

LSSD Invitational Track Meet
Wednesday, May 25th, 2016

*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 a small change facility and washroom, but there will also be portable washrooms if numbers warrant. 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 5p.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. This year we do have a rain date of May 27, but will only use it if absolutely necessary.

Results: Ribbons for the top 5 in each event. 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 Jr. High Provincials in June. Any Interlake Athletes can also use this meet to qualify for Manitoba Summer Games.

Cost: \$80.00 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 '03 and '04

Midget: born in '01 and '02

Events: 80 hurdles (100m hurdles Midget Boys), 100m, 200m, 300m, 800m, 1200m, 4x100, Medley (co-ed, 200, 100, 100, 400), LJ, TJ, HJ, Shot, Discus
**800m Steeple for fun if weather and time permit.

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". Midget girls will run Midget Girls spec's of 12m to the first hurdle, spacing of 8.0 and height of 30". Midget boys run 100m hurdles, 13m to the first hurdle and 8.5 in between.

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

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

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

Please fax or email this page back to Sherri Gurney at Ecole Selkirk Jr. High by April 28. 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 # 482-1248. Email slgurney@lssd.ca

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: _____