

LSSD Invitational Track Meet
Thursday, May 19th, 2011

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

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 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 payable to Lord Selkirk School Division and bring them to the meet.

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

Bantam: born in '98 and '99

Midget: born in '97 and '96

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. Details will follow.

Hurdle Specs: We will be running hurdles at the beginning of the meet. We will run all Bantam's at provincial specs. The spacing to the first hurdle is 12m, in between hurdles is 7.5m and hurdle height of 30". Midgets will run Midget Girls spec's of 12m to the first hurdle, spacing of 8.0 and 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:

**exception being hurdles which will run Bantam girls, then boys followed by Midget girls then boys.

Bantam Girls

Midget Girls

Bantam Boys

Midget Boys

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

Tentative Schedule

Track		Field	
10:30 am	80 m Hurdles Heats 1200 m 80 m Hurdle Finals 200 m Timed Final 800m Timed Final 100m Heats 300m Timed Final 100m Finals 3000 m 4x100m Medley Relay (400,100,100,200) Steeple (800) for fun if warm and time allows	11:00 am	Discus- All Boys High Jump - all girls 12:00 pm Triple - All Boys 12:30 pm Discus - All Girls Triple - All Girls High Jump - Mid. Boys 2:00pm Long Jump - Bant. Girls Shot Put - Bant. Boys 3:30 pm Shot Put - Mid. Boys Long Jump - Mid. Girls High Jump - Bant. Boys 5:00 pm Shot Put – Bant. Girls Long Jump – Mid. Girls 6:00 pm 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:

Your school phone #: _____

Your school fax #: _____

Your email: _____