Hamilton-Wentworth Junior Elementary Track and Field Meet – 2019 Coaches' Information

1. Meet Structure

In an effort to accommodate all interested schools, the meet is structured into a series of 4 smaller meets. Schools have been placed into "conferences" as part of the restructuring. To provide K-6 schools with an opportunity to participate and include grade 6 students, a conference of K-6 schools has been created. (Please note that there will be some K-5 schools in this meet as well) Events in each of the conferences are the same.

Using the Conference format, dates for the 2018 meets are as follows:

- Blue Conference   Monday, June 17 – 9:45 a.m.- 2:00 p.m., Mohawk Sports Park
- Green Conference   Tuesday, June 18 – 9:45 a.m.- 2:00 p.m., Mohawk Sports Park
- Red Conference   Thursday, June 20 – 9:45 a.m.- 2:00 p.m., Mohawk Sports Park
- White Conference   Friday, June 21 – 9:45 a.m.- 2:00 p.m., Mohawk Sports Park

*****Raindates are Wednesday, June 20 and Monday, June 24, 2019

Cancellations as a result of **severe weather** will be announced on local radio stations (CHML, K-Lite) by 7:30 a.m.   In addition, schools will be notified via e-mail as close to 8:00 a.m. as possible. Please have your busses remain at the park in case of inclement weather.

Prior to the start of each meet, there will be a MANDATORY meeting for coaches at the Announcer's area.

**A food concession stand will be open during the meet.

2. Officials

As a condition of participation, each school will be **required** to provide one adult official for the full day of competition.

If you wish to request a particular responsibility please email Jeff Wright (jwright@hwdsb.on.ca) with your preference and we will try to accommodate you.   For some events it would be advantageous to have older students helping the adult official. Ie raking the pit for long jump.

Order of Events –
Blue Conference (Monday, June 117
Green Conference (Tuesday, June 18), & Red Conference(Thursday, June 20)

NOTE: TIMES ARE GUIDES ONLY-EVENTS MAY RUN EARLY

TRACK EVENTS	FIELD EVENTS

TRACK EVENTS

700 Meters

9:45	Grade 5 Girls
9:55	Grade 5 Boys
10:05	Grade 4 Girls
10:15	Grade 4 Boys
10:25	Grade 3 Girls
10:35	Grade 3Boys

80 Meters

10:40	Grade 5 Girls
10:50	Grade 5 Boys
11:00	Grade 4 Girls
11:10	Grade 4 Boys
11:20	Grade 3 Girls
11:30	Grade 3 Boys

300 Meters

11:40	Grade 5 Girls
11:50	Grade 5 Boys
12:00	Grade 4 Girls
12:10	Grade 4 Boys
12:20	Grade 3 Girls
12:30	Grade 3 Boys

4 x 100 Meters

12:35	Grade 5 Girls
12:45	Grade 5 Boys
12:55	Grade 4 Girls
1:05	Grade 4 Boys
1:15	Grade 3 Girls
1:25	Grade 3 Boys

FIELD EVENTS

9:45	Grade 5 Boys Long Jump
	Grade 3 Girls Standing Long Jump
	Grade 5 Girls SB Throw (Area 1)
	Grade 4 Boys SB Throw (Area 2)
10:45	Grade 5 Girls Long Jump
	Grade 3 Boys Standing Long Jump
	Grade 4 Girls SB Throw (Area 1)
	Grade 5 Boys SB Throw (Area 2)
11:45	Grade 4 Boys Long Jump
	Grade4 Girls Long Jump
	Grade 3 Girls SB Throw (Area 1)
	Grade 3 Boys SB Throw (Area 2)

Order of Events –White Conference
Friday, June 21, 2019
NOTE: TIMES ARE GUIDES ONLY-EVENTS MAY RUN EARLY

TRACK EVENTS	FIELD EVENTS

TRACK EVENTS

700 Meters

9:45	Grade 6 Girls
9:50	Grade 6 Boys
9:55	Grade 5 Girls
10:00	Grade 5 Boys
10:05	Grade 4 Girls
10:10	Grade 4 Boys
10:15	Grade 3 Girls
10:20	Grade 3 Boys

80 Meters

10:30	Grade 6 Girls
10:40	Grade 6 Boys
10:50	Grade 5 Girls
11:00	Grade 5 Boys
11:10	Grade 4 Girls
11:20	Grade 4 Boys
11:30	Grade 3 Girls
11:40	Grade 3 Boys

300 Meters

11:50	Grade 6 Girls
	Grade 6 Boys
12:05	Grade 5 Girls
	Grade 5 Boys
12:20	Grade 4 Girls
	Grade 4 Boys
12:35	Grade 3 Girls
	Grade 3 Boys

4 x 100 Meters

12:45	Grade 6 Girls
	Grade 6 Boys
1:00	Grade 5 Girls
	Grade 5 Boys
1:15	Grade 4 Girls
	Grade 4 Boys
1:30	Grade 3 Girls
	Grade 3 Boys

FIELD EVENTS

9:45	Grade 5 Girls Long Jump(Pit 1)
	Grade 5 Boys Long Jump (Pit 2)
	Grade 4 Boys SB Throw (Area 1)
	Grade 4 Girls SB Throw (Area 2)
10:30	Grade 6 Girls Long Jump (Pit 1)
	Grade 6 Boys Long Jump (Pit 2)
	Grade 3 Boys SB Throw (Area 1)
	Grade 3 Girls SB Throw (Area 2)
11:15	Grade 4 Girls Long Jump (Pit 1)
	Grade 3 Boys St. Long Jump (Pit 2)
	Grade 6 Boys SB Throw (Area 1)
	Grade 6 Girls SB Throw (Area 2)
12:00	Grade 3 Girls St. Long Jump (Pit 1)
	Grade 4 Boys Long Jump (Pit 2)
	Grade 5 Boys SB Throw (Area 1)
	Grade 5 Girls SB Throw (Area 2)

3. About the Meet

The focus of the primary/junior meets will not change from what has been - a participatory event. While the meet will operate as any other track meet - placing/times recorded and meet results produced - the focus will continue to be on involving as many students as possible in a safe and enjoyable track and field experience. Success will be recognized in the form of ribbons for 1st, 2nd and 3rd. In addition, each student will receive a ribbon recognizing his or her participation in the meet. Team scores will not be kept.

Age Categories - Boys and Girls **note -divisions go by grade NOT birth year

Events

80 metres (100m for Grade 6's)
300 metres
700 metres

4 x 100m relay
Standing long jump (grade 3) Running Long Jump for all others
Softball throw

Entries

(a)   entries are limited in each age/gender group as follows:
- all track events (except relays), long jump, softball throw – 2 per school
- 4 x 100 relay – one team per school in each age/gender division (ie 1 Grade 3 girls and 1 Grade 3 boys team etc)
- No individual runner's names are required at registration of relay teams

(b)   each student may enter a maximum of 3 events in any combination (including relays)

(c)   students must compete in the same age group for individual events but <u>may </u>move up one division for the relay

(d)   each school has an additional "3 wild card entries". These entries may be used for any student in any event **except 80m**. (100m for grade 6) This means you may have a third entry in up to three events. The intent of these "wild cards" is to allow for the exceptional circumstances in a school where a student has trained with the team all season but is not one of the school's regular entries in any event. **These wildcard entries should be entered at the same time as other athletes and in the same manner. Once a student may only enter 3 events.**

4. Notes for Coaches

General

1. Shirts identifying the school must be worn by all participating athletes in all events.
2. Busses should drop students off in the parking lot (and remain for the day in case of inclement weather) east of Bernie Arbor Stadium (baseball) and enter the park via the skateboard park. Upon arrival at Mohawk Sports Park all teams are to find an area to sit around the outside of the track.. **KEEP THE INFIELD AREA CLEAR**- please inform all coaches and parents to stay out of infield. Athletes who are competing in the long jump or softball throw are the only athletes allowed in the infield (no coaches or parents).
3. Bring a clean garbage bag for litter and keep your area clean.
4. It is the coaches' and athletes' responsibility to make sure the athletes go to the marshalling area when their event is called.
5. Make sure athletes come prepared for the weather. There is little shelter, so athletes should make sure they have **hats**, proper clothing, **sunscreen,** etc.
6. Hats and bandanas are not to be worn while participating.
7. Track or soccer spikes or bare feet are not permitted.

Track Events-General

1. No starting blocks or spikes are allowed.
2. Two false starts will disqualify a runner or relay team.
3. Track events take precedence over field events. Athletes who have concurrent track and field events should notify a field event official that they are leaving for a track event & return to the field event as soon as the track event is completed.

80 Meters

1. In the 80 m. runners must run in their assigned lane. A runner will be disqualified if he/she leaves his/her lane. Running out of their lane continues to be a problem-please spend some coaching time on this issue.

300 & 700 Meters

1. The 300 m. (3/4 lap) and 700 m.(1 and 3/4 laps) events will be run from a common curved starting line at the beginning of the backstretch.
2. Runners do not remain in lanes but should be coached to run a straight line from their start position to the inside corner of the first turn (at far end of track) and then as close to curb as possible for the remainder of the race. (An interesting geometry lesson about the shortest distance between two points for all grades).

4 x 100 m. Relay

1. In the 4 x 100 relay **all four runners will run in their assigned lane.**
2. The 20 metre exchange zone will be clearly marked. The 10 metre run-up zone will also be marked. Outgoing runners may use this 10 m. zone to accelerate but the baton must be exchanged in the 20 m. exchange zone.
3. After the baton has been exchanged, runners are to remain in their own lane and not interfere with any other team.
4. After the last runner crosses the finish line he/she must stay in his/her lane and return to the finish line.
5. Each school must bring its own baton, which must not have tape or indentations.
6. Individual runner's names are not required when signing up a relay team.

Long Jump

1. The Standing Long Jump (Grade 3 only) will use a two-foot take-off.
2. Running Long Jump (all other grades) are allowed a run-up. About 25-30 m. should be sufficient for these ages. The jump will not count if the jumper touches the ground beyond the take-off board with any part of his/her body.

Softball Throw

1. The official ball to be thrown is the "Incrediball (SB-SAFE-11)".
2. Competition balls will be provided at the meet and are the only balls that may be used during the competition.
3. Competitors may take two or three steps in the direction of the throw plus follow through of opposite foot allowed (similar to baseball pitcher's action) but **both feet must remain behind the foul line.**
4. Athlete must exit to the rear of the throwing area (i.e. cannot fall over the foul line)
5. Distance is measured to the point where ball first touches the ground within the landing sector (similar to javelin landing sector).

4. Entry Procedure

"Meet Manager" will be used for entries/results. **The attached "Entry Procedure for Junior Elementary Track and Field" illustrates the procedure for entering your athletes**. Please read this attachment before trying to enter students. If you have any difficulty please contact Jeff Wright (jwright@hwdsb.on.ca).

The entry system will open for your use on Thursday, June 8th after the senior site closes.
The entry system will close on Wednesday, June 14th at 4 p.m.

> **YOU WILL NOT BE ABLE TO ENTER ANY ATHLETES AFTER**
> **Wednesday, June 12th @ 4 p.m.**

After you have entered all your athletes and relay teams please print a copy of your individual entries and relay entries. Bring these printouts with you to the meet. These printouts will be needed in case of disputed entries.

5. Permission Forms
The track meet is a Category 1 trip requiring Principal signature only.
Please fill out the following forms in advance of attending the meet:
1. **INTERSCHOLASTIC ATHLETIC EVENTS: Information to Parent/Guardian**. This information form should be completed and sent home with each participant along with

2. **STUDENT ATHLETE AND INFORMATION PACKAGE (HWDSB-2709 (01-2018).** These forms are available from mailroon 905-527-5092 ext 2281

This form must be completed by parent/guardian and returned to the school. Coaches should bring the Emergency/Health Information to the meet.

6. First Aid
A qualified Athletic Therapist will be on duty throughout each of the meets and will be stationed near the announcer's stand.

ENTRY PROCEDURE FOR
## JUNIOR ELEMENTARY TRACK AND FIELD

1. Access Track and Field login at : http://www.hwdsb.on.ca/athletics/wp-content/themes/athletics/track/login.asp

2. The ID for the website is available on my.hwdsb. PLEASE PROTECT THESE PASSWORDS. DO NOT SHARE THEM WITH STUDENTS.

3. Click "Login"
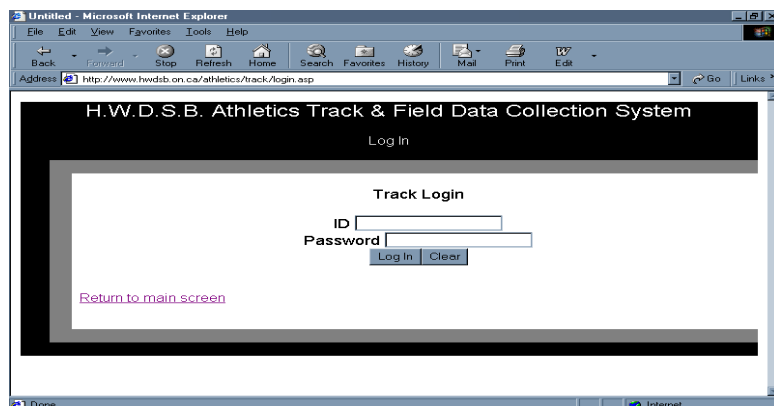
4. Choose "Enter new Student" for your conference for the individual entries and "Enter new Team" for relay entries.
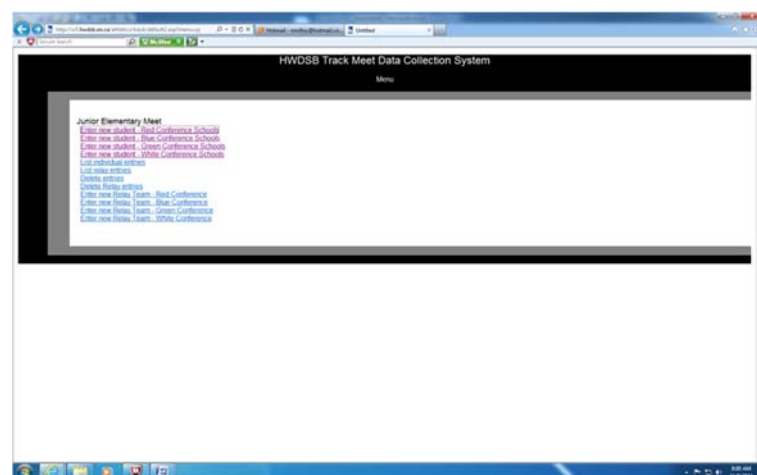

5. Choose division and your school from pull down menus. You should complete all individual entries for this division before returning to this screen for the next division you wish to work with.
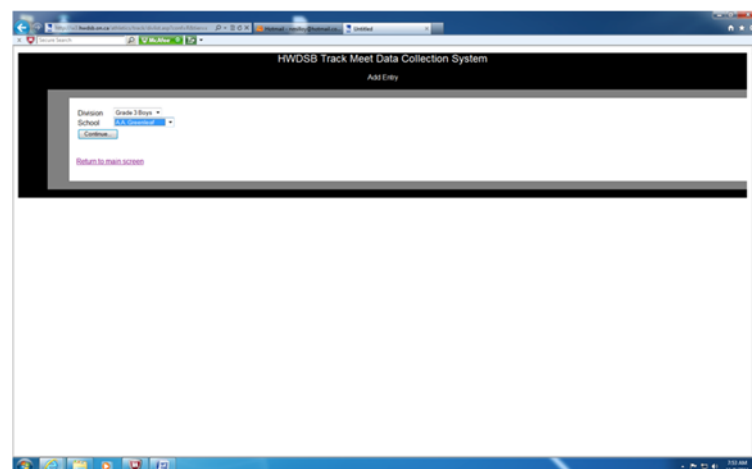
6. Once student name is entered (note proper use of upper/lower case) click on all events that this student will be competing in. **Click on "Save Student" button.**

7. Note that relays are not entered on this screen but will be entered separately.
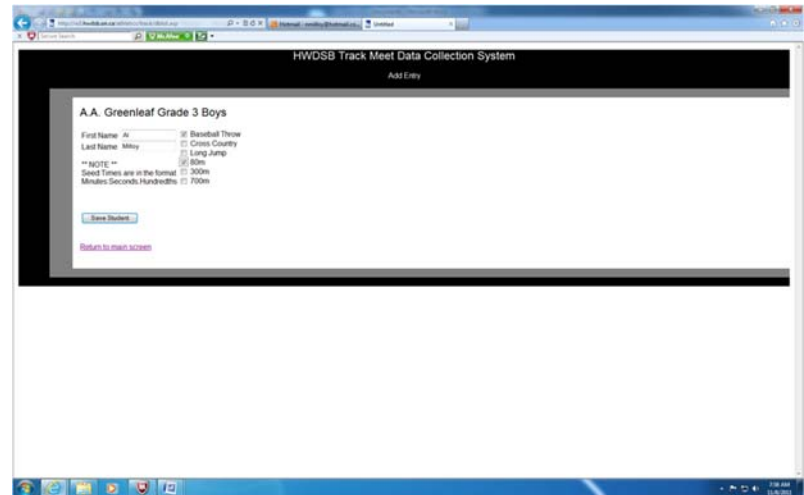
8. This screen confirms your last entry and allows you to enter next student in this division. If you have more students in this division click on "Enter a New student". If you wish to proceed to a different division click on "Return to Main Screen" and repeat this process for other divisions in which you have entries.
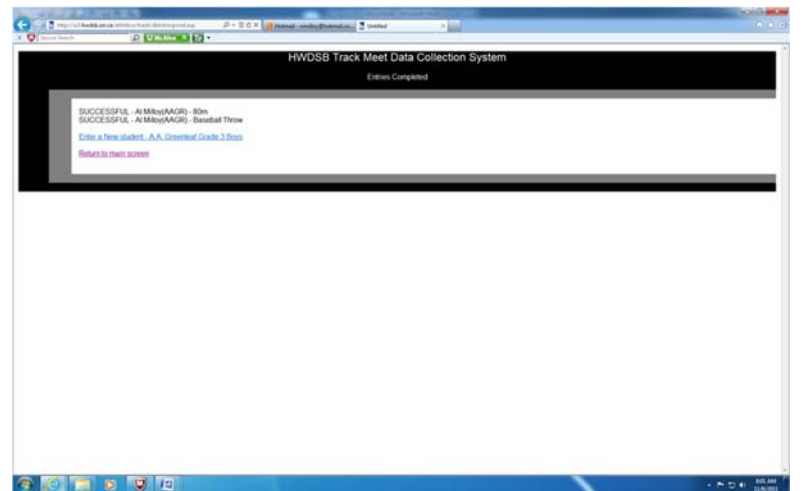
9. To enter relay teams return to "Main Screen" and select "Enter new team- Relay" for your conference.

10. Choose School and Division from pull down menus.

11. Click "Continue"
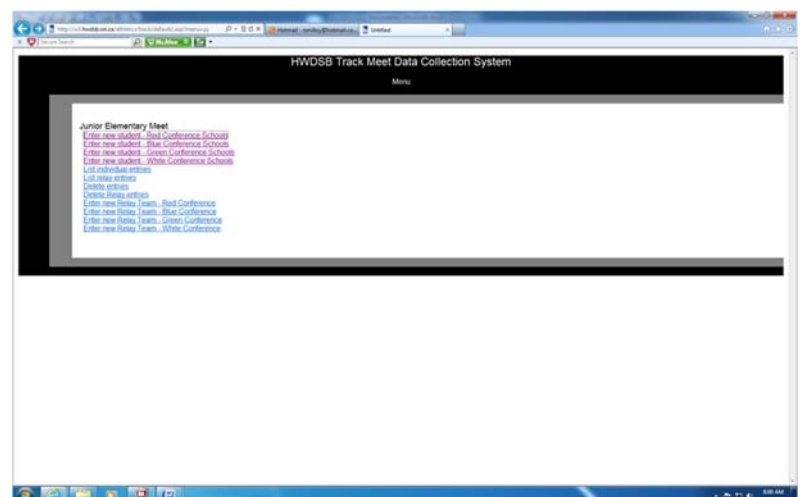
12. Check the check box for this relay.

13. Click on "Save Team".

14. The next screen confirms your relay entry.
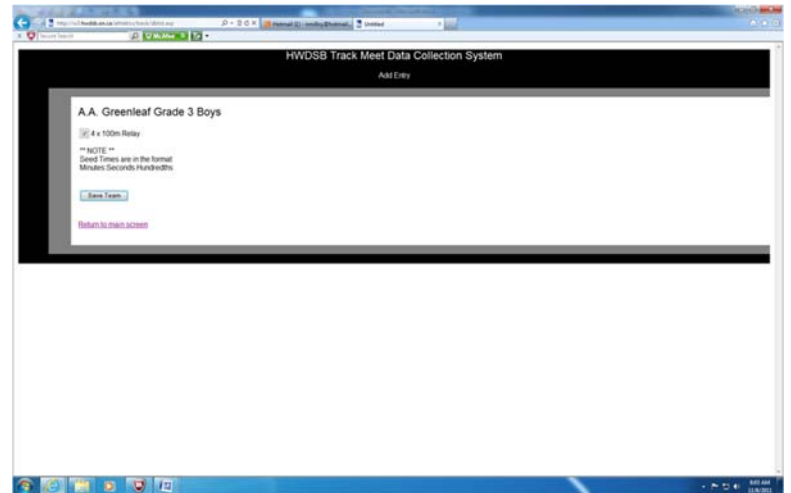
15. After completing all individual and relay entries return to main screen and choose "List Entries".

16. Choose your school from the pull down menu.

17. Click on "List Students"
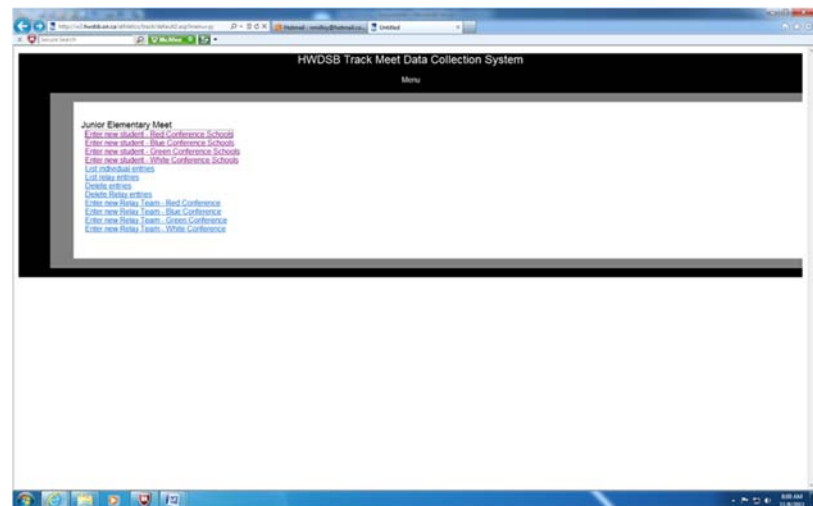
vents missing
them.

correct entries
hoose "Delete

the pull down
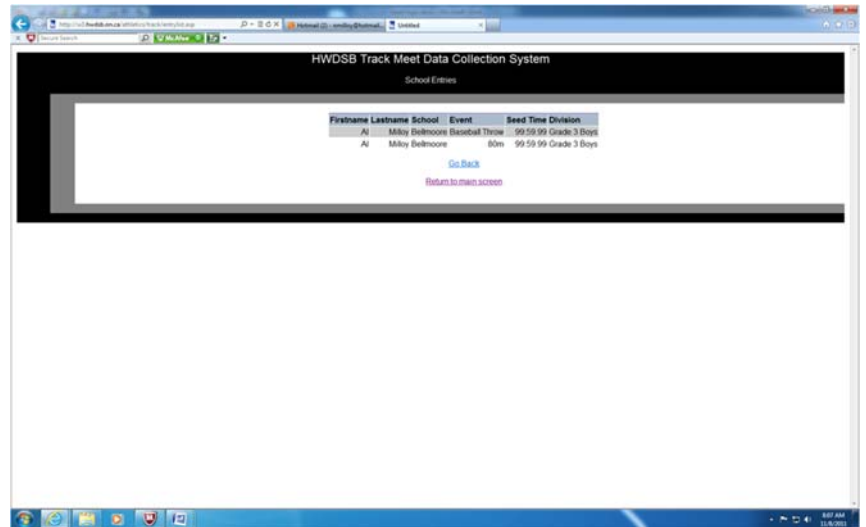
21. Click next to each duplicate or incorrect entry.

22. Click on "Delete Marked Students" button.

23. Return to Main Screen and repeat this process for relays.

Print copies of both your individual entries and relay entries from the "List Entries" and "List Relay Teams" on main screen. These PRINTOUTS are your confirmation of entries and will be needed in case of disputed entries.

The following is the division alignment for Junior Track and Field

Division Alignment for Meets

Blue Conference Monday, June 17 @ 9:45	Green Conference Tuesday, June 18 @ 9:45	Red Conference Thursday, June 20 @ 9:45	White Conference Friday, June 21 @ 9:45
A.M. Cunningham	Billy Green	A.A.Greenleaf	Bellmoore
Adelaide Hoodless	C. B. Stirling	Ancaster Meadow	Buchanan Park
Beverly Central	Parkdale	Balaclava	C.H. Bray
Collegiate Ave.	Chedoke	Bennetto	Dr. Davey
Elizabeth Bagshaw	Gatestone	Cathy Wever	Earl Kitchener
Glen Echo	G.L. Armstrong	Central Public	Fessenden
Green Acres	Gordon Price	Cootes Paradise	Franklin Road
Lake Ave.	Helen Detwiler	Dr. Seaton	Guy Brown
Memorial (City)	Highview	Dundana	Holbrook
Memorial Stoney Creek	Hillcrest	Dundas Central	James MacDonald
Mountain View	Huntington Park	Flamborough Centre	Lincoln Alexander
Pauline Johnson	Janet Lee	Spencer Valley	Mountview
Prince of Wales	Lawfield	Hebrew Academy	Queen's Ranger
Queen Mary	Lisgar	Hess St.	Queen Victoria
Ray Lewis	Michaelle Jean	Mary Hopkins	Queensdale
R.A. Riddell	Mount Albion	Millgrove	Ridgemount
R.L. Hyslop	Mount Hope	Sir Issac Brock	Rousseau
Sir Wilfrid Laurier	Norwood Park	Sir William Osler	W.H. Ballard
Viscount Montgomery	Richard Beasley	Strathcona	
Westwood	Rosedale	Tiffany Hills	
Winona	Tapleytown	Yorkview	
	Templemead		

Note Key Dates:

1. **Entries open Thursday, June 6th and close Wednesday, June 13th, 2019. No Entries will be accepted after this date.**

2. **Please also note we will be starting the meet at 9:45 am so please make sure you arrive at the meet well in advance of this time!! If you have students in the first race and not sure if you will get to the meet on time you may want to consider sending them by another method. (ie. with parents)**

Any questions or concerns please contact:

Jeff Wright jwright@hwdsb.on.ca
HWDSB - Athletics