

**Hamilton-Wentworth - Senior Elementary
Track and Field Meets - 2024
Mohawk Sports Park**

**Division 1 - Monday, June 10, 2024
Division 2 - Tuesday, June 11, 2024
Division 3 - Wednesday, June 12, 2024**

Information for Coaches

**Entry Deadline: Wednesday, June 5th – 4:00 pm
Website: <https://www.trackie.com/online-registration/>
Login and Password will be set by schools**

Please find attached the following:

1. General information regarding the meets
2. Division Structure by school
3. Entry Procedure for Senior Elementary-2024
4. Order of Events

**A food concession stand will be open during the meet.

******Inclement weather dates will be Thursday June 13, Friday, June 14, 2024**

Cancellations as a result of severe weather will be announced on local radio stations (CHML, K-Lite) by 7:30 a.m. In addition, schools will be notified via e-mail as close to 8:00 a.m. as possible.

Please have your busses remain at the park in case of inclement weather.

Officials

As a condition of participation, each school will be required to provide one adult official for the full day of competition. Should you wish a specific responsibility please email Jeff Wright and we will try to accommodate.

Permission Forms

The track meet requires Principal signature only.

You will need to fill out the following forms beforehand:

1. **INTERSCHOLASTIC ATHLETIC EVENTS: Information to Parent/Guardian.** This information form should be completed and sent home with each participant.

2. **STUDENT ATHLETE INFORMATION & PERMISSION PACKAGE (HWDSB-2709 (01/2018))**. These forms are available from the print portal. This form must be completed by parent/guardian and returned to the school. Coaches should bring the Emergency/Health Information to the meet.

First Aid

A qualified Athletic Therapist will be on duty throughout each of the meets and will be stationed near the announcer's stand.

**** THERE WILL BE A MANDATORY COACHES MEETING AT 9:45 a.m. **
at the finish line.**

IMPORTANT NOTES:

Awards for each Division will include 1st, 2nd and 3rd place ribbons, as well as overall championship banners in each of the boys' and girls' age categories.

- We use a 27" – 300g Turbo Jav and a 6lb shot put.
- open medley relay - This relay consists of 4 parts – (800m - 200m - 200m - 400m). This is an Open event (any ages in one boys' race and one girls' race)
- **in the 1500m races, lapped runners must leave the track upon being lapped**
- 400m events will be a boxed start. Runner must stay in box/lane throughout the event.
- **hats and bandanas are not to be worn** by any student while participating in an event
- any gesture or action that is interpreted as taunting or disrespect towards a fellow athlete will result in **immediate disqualification and the expulsion of the individual(s) responsible from the meet**
- throwing a relay baton will result in immediate disqualification

1. **ENTRIES**

- a. Entries are limited in each age/gender group as follows:

100 m & 1500 m	2 per school
200 & 400 m	1 per school
All Relays	1 team per school
Field Events (shot put, long jump, TurboJav)	1 per school

(b) Students may enter a maximum of three events - track and/or field - in any combination with relays counting as an event. ie 100m, 200m, 4x100 Relay

(c) Students are not permitted to compete in the same event in two age categories.

(d) **AGE CATEGORIES: BOYS/GIRLS **Note the change is divisions is now based on grade and NOT year born.**

Grade 6, 7, 8

(e) 100 m events will have qualifying heats with the top qualifiers advancing to the 100m final.

(f) School Placing in Divisions - please refer to the attached list to confirm the placing of your school which is based on gr. 6, 7, 8 school population.

2. RULES OF COMPETITION

- (a) **Keeping the infield area clear** is critical for the safe and efficient running of all track and field events. Athletes not participating in events in progress or coaches found in the infield area **WILL BE DISQUALIFIED**. Please cooperate - stay out of the infield.
- (b) Track or soccer spikes or bare feet are not permitted. Shirts identifying the school must be worn at all times.
- (c) Coaches and parents are prohibited from running with their athletes and "pacing" the runner. Coaches found pacing their athlete(s) will have the athlete disqualified.
- (d) No starting blocks are allowed.
- (e) Lane placing will be established by random draw.
- (f) Two false starts will disqualify a runner or relay team.
- (g) In general, three attempts will be allowed in long jump and shot put. Time constraints may necessitate a reduction to two attempts.
- (h) Relay teams - **all** team members must wear a shirt that **clearly** shows the name of the school.

3. FACILITY RULES

- (a) Please check the washroom facilities periodically and do not allow your students to loiter in this area.
- (b) Please make sure the area your school sits for lunch is clean at the end of the day.
- (c) For safety reasons, do not allow athletes to practice with a shot outside the shotput area.
- (d) Shot put area will be roped off and will be OUT-OF-BOUNDS.

4. SCORING/AWARDS

- (a) POINTS:

ALL EVENTS			
1 st	10 pts.	5 th	4 pts.
2 nd	8 pts.	5 th	3 pts.
3 rd	6 pts.	7 th	2 pts.
4 th	5 pts.	7 th	1 pt.

- (b) Awards for Track and Field will include individual ribbons for 1st, 2nd, 3rd and pennants for Grade 6, Grade 7 and Grade 8 boys and girls. There will also be a championship pennant for the overall Division championship.

ENTRY PROCEDURE FOR SENIOR ELEMENTARY TRACK AND FIELD

This site is now open and will **close on Wednesday, June 5th - 4:00 p.m.**

You will not be able to enter any additional competitors after that time.

Any concerns about this please e-mail Jeff Wright (jwright@hwdsb.on.ca)

1. Go to: <https://www.trackie.com/online-registration/>
2. Login or Create new account using your HWDSB email address
3. Click Find event at the top of the page
 - a. type HWDSB into the search bar
 - b. Select Register
4. Select your meet (Division 1, 2, 3, 4 or Blue, Green, Red or White etc...)
5. Recommended process
 - a. Select the number of individual athletes you would like to register you can add or subtract at any time

The screenshot shows the TrackieReg website interface. At the top, there is a navigation bar with links for 'About Us', 'Find Event', 'Add Event', 'Results', 'Testimonials', and 'FAQ'. On the right, there are links for 'My Account', 'Contact', and 'Français', along with social media icons for Facebook and Twitter. The main content area displays event information for 'HWDSB - City Championship (Secondary)' in Hamilton, Ontario, on May 12th, 2022, with a deadline of May 6 at 12:00 noon (Eastern Time). A countdown timer shows 03:03:24:46 days left. Below the event details, there are three buttons: 'EVENT INFORMATION', 'VIEW CONFIRMATION LIST', and 'EVENT WEBSITE'. A progress bar at the bottom indicates three steps: '01. Registration Information' (highlighted in red), '02. Confirmation', and '03. Receipt'. Below the progress bar, there is a dropdown menu for the number of individuals and/or relay teams to register, currently set to 29, and an 'Import entries' button.

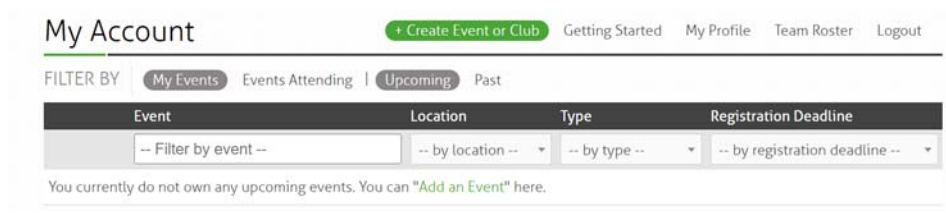
- b. Add first name, last name, gender, and select you school name from the “Team” drop-down menu. You can select the event and age (grade) category (and seed time for secondary meets only) Hometown and Date of Birth are not required

The screenshot shows the registration form for an individual athlete. At the top, there is a navigation bar with links for 'About Us', 'Find Event', 'Add Event', 'Results', 'Testimonials', and 'FAQ'. On the right, there are links for 'My Account', 'Contact', and 'Français', along with social media icons for Facebook and Twitter. The main content area displays the registration progress bar with three steps: '01. Registration Information' (highlighted in red), '02. Confirmation', and '03. Receipt'. Below the progress bar, there is a dropdown menu for the number of individuals and/or relay teams to register, currently set to 29, and an 'Import entries' button. The registration form is divided into two sections: 'This registration is for an individual' (selected) and 'This registration is for a relay team'. The form includes fields for 'First Name' (Jane), 'Last Name' (Smith), 'Gender' (Female), 'Hometown', 'Team' (Missing?), 'DOB (YYYY/MM/DD)', 'Event' (100m), 'Category' (Junior), and 'Seed' (min, sec, ms). There is also a 'Share events with' button next to the Event field.

- c. Press Save & Complete later, then add your next athlete

To edit:

1. Login to Trackie
2. Click “My Account” at the top right of the page
3. Choose “Team Roster”



4. Choose “Import” - import from previous registration
5. One the team is imported you may Select the athlete to edit OR add more athletes.

All entries must be completed by June 5, 2024

Print copies of both your individual entries and relay entries from the “List Entries” and “List Relay Teams” on main screen. These PRINTOUTS are your confirmation of entries and will be needed in case of disputed entries.

ENTRY DEADLINE: Wednesday, June 5th @ 4 pm
You will not be able to enter any additional competitors after that date.

Order of Events

2024 Senior Elementary Track and Field Schedule – All Divisions
Mohawk Sports Park – 10:00 a.m.-3:30 p.m.

Track Events

EVENT #	TIME	NAME OF EVENT
1500 m		TIMED HEATS (1 heat/division)
	10:00	Grade 6 Girls 1500m
	10:10	Grade 6 Boys 1500m
	10:20	Grade 7 Girls 1500m
	10:30	Grade 7 Boys 1500m
	10:40	Grade 8 Girls 1500m
10:50	Grade 8 Boys 1500m	
100m		QUALIFYING HEATS (5 heats/division)
	11:05	Para Girls 100m – Timed Final
	11:10	Para Boys 100m – Timed Final
	11:15	Grade 6 Girls 100m
	11:23	Grade 6 Boys 100m
	11:31	Grade 7 Girls 100m
	11:39	Grade 7 Boys 100m
	11:47	Grade 8 Girls 100m
11:55	Grade 8 Boys 100m	
400M		TIMED HEATS (3 heats/division)
	12:00	Grade 6 Girls 400m
	12:10	Grade 6 Boys 400m
	12:20	Grade 7 Girls 400m
	12:30	Grade 7 Boys 400m
	12:40	Grade 8 Girls 400m
12:50	Grade 8 Boys 400m	
100m		FINALS (1 heat/division)
	1:15	Grade 6 Girls 100m
	1:17	Grade 6 Boys 100m
	1:19	Grade 7 Girls 100m
	1:21	Grade 7 Boys 100m
	1:23	Grade 8 Girls 100m
1:25	Grade 8 Boys 100m	
200m		TIMED HEATS (3 heats/division)
	1:35	Grade 6 Girls 200m
	1:43	Grade 6 Boys 200m
	1:51	Grade 7 Girls 200m
	1:59	Grade 7 Boys 200m
	2:07	Grade 8 Girls 200m
2:15	Grade 8 Boys 200m	
4 x 100m		Relay -- TIMED HEATS (3 heats/division)
	2:15	Grade 6 Girls 4 x 100m Relay
	2:23	Grade 6 Boys 4 x 100m Relay
	2:31	Grade 7 Girls 4 x 100m Relay
	2:39	Grade 7 Boys 4 x 100m Relay
	2:47	Grade 8 Girls 4 x 100m Relay
2:55	Grade 8 Boys 4 x 100m Relay	
MEDLEY		(800, 200, 200, 400 m)
	3:00	Open Girls
3:15	Open Boys	



**PLEASE NOTE
TIME SCHEDULE
FOR THIS MEET.**

Field Events

SHOT PUT CIRCLE -- Girls

10:00-10:45 a.m.	Grade 7/Para Girls
10:45-11:30 a.m.	Grade 8 Girls
11:30-12:15 p.m.	Grade 6 Girls

SHOT PUT -- Boys

12:15-1:00 p.m.	Grade 7/Para Boys
1:00-1:45 p.m.	Grade 8 Boys
1:45 - 2:30 p.m.	Grade 6 Boys

LONG JUMP -- Girls

10:00-11:00 a.m.	Grade 6 Girls
11:00-12:00 a.m.	Grade 7 Girls
12:00-1:00 p.m.	Grade 8 Girls

LONG JUMP -- Boys

10:00-11:00 a.m.	Grade 6 Boys
11:00-12:00 p.m.	Grade 7 Boys
12:00-1:00 p.m.	Grade 8 Boys

TURBOJAV - Boys

10:00-10:45 a.m.	Grade 8 Boys
10:45-11:30 a.m.	Grade 6 Boys
11:30-12:15 p.m.	Grade 7/Para Boys

TURBOJAV - Girls

12:15-1:00 p.m.	Grade 6/Para Girls
1:00-1:45 p.m.	Grade 8 Girls
1:45-2:30 p.m.	Grade 7 Girls

Reminders

Entries close Wednesday, June 5th - 4 pm and no entries will be accepted after this time.

If you have students in the first race of the day you may want to send those students ahead of the busses, to ensure that they do not miss their race.

Any questions or concerns please e-mail:

Jeff Wright

jwright@hwdsb.on.ca

HWDSB - Athletics