

LSSD Invitational Track Meet
Wednesday, May 26th, 2010

*Selkirk Stadium,
221 Mercy Ave.
Selkirk, Manitoba*

Rain Date: May 28 (only if absolutely necessary – we can run in a little rain on the rubber track)

Facility: 400m Rubber surface track, Rubber high jump D, rubber long and triple approach, throws cage.

There is no change facility, but there are portable washrooms. There are bleachers for everyone, but limited shade, so you may want to bring a tarp or tent.

Spikes are allowed on the track. **Cones only. No pins.**

Time: Meet starts at 10:30 a.m. until approximately 8p.m. (depending on numbers)

Due to requirements of the facility, if there is inclement weather, we must call off the meet by 7a.m. or face a penalty charge. Cancellations will be on CJOB in the morning and an email to you. It is important that you send me the final confirmation information on time so that I can contact have your correct contact information.

Results: Ribbons for the top 5 in each event. Results will also be sent to Athletics Manitoba for Hershey Qualifiers. You will be notified by Diana Stevens if any of your athletes qualify. Results will not be faxed out to individual coaches, so bring a pen and paper if you want a copy. Results can also be used to qualify for the new Jr. High Provincials in June.

Cost: \$60.00 per school. Please make cheques out to Lord Selkirk School Division and bring them to the meet.

Age Class: We will run Bantam and Midget age classes.

Bantam: born in '97 and '98

Midget: born in '96 and '95

Entries: This will be a sticker meet.

Please give your students a sticker (blank label of any type is fine) for each event they wish to try. Each sticker needs to have: **Name, School, Age Class and Birth Year as well as the Event.** Teams will be required to bring their own stickers. However, there will be a few extra stickers available at the results table if students wish to try an additional event that catches their interest. Students may try as many events as they wish.

Canteen: There will be a canteen at the meet. It will open by 1:30 p.m. at the latest. There will be bottled water, Gatorade, granola bars, licorice, muffins, TCBY, juice, and water. There will be some subs/sandwiches available at the canteen or you can order pizzas for your team and they will be delivered to the track.

Hurdle Specs: We will be running hurdles at the beginning of the meet. We will use the bantam men's specs. The spacing to the first hurdle is 12m, in between hurdles is 7.5m and hurdle height of 30".

Jobs: Each school will be assigned a job. All duties will be posted at the meet. We are arranging volunteer help from both division staff and parents, so you will get some relief time and will not have to work for the entire meet. Please remember when you are running the events that this is early in the season and students may need a little extra instruction. I would like this to be a positive learning experience for all.

Order of Events: On the track, we will follow this order:

Bantam Girls

Midget Girls

Bantam Boys

Midget Boys

Please remind students that track events take priority over field events.

Schedule:

Track

80 m Hurdles

1500 m

80 m Hurdle Finals

200 m

800 m

100 m

400 m

100 m Finals

3000 m

4x100m

Medley Relay (400,100,100,200)

Steeple (800) for fun if warm
and time allows

Field

12:00 Discus- All Boys

Triple – All Girls

High Jump – all girls

1p.m. Discus – All Girls

Triple – All Boys

2p.m. High Jump – Mid. Boys

Long Jump – Bant. Girls

Shot Put – Bant. Boys

Shot Put – Mid. Boys

High Jump – Bant. Boys

Long Jump – Mid. Girls

Shot Put – Bant. Girls

Long Jump – Mid. Girls

Shot Put – Mid. Girls

Long Jump – Bant. Boys

Please fax or email this page back to Sherri Gurney at Lord Selkirk School Division by April 27. This is the final confirmation of your attendance. I need to get the information on time so that I can finalize all arrangements for the meet. Fax # 482-3000.

School: _____

Coach: _____

Approximate # of athletes: _____

Number of adults coming: _____

(Do not include parents unless they are willing to volunteer)

Do you have any Leadership students that you are bringing, or could bring to help with an event? How many? _____

Event(s) you are most comfortable running:

Do you wish to order Pizzas for your team? _____ (If "yes", forms will be faxed to your school by May 7 and need to be returned by the 14th. Schools can write one cheque for the entire order to LSSD.)

Your school phone #: _____

Your school fax #: _____

Your email: _____