

## Mini Meet Schedule – Como Lake April 27<sup>th</sup>, 2016

**All track events** begin with the **grade 6 BOYS**, then the grade 6 GIRLS and so on.

**Shotput** will begin with the **grade 8 GIRLS** then the grade 8 BOYS, then followed by 7G and 7B and finally 6G and 6B.

**Long Jump** will begin with the **grade 7 GIRLS** then the grade 7 BOYS, then followed by 6G and 6B and finally 8G and 8B.

All times are **APPROXIMATE**. They are only a guide. Students must listen for their event to be called.

Track events take priority over field events. If a student gets called for a track event, they need to communicate with the coach running the field event, and they can return to complete the field event once they're finished running.

1500m – Run by grade / gender (example grade 6 boys together), start on curve, times can be given if the host school wants.

100m – Run by grade / gender (example grade 6 boys together), run as many heats as necessary, it is impossible to get accurate times with stop-watches so times will not be given.

400m - Run by grade / gender (example grade 6 boys together), run as many heats as necessary, it is impossible to get accurate times with stop-watches so times will not be given.

4x200m – Starts on stagger, first two exchanges in lanes.

Shot Put - Three attempts per student, throws under standard are not measured (please mark standard on field) athlete must exit through the back of the circle.

Long Jump – Athletes get three jumps each. Jumps that are faulted or below the standard are not measured. Pit should be raked smooth after each jump.

Javelin - Three attempts per student, throws under standard are not measured (please mark standard on field) athlete must exit through the back of the circle.

Special "O" 50 m race - All athletes race at the same time depending on the number of people.

## Important notes

1. Could those running the field events please remember that track events take precedence and therefore allow and facilitate the ability for students to return or appear late to attempt their events.
2. Javelin is not always available and therefore will be offered as an opportunity to learn for newcomers if desired. Safety will be paramount.
3. We should have a small concession, but details are still being worked out.
4. Please see attached map of Como's layout. Should be signs showing where teams can put bags etc.

<b>EVENTS for APR. 24</b>	<b>Approximate start time</b>	<b>Location</b>	<b>Host School</b>	<b>other</b>
<b>50m Special 'O'</b>	3:30pm	Grass field/track	Como Lake, Maillard and one other school if needed	Will depend on # of participants, TBA
4 by 200 relay	3:40pm	Grass field/track	Como Lake, Maillard and one other school if needed	First two exchanges in lanes
100m	4:00pm	Grass field/track	Como Lake, Maillard and one other school if needed	Several heats run by grade/gender, stay in lane
400m	4:30pm	Grass field/track	Como Lake, Maillard and one other school if needed	Several heats run by grade/gender
1500m	5:00pm sharp	Grass field/track	Como Lake, Maillard and one other school if needed	Run by grade, Start on curve, cut in right away
Shot put	3:30pm	Two circles on north end of track inner field	Banting	3 attempts per student (gr. 6g=6.3m; gr. 7b=7.4m; gr. 7g=7.4m; gr. 7b=8.5m; gr. 8g=7.8m; gr. 8b=8.5m)
Long jump <b>Inc. Special 'O'</b>	3:30pm	Long jump pits on grass field/track	Monty	3 jumps each (gr. 6g=3.2m; gr. 6b=3.3m; gr. 7g=3.5m; gr. 7b=3.5m; gr. 8g=3.7m; gr. 8b=3.7m).
Javelin	3:30pm	Near the fieldhouse	Hillcrest	3 attempts per student
High Jump	3:30pm	In school gymnasium	Moody	