

Middle School Hampton Ed Centre Track Meet

1. **Date:** Tuesday, June 2nd 2015 1-5 pm **Rain date-** Wednesday, June 3rd 2015 1-5pm
2. **Place-** Canada Game Stadium, Saint John, NB
3. **TIMES:** Start - 1:00 p.m. Please arrive by 12:30pm to warm up and be ready to go for 1pm.

Finish – 5:00 p.m. Please arrange for buses to pick you up following the meet.

4. **PARKING:** Spectators must park in designated parking areas and pay as required by UNBSJ.
5. **SCHOOLS INVITED:** Belleisle Regional, Hampton Middle School, Harry Miller Middle School, Macdonald Consolidated, Quispamsis Middle School, Sussex Middle School, Rothesay Netherwood, Rothesay Park and Valley Christian Academy.
6. **SCHEDULE:** Males will complete the track events first and field events second. Females will complete the field events first and track events second. Relays will be run at the end of the day. (See event schedule included on the last page.) There will be a brief transition time as we switch from Field to Track.
7. **AGE GROUPS:** Athletes will compete in their grade level: 6, 7 or 8
8. **EVENTS:** The following events will be run for each grade, for both boys and girls:

Track Events

100 meters
200 meters
400 meters
800 meters

Field Events

Running Long Jump
Discus
High Jump
Shot Put

Relays: 4 x 100m

Participants may enter a maximum of **two track events and one field event** plus relay **OR one track event and two field events** plus relay. Schools may enter two participants in each event for both boys & girls at every grade level.

9. **TRACK EVENTS:** All events will be timed finals with the exception of the 100m. The procedure for the 100m will be to have timed heats, with the fastest 6 advancing to the finals.
10. **FIELD EVENTS:** In all field events contestants will get **THREE** attempts. In field events other than the high jump, ties will be broken by the next best attempt. The only high jump technique permitted is a scissor jump. **No flopping**. The starting heights will be:

Grade 6: Boys - 1.00 meters

Girls - 0.95 meters

Grade 7: Boys - 1.05 meters

Girls – 1.00 meters

Grade 8: Boys - 1.10 meters

Girls – 1.05 meters

Each increase in height will be 5cm unless otherwise altered by the judge. If a tie occurs in the high jump, it is resolved as follows:

- a. The competitor with the lower number of jumps at the height at which the tie occurs shall be awarded the higher place.
 - b. If a tie still remains, the competitor with the lowest total of failures through the competition up to and including the height last cleared shall be awarded the higher place.
11. If a tie still remains: If it concerns first place, the competitors tying shall have one more jump at the lowest height at which any of those involved in the tie failed. If no decision is reached, the bar shall be raised or lowered to heights as determined by the chief judge. Each competitor shall then have one jump at each height until the tie is decided. If it concerns any other place, the competitors shall be awarded the same place in the competition.
 12. **SHOT PUT** - Grades 6, 7 boys & girls and 8 girls throw 3 kg shot. Grade 8 boys throw 4 kg shot.
 13. **DISCUS** - Grades 6 & 7 use 750 g discus. Grade 8 use 1 kg discus.
 14. **SCORING**: The scoring system is 3-2-1 for the first three finishers. Relay points awarded will be 6-4-2.
 15. **AWARDS**: Ribbons will be awarded for 1st, 2nd and 3rd place finishers.
 16. **FIRST AID**: Schools are responsible for their own First Aid Kit.
 17. **GARBAGE**: Garbage cans will be placed around the Track grounds. Please ask your children to use them. At the end of the meet and before the loading of the buses, coaches and teachers will supervise the picking up of litter by the students please bring extra garbage bags.
 18. **Spectator Area and Competition Areas**. Spectators are not permitted on the track, inner field or other events areas unless competing. Please ask your children to remain in the stands unless they are participating in an event.
 19. **REGISTRATIONS WILL TAKE PLACE AT EACH EVENT**. Coaches must ensure that all participants are on time for their events once they have been announced.
 20. **SAFETY**. To ensure the smooth and safe running of the meet, each school is requested to have **At Least Two Teacher or Parent Chaperones** in attendance. One chaperone will be running one of the field events, while the other will be responsible for the orderly conduct of the students. Students are not permitted to leave the stadium grounds. It is the responsibility of each school to provide proper supervision of its participants so that students remain in a designated area of the stands.

TENTATIVE EVENT SCHEDULE

Males: Track events first

Females: Field events first

Field events second

Track events second

TRACK

1	100m	(heats)	Gr. 6	Gr. 7	Gr. 8
2	800m	(final)	Gr. 6	Gr. 7	Gr. 8
3	200m	(final)	Gr. 6	Gr. 7	Gr. 8
4	400m	(final)	Gr. 6	Gr. 7	Gr. 8
5	100m	(final)	Gr. 6	Gr. 7	Gr. 8

FIELD

	Long Jump	Discus	High Jump	Shot Put
1	Gr. 6	Gr. 7	Gr. 8	
2		Gr. 6	Gr. 7	Gr. 8
3	Gr. 8		Gr. 6	Gr. 7
4	Gr. 7.	Gr. 8		Gr. 6

RELAYS:

Relays will be run in the following order: Gr. 6 boys, Gr. 6 girls, Gr. 7 boys, Gr. 7 girls, Gr. 8 boys, Gr. 8 girls

Please feel free to contact .