***EVENT INFORMATION***

***Meet Date: June 5th at the Niagara Olympic Club***

***Please note: There will also be an NCDSB Championship Meet on June 12th at the NOC for qualifying grade 6, grade 7 and 8 students***

***\*The winning 4 x 100m relay teams and the winner in each individual event in grade 6, grade 7 and 8 on June 5th will qualify for the NCDSB Board Championships***

***AGE GROUPS***

***Athletes are organized to compete by YEAR of BIRTH.***

***The only students not participating with their grade are ones that have either been placed in a grade above their age or held back a grade. Asking school secretaries for printouts from Maplewood can assist in identifying students participating in the proper age group.***

1. ***There is no shot put for junior grades.***
2. ***The ‘special olympics’ 100m race will be run at 9:45 a.m. while students are gathered in the infield to cheer on the participants.***

***Field Events***

***Intermediate Athletes can participate in one of the following:***

***Long Jump or Shot Put (only field event for junior is long jump)***

***Track Events***

***An athlete can participate in two of the following track events (\*\*plus the 4 x 100m relay race):***

***100m, 200m, 400m (gr. 6, 7 and 8), 800m***

***800m – there are separate gr. 7 and 8 races this year (1 runner entered from each school)***

***- there is an Open Jr. 800m race (2 runners can be entered from each school – runners can be from grade 4, 5 or 6)***

***\*\*\*If you have a runner who has won all 4 events at your school, you may want to look at the schedule to help determine which two events they will choose (ex. the 800m and 200m are run pretty closely together and provide little rest in between)***

***Appropriate track shoes with spikes are permitted, however golf and baseball shoes are not.***

***General Track and Field Information***

***\*\*Schools – please be there by 9:15 at the latest (or as soon as you can get a bus there) so that we can begin on time***

♦***Each school must send two volunteers (non-coaches) to assist in running the events (please send names of volunteers to*** [***dan.sullivan@ncdsb.com***](mailto:dan.sullivan@ncdsb.com)***).*** ***Please remind school volunteers to report to the scorer's table upon their arrival.***

♦***Please inform your athletes to bring a hat, sun screen (to re-apply throughout the day) and lots of water.***

♦***There is a Concession stand and washrooms available. The school is STRICTLY OUT OF BOUNDS!***

♦***Athletes must have school uniforms or t-shirts when competing***

♦***Please keep the facility clean. Clean-up is easier if we keep our own areas clean.***

♦***Ribbons are available for the 1st, 2nd, 3rd, 4th and 5th place finishers in all finals. Plaques will be presented to the top 3 schools***

♦***Please reinforce to your athletes to be at their event at the correct time.***

♦***Students placing in an event are asked to accompany the results sheet to the scorer’s table to get their ribbons right after their event concludes. The results sheet will be given to the winner.***

♦***Please inform all athletes and parents that spectators must remain behind the fence on the bleacher side. Only Athletes preparing to run, coaches and event organizers are allowed on the inside of the track. Please be diligent and assist us in overseeing this.***

***Point totals for team championships:***

***1st place - 1 point***

***2nd place - 2 points***

***3rd place - 3 points***

***4th place - 4 points***

***5th place - 5 points***

***All other athletes will be awarded 6 points. Schools with the lowest point totals will be the top finishers.***

***NCDSB Track and Field Schedule***

***Location: Niagara Olympic Club***

***Date of Meet: June 5th***

***Parents and Coaches: \*\*Please note that all times are approximate:***

|  |  |  |
| --- | --- | --- |
| ***Time*** | ***Boys*** | ***Girls*** |
| ***9:20 a.m.*** | ***Schools Meet in the Infield*** | ***Schools Meet in the Infield*** |
| ***9:45 a.m.*** | ***‘Special Olympics’ 100m race*** | ***‘Special Olympics’ 100m race*** |
| ***10:00 a.m.*** | ***800m (Open Jr. Race,***  ***Gr. 7 and 8)***  ***4x100m***  ***200m*** | ***Long Jump***  ***Shot Put (Gr. 7 and 8)*** |
| ***11:20 a.m.*** | ***Long Jump***  ***Shot Put (Gr. 7 and 8)*** | ***800m (Open Jr. Race,***  ***Gr. 7 and 8)***  ***4x100m***  ***200m*** |
| ***12:40 p.m.*** | ***100m*** | ***100m*** |
| ***1:00 p.m.*** | ***400m (Gr. 6, 7 and 8)*** | ***400m (Gr. 6, 7 and 8)*** |
| ***1:15 p.m.*** | ***Yard Clean Up*** | ***Yard Clean Up*** |
| ***Approx. 1:45 p.m.*** | ***Team Awards*** | ***Team Awards*** |

***\*If time is tight for bussing, the team results can be sent out by email to participating schools.***