

**Hamilton-Wentworth -Senior Elementary  
Track and Field Meets – 2019  
Mohawk Sports Park**

**Division 1 –Monday, June 10, 2019  
Division 2 – Tuesday, June 11, 2019  
Division 3 – Wednesday, June 12, 2019**

**Information for Coaches**

**Entry Deadline: Wednesday, June 5th – 4:00 pm**

**Website: <http://www.hwdsb.on.ca/athletics/wp-content/themes/athletics/track/login.asp>**

**Login and Password are available on [my.hwdsb.on.ca](http://my.hwdsb.on.ca)**

**\*\*Note: Due to safety concerns High Jump is no longer being offered.**

Please find attached the following:

1. General information regarding the meets
2. Division Structure by school
3. Entry Procedure for Senior Elementary-2019
4. Order of Events

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

**\*\*\*\*Raindates will be Thursday June 13, Friday, June 14, 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.**

**Officials**

**As a condition of participation, each school will be required to provide one adult official for the full day of competition. Should you wish a specific responsibility please email Jeff Wright and we will try to accommodate.**

**Permission Forms**

**The track meet is a Category 1 trip requiring Principal signature only.**

You will need to fill out the following forms beforehand:

1. **INTERSCHOLASTIC ATHLETIC EVENTS: Information to Parent/Guardian.** This information form should be completed and sent home with each participant.

2. **STUDENT ATHLETE INFORMATION & PERMISSION PACKAGE (HWDSB-2709 (01/2018))**. These forms are available from the mailroom. This form must be completed by parent/guardian and returned to the school. Coaches should bring the Emergency/Health Information to the meet.

**First Aid**

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

**\*\* THERE WILL BE A MANDATORY COACHES MEETING AT 9:45 a.m. \*\*  
at the announcer's area.**

**IMPORTANT NOTES:**

Awards for each Division will include 1st, 2nd and 3rd place ribbons, as well as overall championship banners in each of the boys' and girls' age categories.

- open medley relay - This relay consists of 4 parts – (800m - 200m - 200m - 400m). This is an Open event (any ages in one boys' race and one girls' race)
- **in the 1500m races, lapped runners must leave the track upon being lapped**
- 400m events will be a boxed start. Runner must stay in box/lane throughout the event.
- **hats and bandanas are not to be worn** by any student while participating in an event
- any gesture or action that is interpreted as taunting or disrespect towards a fellow athlete will result in **immediate disqualification and the expulsion of the individual(s) responsible from the meet**
- throwing a relay baton will result in immediate disqualification

1. **ENTRIES**

- a. Entries are limited in each age/gender group as follows:

<b>100 m &amp; 1500 m</b>	2 per school
<b>200 &amp; 400 m</b>	1 per school
<b>All Relays</b>	1 team per school
<b>Field Events (shot put, long jump)</b>	1 per school

(b) Students may enter a maximum of three events - track and/or field - in any combination with relays counting as an event. ie 100m, 200m, 4x100 Relay

(c) Students are not permitted to compete in the same event in two age categories.

(d) **AGE CATEGORIES: BOYS/GIRLS** **\*\*Note the change is divisions is now based on grade and NOT year born.**

**Grade 6, 7, 8**

(e) 100 m events will have qualifying heats with the top qualifiers advancing to the 100m final.

(f) School Placing in Divisions - please refer to the attached list to confirm the placing of your school which is based on gr. 6, 7, 8 school population.

## 2. RULES OF COMPETITION

- (a) **Keeping the infield area clear** is critical for the safe and efficient running of all track and field events. Athletes not participating in events in progress or coaches found in the infield area **WILL BE DISQUALIFIED**. Please cooperate - stay out of the infield.
- (b) Track or soccer spikes or bare feet are not permitted. Shirts identifying the school must be worn at all times.
- (c) Coaches and parents are prohibited from running with their athletes and "pacing" the runner. Coaches found pacing their athlete(s) will have the athlete disqualified.
- (d) No starting blocks are allowed.
- (e) Lane placing will be established by random draw.
- (f) Two false starts will disqualify a runner or relay team.
- (g) In general, three attempts will be allowed in long jump and shot put. Time constraints may necessitate a reduction to two attempts.
- (h) Relay teams - **all** team members must wear a shirt that **clearly** shows the name of the school.

## 3. FACILITY RULES

- (a) Please check the washroom facilities periodically and do not allow your students to loiter in this area.
- (b) Please make sure the area your school sits for lunch is clean at the end of the day.
- (c) For safety reasons, do not allow athletes to practice with a shot outside the shotput area.
- (d) Shot put area will be roped off and will be OUT-OF-BOUNDS.

## 4. SCORING/AWARDS

- (a) POINTS:

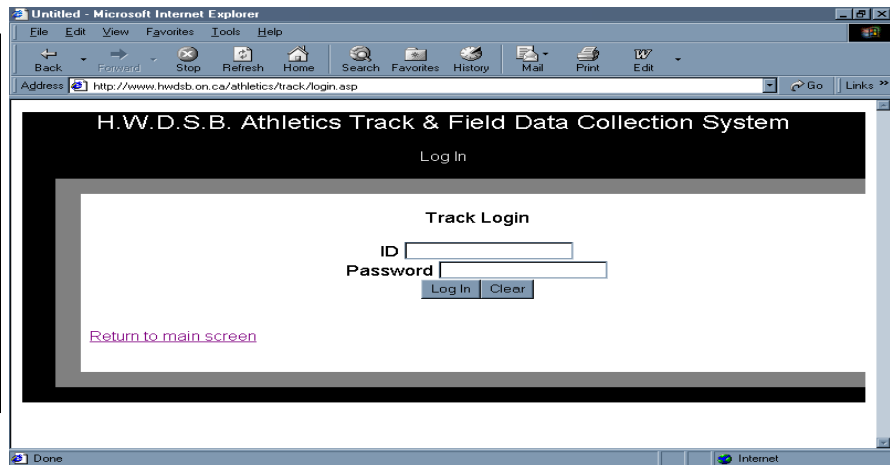
ALL EVENTS			
1 <sup>st</sup>	10 pts.	5 <sup>th</sup>	4 pts.
2 <sup>nd</sup>	8 pts.	6 <sup>th</sup>	3 pts.
3 <sup>rd</sup>	6 pts.	7 <sup>th</sup>	2 pts.
4 <sup>th</sup>	5 pts.	7 <sup>th</sup>	1 pt.

- (b) Awards for Track and Field will include individual crests for 1st, 2nd, 3rd and pennants for bantam, junior and senior boys and girls. There will also be a championship pennant for the overall Division championship.

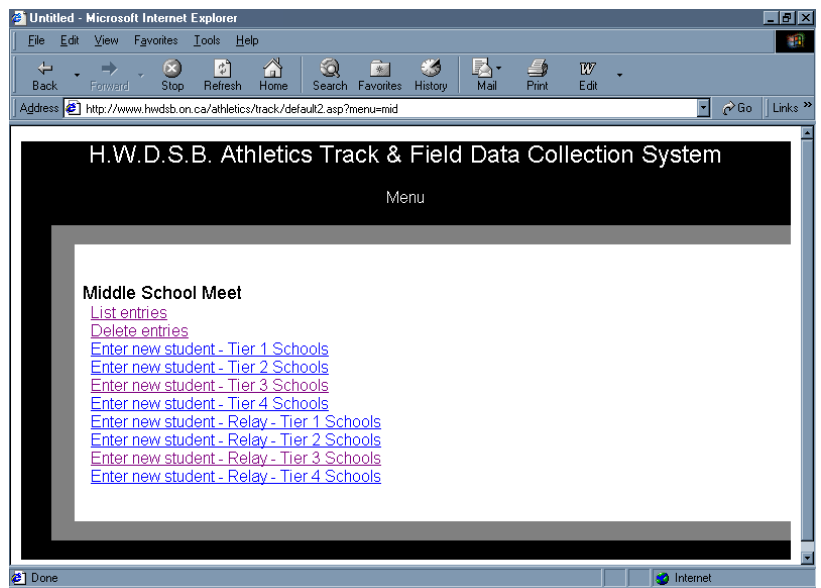
## ENTRY PROCEDURE FOR SENIOR ELEMENTARY TRACK AND FIELD

This site will open on Friday, May 3<sup>rd</sup> and **close on Wednesday, June 5th - 4:00 p.m.**  
You will not be able to enter any additional competitors after that time.  
Any concerns about this please e-mail Jeff Wright (jwright@hwdsb.on.ca)

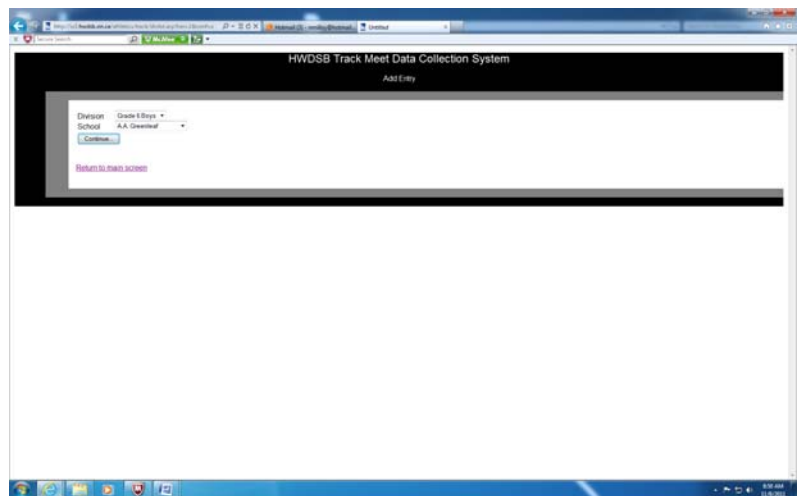
1. Access Track and Field login at:  
<http://www.hwdsb.on.ca/athletics/wp-content/themes/athletics/track/login.asp>
2. The ID for the website is available on First Class. Please protect these access words.
3. Click “Log in”



4. Choose “Enter new Student” for your division for individual entries and “Enter new Team” for relay entries.

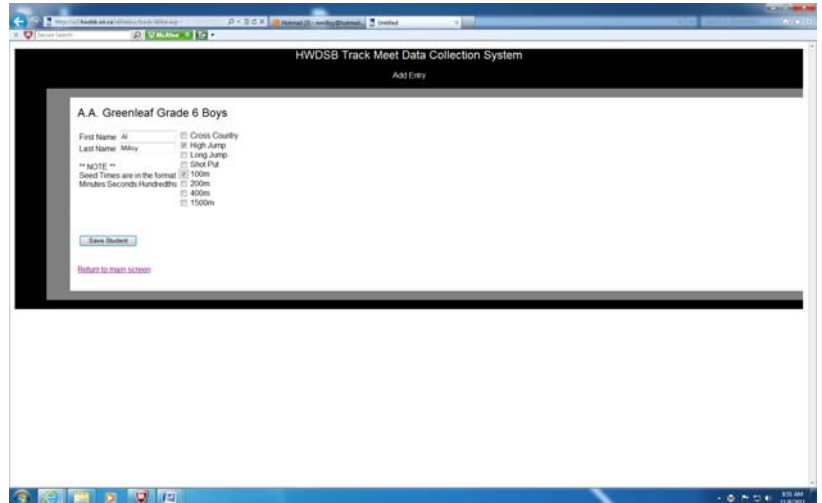


5. Choose division and your school from pull down menus. You should complete all individual entries for this division before returning to this screen for the next division you wish to work with.

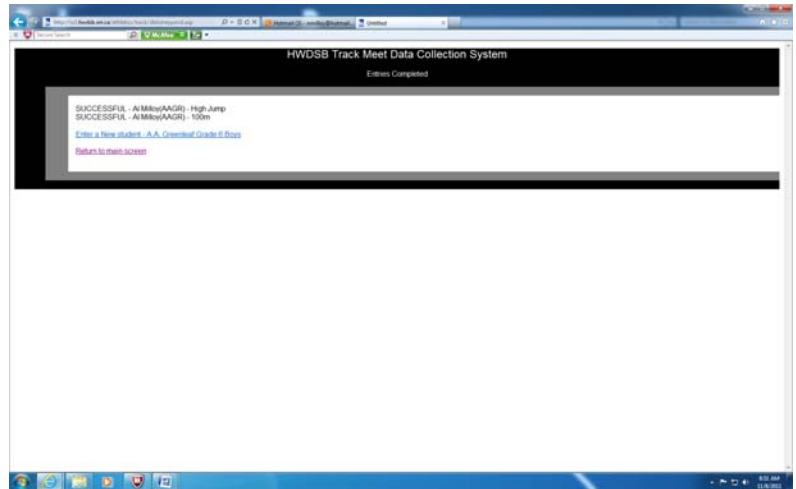


6. Once a student name is entered (note on proper use of upper/lower case) click on all events that this student will competing in. Click on “Save Student” button

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.



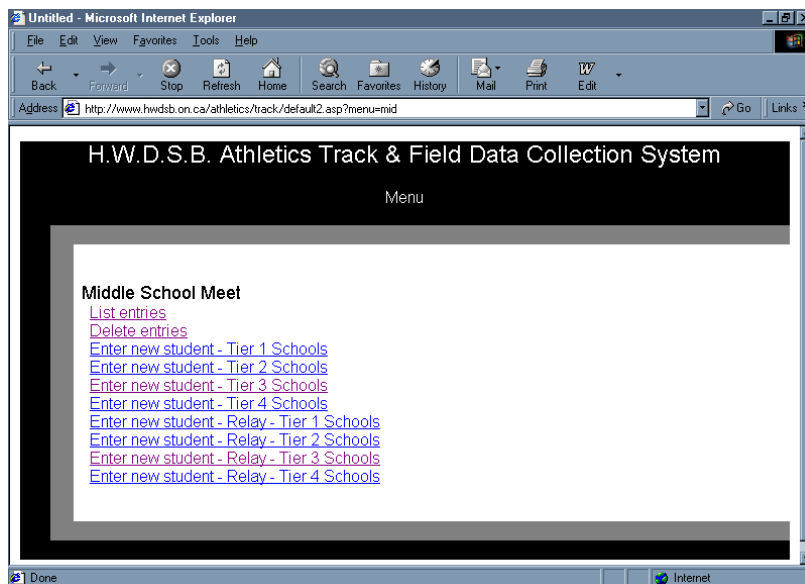
6. Once student name is entered (note proper use of upper/lower case) click on all events that this student will be competing in. **Click on “Save Student” button.**

7. Note that relays are not entered on this screen but will be entered separately.

9. To enter relay teams return to “Main Screen” and select “Enter new Relay Team” for your Division

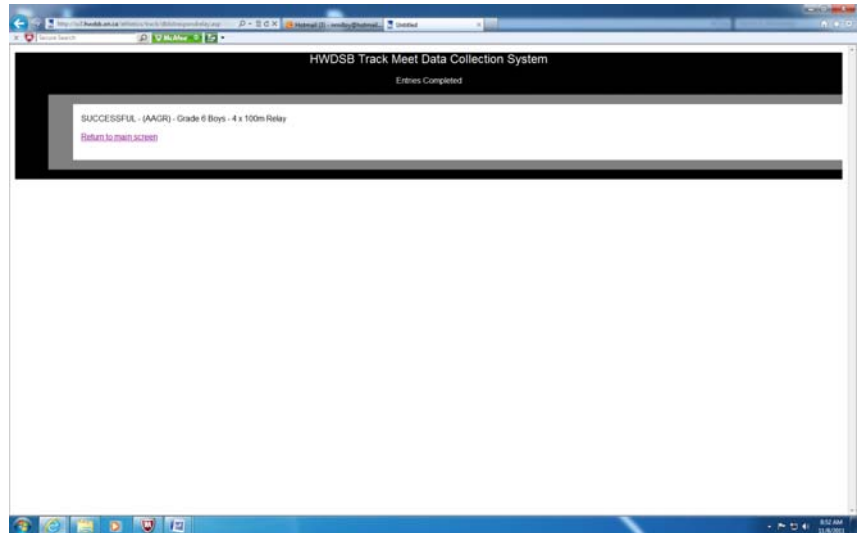
10. Choose School and Division from pull down menus.

11. Click “Continue”

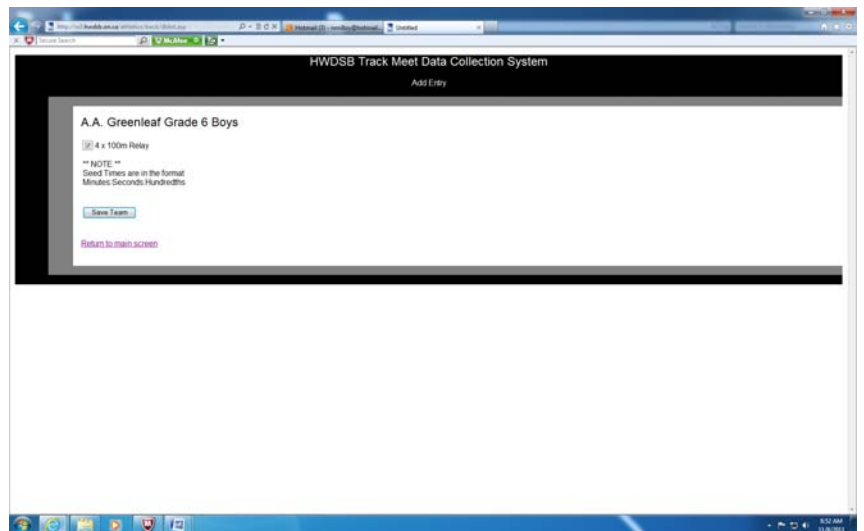


12. Check the check box for relay(s) you wish to enter. NOTE: **THE OPEN BOYS AND OPEN GIRLS MEDLEY RELAYS ARE LISTED UNDER Grade 8 BOYS AND Grade 8 GIRLS (ALL AGE GROUPS ARE ELIGIBLE FOR THE MEDLEY RELAYS).**

13. Click on "Save Team". (Note: individual athlete names are not required for relays in elementary school)



14. This screen confirms your relay entry. Click on "return to main screen" and repeat process for each relay team.



**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.**

**ENTRY DEADLINE: Wednesday, June 5th @ 4 pm**  
**You will not be able to enter any additional competitors after that date.**



## *Division Alignment for 2019*

<b>Division 1 –Mon. June 10<sup>th</sup> @ 10am</b>
Ancaster Meadow
Ancaster Senior
Bellmoore
Cathy Wever
Dalewood
Gatestone
Glen Brae
Guy B. Brown
Lawfield
Prince of Wales
Queen Mary
R.A. Riddell
Ray Lewis
Ryerson
Sir William Osler
Templemead
W.H. Ballard
Winona

<b>Division 2 -Tues. June 11<sup>th</sup> @ 10am</b>
Allan A Greenleaf
Billy Green
Chedoke
Dundas Central
Dr. J. Edgar Davey
Flamborough Centre
Franklin Road
George L. Armstrong
Helen Detwiler
Highview
Hillcrest
Huntington Park
Janet Lee
Lake Ave.
Memorial - Hamilton
Mountain View
Norwood Park
Queen Victoria
Spencer Valley
Viscount Montgomery
Westview

<b>Division 3 –Wed. June 12<sup>th</sup> @10am</b>
Adelaide Hoodless
Balaclava
Bennetto
Cecil B. Stirling
Collegiate Avenue
Dr. John Seaton
Elizabeth Bagshaw
Green Acres
Gordon Price
Hamilton Hebrew Academy
Hess Street
Lisgar
Memorial Stoney Creek
Michaëlle Jean
Mount Albion
Mount Hope
Pauline Johnson
Queensdale
R. L. Hyslop
Ridgemount
Sir Wilfrid Laurier
Tapleystown
Tiffany Hills

# Order of Events

2019 Senior Elementary Track and Field Schedule – All Divisions  
Mohawk Sports Park – 10:00 a.m.-3:30 p.m.

## Track Events

EVENT #	TIME	NAME OF EVENT
<b>1500 m</b>		<b>TIMED HEATS (1 heat/division)</b>
	10:00	Grade 6 Girls 1500m
	10:10	Grade 6 Boys 1500m
	10:20	Grade 7 Girls 1500m
	10:30	Grade 7 Boys 1500m
	10:40	Grade 8 Girls 1500m
	10:50	Grade 8 Boys 1500m
<b>100m</b>		<b>QUALIFYING HEATS (5 heats/division)</b>
	11:15	Grade 6 Girls 100m
	11:23	Grade 6 Boys 100m
	11:31	Grade 7 Girls 100m
	11:39	Grade 7 Boys 100m
	11:47	Grade 8 Girls 100m
	11:55	Grade 8 Boys 100m
<b>400M</b>		<b>TIMED HEATS (3 heats/division)</b>
	12:00	Grade 6 Girls 400m
	12:10	Grade 6 Boys 400m
	12:20	Grade 7 Girls 400m
	12:30	Grade 7 Boys 400m
	12:40	Grade 8 Girls 400m
	12:50	Grade 8 Boys 400m
<b>100m</b>		<b>FINALS (1 heat/division)</b>
	1:15	Grade 6 Girls 100m
	1:17	Grade 6 Boys 100m
	1:19	Grade 7 Girls 100m
	1:21	Grade 7 Boys 100m
	1:23	Grade 8 Girls 100m
	1:25	Grade 8 Boys 100m
<b>200m</b>		<b>TIMED HEATS (3 heats/division)</b>
	1:35	Grade 6 Girls 200m
	1:43	Grade 6 Boys 200m
	1:51	Grade 7 Girls 200m
	1:59	Grade 7 Boys 200m
	2:07	Grade 8 Girls 200m
	2:15	Grade 8 Boys 200m
<b>4 x 100m</b>		<b>Relay -- TIMED HEATS (3 heats/division)</b>
	2:15	Grade 6 Girls 4 x 100m Relay
	2:23	Grade 6 Boys 4 x 100m Relay
	2:31	Grade 7 Girls 4 x 100m Relay
	2:39	Grade 7 Boys 4 x 100m Relay
	2:47	Grade 8 Girls 4 x 100m Relay
	2:55	Grade 8 Boys 4 x 100m Relay
<b>MEDLEY</b>		<b>(800, 200, 200, 400 m)</b>
	3:00	Open Girls
	3:15	Open Boys



PLEASE NOTE  
TIME SCHEDULE  
FOR THIS MEET.

## Field Events

### SHOT PUT CIRCLE -- Girls

10:00-10:45 a.m.	Grade 7 Girls
10:45-11:30 a.m.	Grade 8 Girls
11:30-12:15 p.m.	Grade 6 Girls

### SHOT PUT -- Boys

12:15-1:00 p.m.	Grade 7 Boys
1:00-1:45 p.m.	Grade 8 Boys
1:45 - 2:30 p.m.	Grade 6 Boys

### LONG JUMP -- Girls

10:00-11:00 a.m.	Grade 6 Girls
11:00-12:00 a.m.	Grade 7 Girls
12:00-1:00 p.m.	Grade 8 Girls

### LONG JUMP -- Boys

10:00-11:00 a.m.	Grade 6 Boys
11:00-12:00 p.m.	Grade 7 Boys
12:00-1:00 p.m.	Grade 8 Boys

## Reminders

Entries close Wednesday, June 5, 2019 @ 4 pm and no entries will be accepted after this time.

If you have students in the first race of the day you may want to send those students ahead of the busses, to ensure that they do not miss their race.

Any questions or concerns please e-mail:

[jwright@hwdsb.on.ca](mailto:jwright@hwdsb.on.ca)

HWDSB - Athletics