannot make the standards, please don't send them. Schools can send **ONE** relay team per grade.
4. Individual athletes can choose to participate in **up to 3 events** (excluding the relay).
5. For the running events, there will no longer be a final for the 100M and the 4x100M relay. **ALL RUNNING EVENTS WILL BE TIMED FINALS.**
6. The events at this year's meet are as follows:
100M
200M
600M
100M RELAY
LONG JUMP
SHOT PUT
HIGH JUMP
DISCUS (Grade six and seven)
7. Athletes must compete in their correct age category.
8. Results can be found on our website: <https://elementary.sd42.ca/athletics/track-and-field/>
9. All entries must be submitted electronically to Shalyn Owen shalyn_owen@sd42.ca by e-mail enclosure no later than **TUESDAY, MAY 28TH**

Please arrange your list of athletes in the provided excel document into these 6 columns:

1. Last Name
2. First Name
3. Gender
4. Grade
5. School Name
6. School Acronym

Excel spreadsheets should be sent to all principals, secretaries and PE reps in early May but the final deadline for entries is **May, 28TH**. If you encounter any problems, please email Shalyn Owen or the meet organizer. Make sure that your entry form file attachment is saved with your school name.

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10. The field events are going to be run by an experienced Athletic Leadership Student from MRSS. The students have been trained to run these events but will still need a teacher to provide support. If your school is tasked with this position, please do not send a parent as they do not always have the expertise a teacher has in running events or working with children.
11. We are trying to reduce the number of TOC's needed for the day so **if you have not been told directly by the meet organizer to book a TOC, please do not book one.**
12. The marshaling area, in the middle of the field, is where all runners report. They will be put into heats, assigned lanes and escorted to the starting line. The marshaling area is for TRACK EVENTS ONLY. Field events take place at the respective field event areas. **Please remind parents and athletes that the inner field is off limits except for athletes being marshaled.**
13. Garbage and litter is always a problem at a big event like this. There will be garbage cans and recycling bags placed all over the site. Please insist that students do not litter. All teams are expected to maintain their areas as well as help in cleaning up the entire area of the meet. A clean site will ensure that we are invited back to MRSS for another meet. We need your school's 100% cooperation.
14. Each student will be assigned a bib number prior to the track meet. All coaches will be in charge of handing out the correct bib number to each of their athletes on the day of the meet. (This information will be given to you prior to the meet). Please make sure the bibs are pinned to the front of each student. Do not crumple the bibs, it makes it difficult for the timer to read a crumpled bib.
15. Running shoes must be worn (no spikes or bare feet). Please make sure athletes are properly dressed for the race and for hot or cold weather. High jumpers must wear shoes.
16. DO NOT DRIVE ON THE TRACK OR ON THE WET GRASS OF MERKLEY PARK.
17. MRSS is still in session. Please advise your students that they should not enter the school. Bathroom facilities are located behind the bleachers on the south side of the track as well as in Merkley park beside Karina LeBlanc Field.
18. Please remind your parents that they should not park in either of the MRSS parking lots on the days of the meet. There is parking available on many of the roads above, below, and beside the school. Tell everyone to be prepared to walk long distances in order to get to MRSS.

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Meet Rules:

1. A coach must accompany all teams.
2. Scheduled times are approximate, and students should be prepared for their event as announced whether it is **early or late**.
3. If an athlete is scheduled for a track event and a field event at the same time, he/she should notify the field official and then report for the track event.
4. All disputes to be settled by the Meet Organizer.
5. Any disrespect to officials by athletes will result in disqualification.
6. Athletes with justifiable complaints will forward them to their coaches who will take them to the Meet Organizer. The Meet Organizer will not discuss disputes with parents.
7. It will be the responsibility of every official and coach to keep the athletes out of the infield and the school buildings. Any athlete found in the infield or loitering in the school halls will not be allowed to compete. Any points that he/she has acquired for his/her school will be discounted.
8. Any injuries to athletes, because of competition should be reported to the Meet Organizer and the First Aid Attendants.
9. Parents, coaches, or the other athletes who pace a runner on the track will lead to the disqualification of that runner.
10. Coaches are asked to not bother the recorders. All results will be posted when finalized.
11. High jump semi-finals and finals will take place before the meet. The dates are listed below. Students eliminated from high jump CANNOT BE SUBSTITUED INTO ANOTHER EVENT.

Track Events:

1. All running events will be timed finals. There is no longer a final for the 100m and the 100m relay.
2. 100M, 200M, and 4x100M relay – competitors must stay in lanes. For the 600M runners must stay in their lane until they have rounded the first corner of the track.
3. The relay baton must be passed in the passing area – not thrown.
4. All relay runners MUST STAY IN THEIR LANE FOR THE ENTIRE RACE. If a runner leaves their lane before the race is finished, their team will be disqualified.

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Field Events:

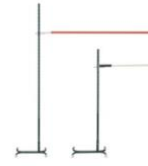
1. Three trials for each athlete in long jump, discus, and shot.
2. Athletes may have 3 attempts at one height in high jump.
3. Athletes not meeting standards will not be measured.
4. Discus is open to only Gr. 6 and 7 students.
5. Only the top five high jumpers from each zone may advance to the finals.

STANDARDS FOR MEASURE				
GRADE	HIGH JUMP	DISCUS	LONG JUMP	SHOT
4 BOYS	.95 M	X	2.90 M	4.0 M
4 GIRLS	.90 M	X	2.80 M	3.0 M
5 BOYS	1.05 M	X	3.10 M	5.0 M
5 GIRLS	1.00 M	X	2.90 M	4.0 M
6 BOYS	1.10 M	12 M	3.30 M	6.0 M
6 GIRLS	1.05 M	10 M	3.0 M	5.0 M
7 BOYS	1.20 M	16 M	3.5 M	7.0 M
7 GIRLS	1.15 M	13 M	3.2 M	6.0 M

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High Jump:

Please remember that the standards should be turned in and should be holding the high jump bar loosely.



Elementary High Jump and Rules

- 1) Watch for 2-foot take-offs
- 2) Jumpers may turn away from the jump twice but must make their attempt on the third try or it will count as a scratch.
- 3) If a jumper is completely off the mat after jumping and then the bar falls, it is a legal jump. The assumption is the mat caused the standard/pole to wobble.

HIGH JUMP ZONES		
<u>WEST</u> Location: Pitt Meadows	<u>CENTRAL</u> Location: Eric Langton	<u>EAST</u> Location: c'usqunela
Maple Ridge Christian Davie Jones Fairview Highland Park Edith McDermott PME MRE Hammond Environmental School	Eric Langton Golden Ears Glenwood Alouette St. Pats Laityview Kanaka Creek James Cameron Odessey	Meadowridge Whonnock Yennadon Webster's Corners Albion Blue Mountain Harry Hooge Alex. Robinson c'usqunela

High Jump Semi-Finals:

East Zone (ONLY THE TOP 5 MOVE ONTO THE FINALS)

Organizer: Nick Warren &

Location: Albion

Times and Dates:

Girls – Grade 4, 5, 6, 7 - Tuesday, June 4th

Grade 4 – 2:45pm

Grade 5 – 3:15pm

Grade 6 – 3:45pm

Grade 7 – 4:15pm

Boys – Grade 4, 5, 6, 7 – Wednesday, June 5th

Grade 4 – 2:45pm

Grade 5 – 3:15pm

Grade 6 – 3:45pm

Grade 7 – 4:15pm

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Central Zone – (ONLY THE TOP 5 MOVE ONTO THE FINALS)

Organizer: James White & Celeste Boyes

Location: Eric Langton

Times and Dates:

Girls – Grade 4, 5, 6, 7 - Tuesday, June 4th

Grade 4 – 2:45pm

Grade 5 – 3:15pm

Grade 6 – 3:45pm

Grade 7 – 4:15pm

Boys – Grade 4, 5, 6, 7 – Wednesday, June 5th

Grade 4 – 2:45pm

Grade 5 – 3:15pm

Grade 6 – 3:45pm

Grade 7 – 4:15pm

West Zone (ONLY THE TOP 5 MOVE ONTO THE FINALS)

Organizer: Jason Severud

Location: Pitt Meadows

Times and Dates:

Girls – Grade 4, 5, 6, 7 - Tuesday, June 4th

Grade 4 – 2:45pm

Grade 5 – 3:15pm

Grade 6 – 3:45pm

Grade 7 – 4:15pm

Boys – Grade 4, 5, 6, 7 – Wednesday, June 5th

Grade 4 – 2:45pm

Grade 5 – 3:15pm

Grade 6 – 3:45pm

Grade 7 – 4:15pm

Girls High Jump Finals

Location: Meadowridge (DO NOT ARRIVE UNTIL AFTER 2:45)

Organizer:

Times and Dates: Monday, June 10th

Grades 4 and 5 at 3:00pm and Grades 6 and 7 at 4:15pm

Boys High Jump Finals

Location: Meadowridge (DO NOT ARRIVE UNTIL AFTER 2:45)

Organizer:

Times and Dates: Tuesday, June 11th

Grade 4 and 5 at 3:00 pm and Grade 6 and 7 at 4:15pm

Parking is limited on site at Meadowridge School. It is recommended participants park on 240th street where legal and walk in along the front field where there is a sidewalk for those arriving prior to 3:45pm, when the parking lot is generally full, due to a 3:30 dismissal time.

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Discus



Guidelines

1. Each athlete is allowed one practice throw and three competition throws.
2. Have each thrower be given a practice throw. Try to start 5 minutes prior to event.
3. Athletes must start and finish inside the circle and only leave on the judges' consent.
4. Athletes must walk backwards after the throw and exit out the back half of the pit. Athletes cannot step on or over the front circle (wooden border).
5. If two athletes are tied, the one with the second best throw places higher.

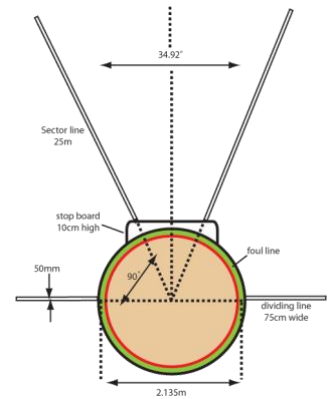
Recommendations:

- Make sure there are 3 discuses for each grade 6 and grade 7.
- Mark off the *qualifying distance* with a set of cones. This will help speed up measuring for those who qualify.
- Try to have one or two flags. If the student steps out of the front of the pit, the flag is raised on the foul.
- Have the person who just through the discus wait near the end of the field (on the side) to retrieve the discus and bring it in.
- Have 1 recorder and name caller, one to watch the fouls, and two to measure. (One at start and one at end). End person will call out the distance of each throw.

Discus is not introduced until an athlete is 10 years of age.

10-11 years for both boys and girls throw 750g discus (Grade 6)

12 and 13 year old boys throw a 1kg discus (Grade 7 boys) and the 12 and 13-year-old girls throw the 750-gram discus (Grade 7 girls)



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Shot Put

Guidelines

1. Each athlete is allowed one practice throw and three competition throws.
2. Have each thrower be given a practice throw. Try to start 5 minutes prior to event.
3. Athletes must put the shot put starting from neck and (not take the shot put away from neck) prior to throw.
4. Athletes must start and finish inside the circle and only leave on the judges' consent.
5. Athletes must walk backwards after the throw and exit out the back half of the pit. Athletes cannot step on or over the front circle (wooden border).
6. TO SPEED UP THE EVENT...LET THE STUDENT THROW **THREE IN A ROW!**
7. If two athletes are tied, the one with the second best throw places higher.

Note - if an athlete snaps his or her wrist in a basketball shot follow through - this would be considered a throw and not a put.

Recommendations:

- Make sure there are 3 shots for each grade 4/5 and grades 6/7.
- Mark off the *qualifying distance* with a set of popsicle sticks or cones.
- This will help speed up measuring for those who qualify.
- Try to have one or two flags. If the student throws the shot instead of a 'put' (from neck) the flag is raised on the foul.
- Have the person who just putted the shot put wait near the end of the pit (on the side) to retrieve the shot and bring it in.
- Have 1 recorder and name caller, one to watch the fouls, and two to measure. (One at start and one at end). End person will call out the distance of each throw.
- Have a rake to rake the pit.

Shot put – please throw metric shots!

9 - 11 year old boys throw 2kg shots (Gr. 4, 5, 6)

9 - 11 year old girls throw 2kg shots

12 and 13 year old boys throw 3kg (Gr. 7)

12 and 13 year old girls throw 3kg



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2024 Meet Jobs and School Sizes

	SCHOOL	SIZE	JOB	Contact Person
1.	Albion	Large	Announcing	Sarah Matlock
2.	Alexander Robinson	Large		
3.	Alouette	Medium		
4.	Blue Mountain	Small	Float Position/Starting line	Mike Ferguson
5.	c'usquela	Large	Semi Final High Jump East	Nick Warren
6.	Davie Jones	Medium		
7.	Edith McDermott	Small		
8.	Eric Langton	Medium	Relay's and HJ Central Semi's	Debbie V, James W & Celeste B
9.	Fairview	Small	Marshaling	Erin K & Sasha P
10.	Glenwood	Small		
11.	Golden Ears	Medium		
12.	Hammond	Medium		
13.	Harry Hooge	Medium		
14.	Highland Park	Small		
15.	Kanaka Creek	Large	Meet Organizer	Heather Lambert
16.	Laity View	Large	Starter & Discus	Patrice T & Dean N
17.	MRCs	Small		
18.	Maple Ridge Elem.	Medium		
19.	Meadowridge	Medium	High jump finals boys/girls	
20.	Pitt Meadows Elem.	Large	Semi-final HJ West	Jason Severud
21.	Webster's Corners	Small	Co-Organizer	Carmela Bassetto
22.	Whonnock	Small		
23.	Yennadon	Large	Records Team	Shalyn O & Raylene Y
24.	St. Pats	Small		

AVAILABLE JOBS:

If your school does not have a job, please email Heather Lambert ASAP with your selection from the list below. heather_lambert@sd42.ca

Jobs are assigned on a first come, first served basis.

4/5 Boys Long Jump Supervision
4/5 Girls Long Jump Supervision
6/7 Boys Long Jump Supervision
6/7 Girls Long Jump Supervision
4/5 Boys Shot Put Supervision
4/5 Girls Shot Put Supervision
6/7 Boys Shot Put Supervision
6/7 Girls Shot Put Supervision

Changing Garbage/Recycling bags when full
(Bags Provided)
Changing Garbage/Recycling bags when full
(Bags Provided)
Changing Garbage/Recycling bags when full
(Bags Provided)
North Toilet Checkers (TP Provided)
South Toilet Checkers (TP Provided)