**Notre Dame - Welland / Pelham Area of Schools Track & Field Meet**

**Date:** Tuesday, June 4th 2019 (**rain date Wednesday, June 5th**)

**Schools:**

**Large** (Alexander Kuska, St. Alexander, St. Kevin, Holy Name)

**Small** (St. Andrew, St. Ann, St. Augustine, St. Mary)

**NEW: Some changes to know for this year’s Notre Dame Area and NCAA Meets**

* The Notre Dame Meet will now follow the format where it will be large schools competing against each other and same for the small schools. This will be for all the events.
* Only the **top place finisher** in his or her event will be moving on to the NCAA Meet. This means both large and small schools will be represented at the NCAA Meet. For example, if looking at the Grade 8 100m race; the first place finisher of the boys and girls from both the large and small school divisions will move onto the NCAA Meet.
* The students in grades 7 & 8 who finish in second place of the 100m race will move onto the NCAA Meet to run the 200m race.
* Ribbons will be handed out for those students who finish 1st, 2nd, 3rd places only since there are 4 schools per division (large and small).
* Points awarded for the following: 1st place (7 points), 2nd place (5 points), 3rd place (4 points).
* Students in grade 6 will now be moving onto the NCAA Meet as well.

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| Large Schools – NCAA MEET  (Grades 6-8) | Small Schools – NCAA MEET  (Grades 6-8) |
| 100 m (first place)  200 m (first place for Gr. 6, second place finisher in 100m for Grades 7 & 8 will run the 200 m)  400 m (first place)  800 m (first place Gr. 7 & 8 only)  Relay (fastest large school team and fastest small school team)  Long Jump (first place)  Ball Throw (first place Gr. 6)  Shot Put (first place Gr. 7 & 8) | 100 m (first place)  200 m (first place for Gr. 6, second place finisher in 100m for Grades 7 & 8 will run the 200 m)  400 m (first place)  800 m (first place Gr. 7 & 8 only)  Relay (fastest large school team and fastest small school team)  Long Jump (first place)  Ball Throw (first place Gr. 6)  Shot Put (first place Gr. 7 & 8) |

**Guidelines for Notre Dame Meet:**

* Schools are asked to email St. Alexander School at [michael.mari@ncdsb.com](mailto:michael.mari@ncdsb.com) with your school ASAP as soon as you finish your meet. ***You can use the template provided to record your team and then send back to me (see below).***
* Competitors may enter up to 1 track and 2 field (plus relay) or 2 track and 1 field (plus relay) at the meet. They may compete in only one age group. Age groups are grades 4, 5, 6, 7 and 8.
* All track events will have 1 competitor from each school, except the 800 m, it may have 2 competitors. All field events will have 2 competitors.
* Banners presented to top large school and top small school.
* There will be no scheduled lunch hour. St. Kevin’s may run a concession stand.
* If a substitution is to be made, please inform me of the change before the event starts.
* Track events take precedence over field events. Field officials are reminded to allow contestants to leave for track events and finish their events at a later time if necessary.
* All running events will be run as finals.
* Schools are asked to bring all necessary equipment for running their events (i.e. soft ball, shot put, clip boards, stop watches, rakes, measuring tape, batons).
* Those running a field event are asked to see me once you arrive to receive a package with tracking sheets and ribbons. ***Please ensure that you write the winning student’s first and last name on the tracking sheet and that all tracking sheets are returned to the scoring table following the event so that the score keepers can record the results.***
* Those helping with the Track events will also be asked to help with the relays.
* A sound system will be set up again, if an announcement is to be made for your event, please send someone to the score keepers table and we will announce it.
* We want to keep the times and day running as close to schedule as possible. Please remind your students that times are approximate and to be listening for the announcing of various events over the sound system.
* Each school is asked to help with the clean up of their schools area. We are guests at Notre Dame and want to leave it how we found it. If staff can ensure we care cleaning up the bleacher areas and any areas on the field area where events are being run it will be much appreciated.
* St. John Ambulance will be in attendance. You may wish to bring in your own school First Aid kit as well.
* ***We will start the meet with opening ceremonies near the finish line area at 9:30 am sharp.*** If we have time, we will end with closing ceremonies and the awarding of banners. If we run out of time, I will deliver banners to each of the winning schools.
* Questions and concerns can be directed to Michael Mari (St. Alexander School).

**LIST OF EVENTS**

**The events are as follows. Please remember that we do not run the 200 m Gr. 7 & 8 race at our Notre Dame Meet; but the second place 100 m runner will compete in the 200 m race at the NCAA Meet.**

|  |  |
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| **Grade 4 Girls**  50 m x 1  100 m x 1  200 m x 1  Long Jump x 2  Ball Throw x 2  400 m relay | **Grade 4 Boys**  50 m x 1  100 m x 1  200 m x 1  Long Jump x 2  Ball Throw x 2  400 m relay |
| **Grade 5 Girls**  100 m x 1  200 m x 1  400 m x 1  Long Jump x 2  Ball Throw x 2  400 m relay | **Grade 5 Boys**  100 m x 1  200 m x 1  400 m x 1  Long Jump x 2  Ball Throw x 2  400 m relay |
| **Grade 6 Girls**  100 m x 1  200 m x 1  400 m x 1  Long Jump x 2  Ball Throw x 2  400 m relay | **Grade 6 Boys**  100 m x 1  200 m x 1  400 m x 1  Long Jump x 2  Ball Throw x 2  400 m relay |
| **Grade 7 Girls**  100 m x 1  400 m x 1  800 m x 2  Long Jump x 2  Shot Put (6 lbs) x 2  400 m relay | **Grade 7 Boys**  100 m x 1  400 m x 1  800 m x 2  Long Jump x 2  Shot Put (6 lbs) x 2  400 m relay |
| **Grade 8 Girls**  100 m x 1  400 m x 1  800 m x 2  Long Jump x 2  Shot Put (6 lbs) x 2  400 m relay | **Grade 8 Boys**  100 m x 1  400 m x 1  800 m x 2  Long Jump x 2  Shot Put (6 lbs) x 2  400 m relay |

**SCHEDULE**

**Tues. June. 4th . Raindate Wed. June 5th .**

**OPENING CEREMONIES: 9:30 A.M or earlier.**

\*NOTE\*: 800M races begin at 8:45 am. Please have your runners at the track early.

\*NOTE\*: ALL TIMES ARE APROXIMATE. PLEASE LISTEN TO THE ANNOUNCED EVENTS AS THEY HAPPEN.

**TRACK EVENTS FIELD EVENTS**

8:45 Gr. 7 BOYS & GIRLS 800 METER

 8:45 Gr. 8 BOYS & GIRLS 800 METER

 9:30 Gr. 4 BOYS 200 METER 9:30 Gr. 8 BOYS SHOT PUT

Gr. 4 GIRLS 200 METER 9:30 Gr. 8 GIRLS SHOT PUT

Gr. 5 BOYS 200 METER 9:30 Gr. 7 BOYS LONG JUMP

Gr. 5 GIRLS 200 METER 9:30 Gr. 7 GIRLS LONG JUMP

Gr. 6 BOYS 200 METER 9:30 Gr. 6 BOYS BALL THROW

10:00 Gr. 6 GIRLS 200 METER 9:30 Gr. 6 GIRLS BALL THROW

Gr. 4 BOYS 50 METER 10:15 Gr. 5 BOYS LONG JUMP

Gr. 4 GIRLS 50 METER 10:15 Gr. 5 GIRLS LONG JUMP

10:30 Gr. 7 BOYS 100 METER

Gr. 7 GIRLS 100 METER 10:45 Gr. 4 BOYS LONG JUMP

Gr. 8 BOYS 100 METER 10:45 Gr. 4 GIRLS LONG JUMP

Gr. 8 GIRLS 100 METER 10:45 Gr. 5 BOYS BALL THROW

10:45 Gr. 5 GIRLS BALL THROW

11:00 Gr. 5 BOYS 100 METER

Gr. 5 GIRLS 100 METER

Gr. 6 BOYS 100 METER

Gr. 6 GIRLS 100 METER 11:30 Gr. 7 BOYS SHOT PUT

Gr. 4 BOYS 100 METER 11:30 Gr. 7 GIRLS SHOT PUT

Gr. 4 GIRLS 100 METER 11:30 Gr. 6 BOYS LONG JUMP

11:30 Gr. 6 GIRLS LONG JUMP

11:30 Gr. 8 BOYS 400 METER

Gr. 8 GIRLS 400 METER 12:15 Gr. 4 BOYS BALL THROW

Gr. 7 BOYS 400 METER 12:15 Gr. 4 GIRLS BALL THROW

Gr. 7 GIRLS 400 METER 12:15 Gr. 8 BOYS LONG JUMP

12:00 Gr. 6 BOYS 400 METER 12:15 Gr. 8 GIRLS LONG JUMP

Gr. 6 GIRLS 400 METER

Gr. 5 BOYS 400 METER

Gr. 5 GIRLS 400 METER

1:00 RELAY RACES

Gr. 4 BOYS and GIRLS 400 Meter Relay

Gr. 5 BOYS and GIRLS 400 Meter Relay

Gr. 6 BOYS and GIRLS 400 Meter Relay

Gr. 7 BOYS and GIRLS 400 Meter Relay

Gr. 8 BOYS and GIRLS 400 Meter Relay

**BOYS**

**School: Alexander Kuska**

**Grade 4:**

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| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**BOYS**

**School: St. Kevin**

**Grade 4:**

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| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**BOYS**

**School: St. Mary**

**Grade 4:**

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| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**BOYS**

**School: St. Andrew**

**Grade 4:**

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| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**BOYS**

**School: St. Ann**

**Grade 4:**

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| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**BOYS**

**School: St. Augustine**

**Grade 4:**

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| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

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| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

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| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

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| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

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| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**BOYS**

**School: Holy Name**

**Grade 4:**

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| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

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| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

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| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

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| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**GIRLS**

**School: Alexander Kuska**

**Grade 4:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**GIRLS**

**School: St. Kevin**

**Grade 4:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**GIRLS**

**School: St. Mary**

**Grade 4:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**GIRLS**

**School: St. Andrew**

**Grade 4:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**GIRLS**

**School: St. Ann**

**Grade 4:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**GIRLS**

**School: St. Augustine**

**Grade 4:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**GIRLS**

**School: Holy Name**

**Grade 4:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **50m** |  |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 5:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 6:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **200m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Ball Throw** |  |  |  |  |  |

**Grade 7:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Grade 8:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **Name** |  |  |  |  |
| **100m** |  |  |  |  |  |
| **400m** |  |  |  |  |  |
| **800m** |  |  |  |  |  |
| **Relay** |  |  |  |  |  |
| **Long Jump** |  |  |  |  |  |
| **Shot Put** |  |  |  |  |  |

**Welland/Pelham Notre Dame Track and Field Meet**

**(School Events)**

Below is a list of schools and the events they will be running at this year’s track meet. It is subject to change the day of the meet depending on staffing; however, if everything is good, then plan for this event. ***Please remind your staff coming to bring equipment for their event. I will have stuff myself; however, every bit helps.*** All staff running an event will receive a clipboard, pencils, event tracking sheets and ribbons.

Also, I will need some staff to watch a corner during the relay races. If there are staff that have helped at a corner of the track in previous years and still want that same spot, then it is yours. I will review with you where the students line up and will provide you with a copy of the races, runners etc. It is pretty straightforward. Your biggest job will be to line the kids up in their lanes and during handoffs that the students remain in their lanes until all runners have handed their batons off. I will review relay with all staff and students running the event before we begin.

Any questions or concerns, please do not hesitate to email me before the event.

1**. Running 50m, 100m, 200m, 400m and 800m(finish line):**

- St. Alexander

- St. Augustine

- St. Andrew

- Alexander Kuska

2. **Long Jump:**

- Boys Long Jump: St. Ann

- Girls Long Jump: Holy Name

3. **Ball Throw:**

- Boys Grades 4 - 6: St. Kevin

- Girls Grades 4 - 6: St. Andrew

4. **Shot Put:**

- Boys Grade 7 & 8: St. Mary

- Girls Grades 7 & 8: St. Mary

5. **Relay:**

- Start: St. Alexander

- 1st Exchange Zone: St. Kevins

- 2nd Exchange Zone: St. Andrew

- 3rd Exchange Zone: Alexander Kuska

- Finish Line (need 4 timers): St. Alexander, St. Augustine, Holy Name