

**Hamilton-Wentworth Junior Elementary
Track and Field Meet – 2024
Coaches' Information**

Entry Deadline: Wednesday, June 12th @ 4pm

New**Website: <https://www.trackie.com/online-registration/>

Login and Password available on Trackie.com

Website is open

1. Meet Structure

In an effort to accommodate all interested schools, the meet is structured into a series of 4 smaller meets. Schools have been placed into "conferences" as part of the restructuring. To provide K-6 schools with an opportunity to participate and include grade 6 students, a conference of K-6 schools has been created. (Please note that there will be some K-5 schools in this meet as well) Events in each of the conferences are the same.

Using the Conference format, dates for the 2024 meets are as follows:

- Blue Conference Wednesday, June 19 – 9:45 a.m.- 2:00 p.m., **Mohawk Sports Park**
- Green Conference Tuesday, June 18 – 9:45 a.m.- 2:00 p.m., **Mohawk Sports Park**
- Red Conference Thursday, June 20 – 9:45 a.m.- 2:00 p.m., **Mohawk Sports Park**
- White Conference Friday, June 21 – 9:45 a.m.- 2:00 p.m., **Mohawk Sports Park**

*******Raindates are Wednesday, June 26 and Monday, June 24, 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.

**Prior to the start of each meet, there will be a MANDATORY meeting for coaches
at the finish line area.**

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

2. Officials

As a condition of participation, each school will be **required** to provide one adult official for the full day of competition.

**If you wish to request a particular responsibility please email Jeff Wright
(jwright@hwdsb.on.ca) with your preference and we will try to accommodate you. For some
events it would be advantageous to have older students helping the adult official. Be raking the
pit for long jump.**

3. About the Meet

The focus of the primary/junior meets will not change from what has been - a participatory event. While the meet will operate as any other track meet - placing/times recorded and meet results produced - the focus will continue to be on involving as many students as possible in a safe and enjoyable track and field experience. Success will be recognized in the form of ribbons for 1st, 2nd and 3rd. In addition, each student will receive a ribbon recognizing his or her participation in the meet. Team scores will not be kept.

Age Categories - Boys and Girls ****note -divisions go by grade NOT birth year**

Events

80 metres (100m for Grade 6's)

300 metres

700 metres

4 x 100m relay

Standing long jump (grade 3) Running Long Jump for all others

Softball throw

Entries

- (a) entries are limited in each age/gender group as follows:
- all track events (except relays), long jump, softball throw – 2 per school
 - 4 x 100 relay – one team per school in each age/gender division (ie 1 Grade 3 girls and 1 Grade 3 boys team etc)
 - No individual runner's names are required at registration of relay teams
- (b) each student may enter a maximum of 3 events in any combination (including relays)
- (c) students must compete in the same age group for individual events but may move up one division for the relay
- (d) each school has an additional “3 wild card entries”. These entries may be used for any student in any event **except 80m**. (100m for grade 6) This means you may have a third entry in up to three events. The intent of these “wild cards” is to allow for the exceptional circumstances in a school where a student has trained with the team all season but is not one of the school's regular entries in any event. **These wildcard entries should be entered at the same time as other athletes and in the same manner. Once a student may only enter 3 events.**

4. Notes for Coaches

General

1. Shirts identifying the school must be worn by all participating athletes in all events.
2. Busses should drop students off in the parking lot (and remain for the day in case of inclement weather) east of Bernie Arbor Stadium (baseball) and enter the park via the skateboard park. Upon arrival at Mohawk Sports Park all teams are to find an area to sit around the outside of the track.. **KEEP THE INFIELD AREA CLEAR**- please inform all coaches and parents to stay out of infield. Athletes who are competing in the long jump or softball throw are the only athletes allowed in the infield (no coaches or parents).
3. Bring a clean garbage bag for litter and keep your area clean.
4. It is the coaches' and athletes' responsibility to make sure the athletes go to the marshalling area when their event is called.
5. Make sure athletes come prepared for the weather. There is little shelter, so athletes should make sure they have **hats**, proper clothing, **sunscreen**, etc.

6. Hats and bandanas are not to be worn while participating.
7. Track or soccer spikes or bare feet are not permitted.

Track Events-General

1. No starting blocks or spikes are allowed.
2. Two false starts will disqualify a runner or relay team.
3. Track events take precedence over field events. Athletes who have concurrent track and field events should notify a field event official that they are leaving for a track event & return to the field event as soon as the track event is completed.

80 Meters

1. In the 80 m. runners must run in their assigned lane. A runner will be disqualified if he/she leaves his/her lane. Running out of their lane continues to be a problem-please spend some coaching time on this issue.

300 & 700 Meters

1. The 300 m. (3/4 lap) and 700 m.(1 and 3/4 laps) events will be run from a common curved starting line at the beginning of the backstretch.
2. Runners do not remain in lanes but should be coached to run a straight line from their start position to the inside corner of the first turn (at far end of track) and then as close to curb as possible for the remainder of the race. (An interesting geometry lesson about the shortest distance between two points for all grades).

4 x 100 m. Relay

1. In the 4 x 100 relay **all four runners will run in their assigned lane.**
2. The 20 metre exchange zone will be clearly marked. The 10 metre run-up zone will also be marked. Outgoing runners may use this 10 m. zone to accelerate but the baton must be exchanged in the 20 m. exchange zone.
3. After the baton has been exchanged, runners are to remain in their own lane and not interfere with any other team.
4. After the last runner crosses the finish line he/she must stay in his/her lane and return to the finish line.
5. Each school must bring its own baton, which must not have tape or indentations.
6. Individual runner's names are not required when signing up a relay team.

Long Jump

1. The Standing Long Jump (Grade 3 only) will use a two-foot take-off.
2. Running Long Jump (all other grades) are allowed a run-up. About 25-30 m. should be sufficient for these ages. The jump will not count if the jumper touches the ground beyond the take-off board with any part of his/her body.

Softball Throw

1. The official ball to be thrown is the "Incrediball (SB-SAFE-11)".
2. Competition balls will be provided at the meet and are the only balls that may be used during the competition.
3. Competitors may take two or three steps in the direction of the throw plus follow through of opposite foot allowed (similar to baseball pitcher's action) but **both feet must remain behind the foul line.**
4. Athlete must exit to the rear of the throwing area (i.e. cannot fall over the foul line)
5. Distance is measured to the point where ball first touches the ground within the landing sector (similar to javelin landing sector).

4. Entry Procedure

“Meet Manager” will be used for entries/results. **The attached “Entry Procedure for Junior Elementary Track and Field” illustrates the procedure for entering your athletes.** Please read this attachment before trying to enter students. If you have any difficulty please contact Jeff Wright (jwright@hwdsb.on.ca).

The entry system is open now. The entry system will close on Wednesday, June 12th at 4 p.m.

**YOU WILL NOT BE ABLE TO ENTER ANY ATHLETES AFTER
Wednesday, June 12th @ 4 p.m.**

After you have entered all your athletes and relay teams please print a copy of your individual entries and relay entries. Bring these printouts with you to the meet. These printouts will be needed in case of disputed entries.

5. Permission Forms

The track meet is a Category 1 trip requiring Principal signature only.

Please fill out the following forms in advance of attending the meet:

1. **INTERSCHOLASTIC ATHLETIC EVENTS: Information to Parent/Guardian.** This information form should be completed and sent home with each participant along with
2. **STUDENT ATHLETE AND INFORMATION PACKAGE (HWDSB-2709 (01-2018)).** These forms are available from the Print Portal from Allegra

This form must be completed by parent/guardian and returned to the school. Coaches should bring the Emergency/Health Information to the meet.

6. First Aid

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

Elementary Track & Field Entry Process

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

ONE TRACKIE IS COMING...

trackiereg About Us | Find Event | Add Event | Results | Testimonials | FAQ My Account | Contact | Français

HWDSB - City Championship (Secondary)
Hamilton, Ontario
May 12th, 2022
Deadline: May 6 at 12:00 noon (Eastern Time)

03:03:32:46
Days left Hours Mins Secs

EVENT INFORMATION >
VIEW CONFIRMATION LIST >
EVENT WEBSITE >

01. Registration Information 02. Confirmation 03. Receipt

of individuals and/or relay teams you want to register: 29 Import entries

- 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

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01. Registration Information 02. Confirmation 03. Receipt

of individuals and/or relay teams you want to register: 29 Import entries

Refine list...

This registration is for an individual This registration is for a relay team * Required fields

First Name * Jane Last Name * Smith Gender * Male Female

Hometown Team (Missing?) Select team... DOB (YYYY/MM/DD) yyyy / mm / dd

Event 100m Share events with Category Junior Seed min . sec . ms

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

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01. Registration Information 02. Confirmation 03. Receipt

of individuals and/or relay teams you want to register: 24 Import entries

Refine list...

This registration is for an individual This registration is for a relay team * Required fields

First Name * Jane Last Name * Smith Gender * Male Female

Hometown Team (Missing?) Apply to all Select team... DOB (YYYY/MM/DD) 1900 / 01 / 01

Event 100m Share events with Category Junior Seed min . sec . ms

+ Add Event

Before clicking the "PROCEED TO STEP 2" button make sure to input ALL registrant data first. To switch between different registrants you can click on their name to the left of the registration form or if a name is not assigned yet click on "(+) BLANK ENTRY" to open a blank form.

PROCEED TO STEP 2 SAVE & COMPLETE LATER ADD ANOTHER REGISTRANT

6. Once you have added all your athletes press Proceed to Step 2 and follow the directions

ONE TRACKIE IS COMING...

trackierreg | About Us | Find Event | Add Event | Results | Testimonials | FAQ | My Account | Contact | Français

01. Registration Information | 02. Confirmation | 03. Receipt

of individuals and/or relay teams you want to register: 24 | Import entries

Refine list: [Search]

This registration is for an individual This registration is for a relay team *Required fields

First Name ^{*} Jane | Last Name ^{*} Smith | Gender ^{*} Male Female

Hometown | Team (Missing?) Apply to all | DOB (YYYYMMDD) 1900 / 01 / 01

Event Share events with 100m | Category Junior | Seed min sec ms

+ Add Event

Before clicking the "PROCEED TO STEP 2" button make sure to input ALL registrant data first. To switch between different registrants you can click on their name to the left of the registration form or if a name is not assigned yet click on "(+) BLANK ENTRY" to open a blank form.

PROCEED TO STEP 2 | SAVE & COMPLETE LATER | ADD ANOTHER REGISTRANT

- When you have fully completed the process the Trackie system will send you a complete list of you entries, please double check with your list to ensure all athletes have been entered.

You may add or edit your team on Trackie **until June 12, 2024.**

To edit:

- Login to Trackie
- Click "My Account" at the top right of the page
- Choose "Team Roster"

My Account | + Create Event or Club | Getting Started | My Profile | Team Roster | Logout

FILTER BY: My Events | Events Attending | Upcoming | Past

Event	Location	Type	Registration Deadline
-- Filter by event --	-- by location --	-- by type --	-- by registration deadline --

You currently do not own any upcoming events. You can "Add an Event" here.

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

All changes must be completed by June 12, 2024

Order of Events –
Blue Conference (Monday, June 17
Green Conference (Tuesday, June 18), & Red Conference (Thursday, June 20)

NOTE: TIMES ARE GUIDES ONLY-EVENTS MAY RUN EARLY

TRACK EVENTS

700 Meters

9:45 Grade 5 Girls
 9:55 Grade 5 Boys
 10:05 Grade 4 Girls
 10:15 Grade 4 Boys
 10:25 Grade 3 Girls
 10:35 Grade 3 Boys

80 Meters

10:40 Grade 5 Girls
 10:50 Grade 5 Boys
 11:00 Grade 4 Girls
 11:10 Grade 4 Boys
 11:20 Grade 3 Girls
 11:30 Grade 3 Boys

300 Meters

11:40 Grade 5 Girls
 11:50 Grade 5 Boys
 12:00 Grade 4 Girls
 12:10 Grade 4 Boys
 12:20 Grade 3 Girls
 12:30 Grade 3 Boys

4 x 100 Meters

12:35 Grade 5 Girls
 12:45 Grade 5 Boys
 12:55 Grade 4 Girls
 1:05 Grade 4 Boys
 1:15 Grade 3 Girls
 1:25 Grade 3 Boys

FIELD EVENTS

9:45 Grade 5 Boys Long Jump
 Grade 3 Girls Standing Long Jump
 Grade 5 Girls SB Throw (Area 1)
 Grade 4 Boys SB Throw (Area 2)

10:45 Grade 5 Girls Long Jump
 Grade 3 Boys Standing Long Jump
 Grade 4 Girls SB Throw (Area 1)
 Grade 5 Boys SB Throw (Area 2)

11:45 Grade 4 Boys Long Jump
 Grade 4 Girls Long Jump
 Grade 3 Girls SB Throw (Area 1)
 Grade 3 Boys SB Throw (Area 2)

Order of Events –White Conference

Friday, June 21, 2024

NOTE: TIMES ARE GUIDES ONLY-EVENTS MAY RUN EARLY

TRACK EVENTS

700 Meters

9:45 Grade 6 Girls
 9:50 Grade 6 Boys
 9:55 Grade 5 Girls
 10:00 Grade 5 Boys
 10:05 Grade 4 Girls
 10:10 Grade 4 Boys
 10:15 Grade 3 Girls
 10:20 Grade 3 Boys

80 Meters

10:30 Grade 6 Girls – 100 Meters
 10:40 Grade 6 Boys – 100 Meters
 10:50 Grade 5 Girls
 11:00 Grade 5 Boys
 11:10 Grade 4 Girls
 11:20 Grade 4 Boys
 11:30 Grade 3 Girls
 11:40 Grade 3 Boys

300 Meters

11:50 Grade 6 Girls
 Grade 6 Boys
 12:05 Grade 5 Girls
 Grade 5 Boys
 12:20 Grade 4 Girls
 Grade 4 Boys
 12:35 Grade 3 Girls
 Grade 3 Boys

4 x 100 Meters

12:45 Grade 6 Girls
 Grade 6 Boys
 1:00 Grade 5 Girls
 Grade 5 Boys
 1:15 Grade 4 Girls
 Grade 4 Boys
 1:30 Grade 3 Girls
 Grade 3 Boys

FIELD EVENTS

9:45 Grade 5 Girls Long Jump (Pit 1)
 Grade 5 Boys Long Jump (Pit 2)
 Grade 4 Boys SB Throw (Area 1)
 Grade 4 Girls SB Throw (Area 2)

10:30 Grade 6 Girls Long Jump (Pit 1)
 Grade 6 Boys Long Jump (Pit 2)
 Grade 3 Boys SB Throw (Area 1)
 Grade 3 Girls SB Throw (Area 2)

11:15 Grade 4 Girls Long Jump (Pit 1)
 Grade 3 Boys St. Long Jump (Pit 2)
 Grade 6 Boys SB Throw (Area 1)
 Grade 6 Girls SB Throw (Area 2)

12:00 Grade 3 Girls St. Long Jump (Pit 1)
 Grade 4 Boys Long Jump (Pit 2)
 Grade 5 Boys SB Throw (Area 1)
 Grade 5 Girls SB Throw (Area 2)

Division Alignment for Meets

Blue Conference	Green Conference	Red Conference	White Conference
Wednesday, June 19 @ 9:45	Tuesday, June 18 @ 9:45	Thursday, June 20 @ 9:45	Friday, June 21 @ 9:45
Adelaide Hoodless	Billy Green	Ancaster Meadow	Allan A. Greenleaf
A.M. Cunningham	C. B. Stirling	Balaclava	Bellmoore
Collegiate Avenue	Chedoke	Bennetto	Buchanan Park
Eastdale	Gatestone	Cathy Wever	Dr. Davey
Hillcrest	G.L. Armstrong	Central Public	Earl Kitchener
Lake Avenue	Helen Detwiler	Cootes Paradise	Frank Panabaker
Memorial	Highview	Dundana	Franklin Road
Parkdale	Huntington Park	Dundas Central	Guy B. Brown
Pauline Johnson	Janet Lee	Flamborough Centre	Holbrook
Prince of Wales	Lawfield	Greensville	James MacDonald
Queen Mary	Lisgar	Hamilton Hebrew Academy	Lincoln Alexander
Ray Lewis	Michaelle Jean	Hess Street	Mountview
R.A. Riddell	Mount Albion	Mary Hopkins	Queen Victoria
Rosedale	Mount Hope	Millgrove	Queensdale
Sir Wilfrid Laurier	Norwood Park	R.A. Riddell	Ridgemount
South Meadow	Richard Beasley	Rockton	Spring Valley
Viola Desmond	Shannen Koostachin	Sir William Osler	Tiffany Hills
Viscount Montgomery	Taplestown	Strathcona	Rousseau
Westwood	Templemead	Yorkview	Gordon Price
Winona			
W.H. Ballard			

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.

Note Key Dates:

- 1. Entries are open now and close Wednesday, June 12th, 2024. No Entries will be accepted after this date.**
- 2. Please also note we will be starting the meet at 9:45 am so please make sure you arrive at the meet well in advance of this time!! If you have students in the first race and not sure if you will get to the meet on time you may want to consider sending them by another method. (ie. with parents)**

**Any questions, please contact: Jeff Wright jwright@hwdsb.on.ca
HWDSB - Athletics**