

Student / Parent Information about the Zone / District Track Meets for McGowan Park

- students need to be in the gym by 8:00 to pick up their stickers and arrange rides
- stickers should be placed on the school jersey once and not taken off till required; they don't like to be re-stuck to clothing
- you must be in proper gym clothes and running shoes; no one will be allowed to compete while wearing jeans, sandals, etc.; bring the necessities for the weather conditions (ie) jackets and track pants if it's cold; hat, sunscreen, water if it's hot; **NO** spikes are allowed; **NO** wearing hats while competing
- do NOT fill up on your lunch, snacks, concession food, etc. right before your event
- listen to the announcer who will be giving out reminders as to when the various events begin
- all field event times are exact; do **NOT be late to register**
- **TO REGISTER for FIELD EVENT:** find the person in charge of the event and **give them your sticker**
- if you are in a **running event**, people **at the finish line will take your sticker** once you have completed the event
- all running times are approximate as all age groups run the event before starting the next; they always **begin with Bantam Boys then go to Bantam Girls, continuing in this pattern until getting to Tyke Girls** (they are the last race)
- runners are **NOT** allowed to stick out an arm or intentionally 'cut' off another athlete in order to block or prevent another runner from passing; run faster if you don't want to get passed. With laned events, athletes must stay in their own lane.
- if you are a 'younger' person, do **NOT** go over to the running event **until they call your AGE GROUP**; remember they start with the oldest students first
- 60 m, 80 m, 100 m & 200 m have heats and finals; at the end of the heats, if you are in the top 3 - 4 (depending how many total students there are) you will run again in the finals; if you are in the finals, your name will be called over the PA system; this is when the ribbons will be handed out (zone meets); at the District Meet are running events are finals
- 300 m, 600 m & 800 m are all finals; ribbons will be handed out at the finish line
- if you have TWO events scheduled at the same time, go register (ie) give them your sticker and **TELL** the person you have to go run an event; go run and then **RETURN IMMEDIATELY** to finish your field event; ask if you can go to the front of the line to get in your attempts before leaving, **if possible**
- **if you finish 1st - 4th in a running event OR 1st - 5th in the field events you will qualify for the District Meet; top 2 relay teams also go to the District**
- **for running events 1st & 2nd are in Flight A, while 3rd & 4th are in Flight B at the District Meet (60m, 80m, 100m, 200m & 300m)**
- you are **NOT ALLOWED TO:**
 - (1) go to the TCC building; you must stay at the Stadium
 - (2) hang out / play around / walk through in the infield;
 - * to get to the other side of the track, walk around on the gray cement
 - (3) climb / do flips on the high jump mats and green buildings
- compete in your event to the best of your ability; afterwards watch your friends at their events or sit in the stands and watch from there
- once you have completed all of your events you are NOT to go back to school; you stay at the Stadium until the end OR you go home with your own parent; **before you leave you MUST check in with the designated teacher from your school**