Track & Field Meet – Zone 3 and 4  
2014

Date: Thursday, June 12th (rain date is Fri., June 13th)

Location: Bradford District High School

Schools involved: WH Day, Fred C Cook, Osler, Chris Hadfield, Earl Rowe, Fieldcrest, Tottenham

800m Races
8:30am - Grade 4, 5, 6, 7, 8 Boys
8:45am – Grade 4, 5, 6, 7, 8 Girls

GIRLS:

<table>
<thead>
<tr>
<th>TIME</th>
<th>HIGH JUMP</th>
<th>LONG JUMP</th>
<th>TRIPLE JUMP</th>
<th>SHOT PUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
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<td>9:30</td>
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<td>8</td>
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<td>10:00</td>
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<td>7</td>
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<td>4</td>
<td>5</td>
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<tr>
<td>11:00</td>
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<td>6</td>
<td>4</td>
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</tbody>
</table>

BOYS: TRACK
- start at 9:00am, grades 4 - 8
100m
400m
200m

LUNCH BREAK – 11:30am – 12:00pm

BOYS:

<table>
<thead>
<tr>
<th>TIME</th>
<th>HIGH JUMP</th>
<th>LONG JUMP</th>
<th>TRIPLE JUMP</th>
<th>SHOT PUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00</td>
<td>4</td>
<td>7</td>
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<td>12:30</td>
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<td>4</td>
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</table>

GIRLS: TRACK
- start at 12:00pm, grades 4 - 8
100m
400m
200m

RELAY RACES:
2:30pm
Junior: Girls, Boys
Intermediate: Girls, Boys
Student Participation:

Each school is allowed to enter 2 participants per event per gender.

Each participant is allowed a maximum of 2 track and 2 field events. There are no restrictions on relay participation, so any participant can also run in the relay race.

School Event Responsibilities:

Each school will run an event for the meet. Each school is to provide a staff member that is knowledgeable and capable of running their event for the day.

<table>
<thead>
<tr>
<th>HIGH JUMP</th>
<th>LONG JUMP</th>
<th>TRIPLE JUMP</th>
<th>SHOT PUT And RELAY RACES</th>
<th>TRACK - 100m, 200m, 400m</th>
<th>SCORING TABLE and 800m</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fred C Cook</td>
<td>Tottenham</td>
<td>Earl Rowe</td>
<td>Osler</td>
<td>WH Day</td>
<td>Chris Hadfield Fieldcrest</td>
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</tbody>
</table>

Awards and Points:

There are ribbons awarded for the top 3 finishers of each event. For school team points, we will use the following point scheme:

1st – 10 points
2nd – 7 points
3rd – 5 points
4th – 3 points
5th – 2 points
6th – 1 point

A banner is awarded to the school team with the most accumulated points in the 4 track and 4 field events. There is also a banner awarded to the school team that accumulates the most points in the 4 relay races (same point scheme).

Other:

There is a concession stand available from the high school for the day. It will have lunch food available.

There will be no first aid personnel designated to deal with injuries or there will be no specific first aid station set up.