

RCEIAA

Track and Field

Championships

2024 Track and Field Registration Package

Event: Tuesday, June 4, 2024

(Rain Day Wednesday, June 5, 2024)

Location: Bishop Smith CHS

100m ◀ 200m ◀ 400m ◀ 800m ◀ 1200m ◀ 4x100m Relay ◀
Long Jump ◀ ◀ Rubber Shot Put ◀ Turbo Jav ◀
◀ Teamwork ◀ FUN ◀

Track and Field Information and Guidelines

Age Categories:

Grade 6, Girls and Boys

Grade 7, Girls and Boys

Grade 8, Girls and Boys

Guidelines:

The numbers of athletes competing at the meet have been increasing every year. Please bring only grades 6, 7 and 8's to the meet.

If your numbers permit, you may fill your grade 7 events with grade 6's.

The RCEIAA rules are in effect for this meet. A student may compete in only one age category **throughout** the meet. A coach may choose to move a student up an age category, but a student cannot compete in a category lower than their age. Athletes are allowed to compete in up to **TWO** events. If an athlete has qualified for their school relay team, the event will **not** be counted toward the two-event limit. Running shoes must be worn at all times. No cleats and no bare feet. School T-shirts should be worn if you have them to help identify participants.

Track Events:

100m, 200m, 400m, 800m, 4x100m relay, Open 1200m

Please enter your athletes in the running events on the registration sheet from fastest to slowest so they can be seeded appropriately in each race.

Schools may enter 1 relay team per school per age group. Coaches do not need to submit the names of the athletes on the relay team. Just indicate that you are entering the teams on the entry sheet.

All track athletes must report to the event area and remain there until their heat has been called. Athletes need to be on time to run their heat or they will miss the chance to compete. Athletes will be given hip #'s to wear for each race

Track events take precedence over field events. In the case of a track event taking place at the same time as a field event, the competitor will sign in to the field event and will ask to be excused from that particular event and report to the track event. The athlete will then return to the field event immediately after they complete their race.

Field Events:

Long Jump, Rubber Shot Put and Turbo Javelin

All field athletes must report to the event on time.

Athletes will be given three (3) attempts to achieve a measurement.

Due to the concern for the danger of metal shot puts the RCEIAA have switched to a 3.3 lbs. rubber shot put ball. They are safer than a softball throw event. Athletes can practice their shot put technique with a tennis ball or softball. If you wish to purchase the "shot put" being used by RCEIAA, here is the website:

TheraBand Soft Weights – SpaSupply

<https://spasupply.ca/products/theraband-soft-weights>

Shot Put:

Grade 6 – 3.3 lbs.

Grade 7 – 3.3 lbs.

Grade 8 – 3.3 lbs.

Turbo Jav's can be purchased through Marchant's School Sport Ltd:

<https://www.marchants.com/turbo-training-javelin-300-gram/>

<https://www.marchants.com/turbo-training-javelin-400-gram/>

Turbo Jav

Grade 6 – 300 g

Grade 7 – 400 g

Grade 8 – 400 g

Dear Coaches:

This is your registration package for the 2024 Track and Field meet. The meet will be taking place on Tuesday, June 4, 2024 at Bishop Smith Catholic High School.

This package includes the school registration google form (link on page 4 of this information sheet), participant's registration and the codes of conduct.

When filling out the participant's registration please note that you are allowed up to **3 entries** per level, for each event (i.e. Grade 8 girls 100m). Also remember the students can only participate in **TWO** events, with the exception of relay.

Remember

- 1. To make it fair for smaller schools, you have 3 entries per event but only the top 2 will count towards your team totals if they get points.**
- 2. Bishop Smith and Valour because of their size have 6 entries but only top 2 will count for scoring.**
- 3. We have added a 200m final so the 8 fastest times will go to the finals. In order to do this we had to limit entries of the relay to one team per school per division.**
- 4. The schedule has changed slightly. Make sure your athletes are aware of this.**

If there are any questions please email us at susan.cotnam@rccdsb.ca or bernard.kenny@rccdsb.ca.

All coaches are asked to stay away from the results tent. If there is an issue please see myself or Bernie Kenny to address your issue. Coaches talking to the volunteer students in the tent will just delay the issue and slow the meet down. We thank you for your cooperation.

Very Important

Each School should email schroederr@rcdsb.on.ca the name of the coach doing the entries so he may send permission to edit the form if the Link does not work. Rick will set the share settings to all who have the link.

When you complete your entries make sure you rank your entries 1 - 3, 1 being fastest 3 being the 3rd fastest.

All entries into the google sheets have to be done by 5:00pm Tuesday, May 28th as Bernie, Rick and I will all be away at the OFSAA East Regional Meet later in the week. **After Tuesday, 28th, the Google file will be locked and coaches will not be able make changes to the spreadsheet.**

Rick will attempt to email your spreadsheets back to you for verification. When you receive the verification lists you may email Rick to fix any mistakes. Additions after this time will not be accepted. Scratches can be done the morning of the meet, but there will be no more additions.

PLEASE NOTE:

This will be a peanut-free event. If any of your athletes have any specific allergies that we should be aware of, please make a note at the bottom of your participant's registration form and we will do our best to make accommodations.

Coaches Meeting:

There will be a coaching meeting at 9:00 a.m. in front of the white shed for ALL coaches prior to the start of the track meet. Refreshments will be available for coaches in the morning. Upon arrival to the facility though, coaches must report the white shed to pick up their registration envelope which will include a few copies of the schedule (please post at your canopy), as well as a list of your competitors and their assigned bib #'s. Please make sure that you give your athletes the bib # that they have been assigned. Bibs are to be attached to the **FRONT** of each athlete's t-shirt. A garbage bag will also be included in your envelope. Please make sure your area is clean before you leave. All garbage bags may be left at the gate (near the white shed) before you leave.

Map of Facility:

A map of the track and field facility indicating where school canopies are to be set-up, where field events will take place as well as the start lines and finish line is attached. Schools are encouraged to arrive early so that athletes can walk around the facility and locate where their field events will take place, as well as the start lines for their races. Athletes are not permitted in the infield on the main field at any time during the meet.

Canopy Set-Up:

All schools are encouraged to bring their own canopy to set-up for shade and a “home-base” for the day. The canopy set-up area will be on the second soccer field and will be clearly marked. For the safety of others in this area, soccer balls, footballs, Frisbees, etc. will not be permitted.

Washrooms:

Portable toilets will be provided at various locations around the facility. Athletes are encouraged to use these washrooms.

Medical/Supervision:

Coaches are reminded to bring their own first-aid kits, plus any puffers, epi-pens, etc. for their athletes. Coaches are responsible for the supervision of their athletes throughout the day.

Canteen/BBQ: A canteen will be set-up outside all day just to the right of the gate that you will use to enter/exit the track. We'll have beverages and snacks available all day; as well as a BBQ (hot dogs). Items will range in price from \$1.00 - \$3.00.

T-Shirts – We will have ***RCEIAA Track & Field t-shirts*** available for purchase at the canteen. The cost of the t-shirts are **\$20.00** (cash or cheque only).

Parking:

Bishop Smith is a busy spot on elementary tournament days and track meet days. While we do have 2 large parking lots at Bishop for staff and student parking; parents who choose to stay for the day or come for a portion of the day, will need to park on side streets and then walk to Bishop. Parking is **NOT** permitted in the bus loading zone behind the school (the “Donut”) or along Carmody Street in the bus lane (next to the track).

We are excited to see you and your athletes at Bishop Smith on Tuesday, June 4th. If you have any questions, please do not hesitate to contact us.

Sue Cotnam (Co-Convenor)
Bernie Kenny (Co-Convenor)

Renfrew County Grade 6-7-8 Track & Field Championships 2024

TRACK EVENTS:

TIME:	EVENT:
9:00 am	COACHES MEETING (at the white shed)
9:10am	100m Para division
9:15 am	100m GIRLS (8,7,6)
9:45 am	100m BOYS (6,7,8)
10:15 am	400m GIRLS (8,7,6)
11:00 am	400m BOYS (6,7,8)
11:45 am	100m FINALS GIRLS/BOYS (8,7,6)
12:00 pm	1200m Open - Girls & Boys Run at same time if we have to save time
12:15 pm	200m GIRLS (8,7,6)
12:45 pm	200m BOYS (6,7,8)
1:15 pm	800m GIRLS (8,7,6)
1:45 pm	800m BOYS (6,7,8)
2:00 pm	200m FINALS GIRLS/BOYS (8,7,6)
2:15 pm	4X100m RELAYS GIRLS/BOYS (8,7,6)

* There will be heats and finals in the **100m and 200m races**. All other events are timed finals; meaning that athletes will only run their race ONCE. There are NO finals for all other race distances. It is important to seed your athletes appropriately so the quickest athletes will be put into the faster heats.

FIELD EVENTS:

TIME:	EVENT:	
9:15 am	SHOT PUT BOYS (6) LONG JUMP BOYS (7) TURBO JAV BOYS (8)	* All shot put and turbo javelin athletes will be permitted 3 throws
10:15 am	SHOT PUT GIRLS (6) LONG JUMP GIRLS (7) TURBO JAV GIRLS (8)	
11:00 am	SHOT PUT BOYS (7) LONG JUMP BOYS (8) TURBO JAV BOYS (6)	
11:45 am	SHOT PUT GIRLS (8) LONG JUMP GIRLS (6) TURBO JAV GIRLS (7)	* Ribbons for field events will be given to athletes at their events; ribbons for all track events are to be picked up at the registration table/white shed
12:30 pm	SHOT PUT BOYS (8) LONG JUMP BOYS (6) TURBO JAV BOYS (7)	
1:30 pm	SHOT PUT GIRLS (7) LONG JUMP GIRLS (8) TURBO JAV GIRLS (6)	