

MAPLE RIDGE/PITT MEADOWS ELEMENTARY ATHLETICS
DISTRICT TRACK AND FIELD 2022

Wednesday, June 14th - Grade Four and Grade Five

Please note that all start times are approximate. Events may be delayed or run ahead of schedule. It is the athlete's responsibility to be aware of start times.

TRACK

100M Heats

8:30am – Grade 4 Girls
8:50am – Grade 4 Boys
9:10am – Grade 5 Girls
9:30am – Grade 5 Boys

400M Timed Finals

10:00am – Grade 4 Girls
10:15am – Grade 4 Boys
10:30am – Grade 5 Girls
10:45am – Grade 5 Boys

4x100M Relay Heats

11:00am – Grade 4 Girls
11:15am – Grade 4 Boys
11:30am – Grade 5 Girls
11:45am – Grade 5 Boys

200M Timed Finals

12:00pm – Grade 4 Girls

12:30pm – Grade 4 Boys
1:00pm – Grade 5 Girls
1:30pm – Grade 5 Boys

4x100M Relay Finals

2:00pm – Grade 4 Girls
2:05pm – Grade 4 Boys
2:10pm – Grade 5 Girls
2:15pm – Grade 5 Boys

Clean Up!

2:15pm – 2:30pm

100M Finals

2:30pm – Grade 4 Girls
2:35pm – Grade 4 Boys
2:40pm – Grade 5 Girls
2:45pm – Grade 5 Boys

FIELD

Shot Put

9:00am – Grade 5 Boys
10:00am – Grade 4 Girls
11:00am – Grade 5 Girls
12:00pm – Grade 4 Boys

Long Jump

10:00am – Grade 4 Boys
10:00am – Grade 4 Girls
12:30pm – Grade 5 Boys
12:30pm – Grade 5 Girls

Track events take priority over field events.

If you are scheduled for two events at the same time, you must check in at your field event and let the official know that you will be back to complete your throws/jumps after you complete your other event.

MAPLE RIDGE/PITT MEADOWS ELEMENTARY ATHLETICS
DISTRICT TRACK AND FIELD 2022

Thursday, June 15th - Grade Six and Grade Seven

Please note that all start times are approximate. Events may be delayed or run ahead of schedule. It is the athlete's responsibility to be aware of start times.

TRACK

100M Heats

8:30am – Grade 6 Girls
8:50am – Grade 6 Boys
9:10am – Grade 7 Girls
9:30am – Grade 7 Boys

400M Timed Finals

10:00am – Grade 6 Girls
10:15am – Grade 6 Boys
10:30am – Grade 7 Girls
10:45am – Grade 7 Boys

4x100M Relay Heats

11:00am – Grade 6 Girls
11:15am – Grade 6 Boys
11:30am – Grade 7 Girls
11:45am – Grade 7 Boys

200M Timed Finals

12:00pm – Grade 6 Girls
12:30pm – Grade 6 Boys
1:00pm – Grade 7 Girls
1:30pm – Grade 7 Boys

4x100M Relay Finals

2:00pm – Grade 6 Girls
2:05pm – Grade 6 Boys
2:10pm – Grade 7 Girls
2:15pm – Grade 7 Boys

Clean Up!

2:15pm – 2:30pm

100M Finals

2:30pm – Grade 6 Girls
2:35pm – Grade 6 Boys
2:40pm – Grade 7 Girls
2:45pm – Grade 7 Boys

FIELD

Shot Put

9:00am – Grade 7 Boys
10:00am – Grade 6 Girls
11:00am – Grade 7 Girls
12:00pm – Grade 6 Boys

Long Jump

10:00am – Grade 6 Boys
10:00am – Grade 6 Girls
12:30pm – Grade 7 Boys
12:30pm – Grade 7 Girls

Discus

10:00am – Grade 6 Boys
11:00pm – Grade 7 Boys
12:00pm – Grade 6 Girls
1:00pm – Grade 7 Girls

Track events take priority over field events.

If you are scheduled for two events at the same time, you must check in at your field event and let the official know that you will be back to complete your throws/jumps after you complete your other event.

2023 Elementary School Track Meet Menu

Food service will be exclusively for elementary school track meet participants and spectators and is cash only.

From the BBQ:

| | |
|---|--------|
| Beef Burger..... | \$5.00 |
| Burger with Cheese..... | \$5.50 |
| Veggie Burger..... | \$5.00 |
| Jumbo All Beef Hot Dog..... | \$4.00 |
| Jumbo All Beef Hot Dog with Cheese..... | \$4.50 |

From the Bake Shop:

| | |
|---|--------|
| Award Winning Cinnamon Buns w/ Cream Cheese Icing..... | \$3.00 |
| Rice Krispy Square. | \$2.00 |
| Fresh Baked Cookies. (Double Chocolate, Chocolate Chip, Snickerdoodles) | \$1.00 |
| Chocolate Brownies..... | \$2.00 |
| Fresh Baked Lemon and Blueberry Scones | \$2.00 |
| Jell-O Cup..... | \$2.00 |
| Pudding Cup..... | \$2.00 |
| Pizza Pretzel..... | \$3.00 |

Cold Station Items:

| | |
|---|--------|
| Fresh Fruit Cup..... | \$3.00 |
| Yogurt Parfait..... | \$2.00 |
| Vegetarian Wrap..... | \$4.00 |
| Chicken Chipotle Wrap..... | \$4.00 |
| (Shredded iceberg lettuce, baked crispy chicken, chipotle mayonnaise, flour tortilla) | |
| Chicken Caesar Wrap..... | \$4.00 |
| (Crispy chicken, romaine lettuce, Caesar dressing, shredded cheddar cheese, flour tortilla) | |
| Caesar Salad..... | \$3.00 |
| Pasta Salad..... | \$3.00 |
| Asian Noodle Salad..... | \$3.00 |

Beverages:

| | |
|--------------------|--------|
| Bottled Water..... | \$2.00 |
| Iced Tea..... | \$2.00 |
| Coffee..... | \$1.00 |
| Tea..... | \$1.00 |