

SPECIAL TRACK MEET



**Little Athletes
Big Dreams**

At the South Surrey Track

14600 20 Ave (south)

PROGRAM

* POINTS TO REMEMBER *

1. Please check your team in upon arrival. There will be a coaches' meeting at 8:45. Please try to have your athletes ready at this time. *Remember to have your athletes wear school jerseys.*
2. Individual track events (60/80m, 150m, 300m) will take place first. Then students will rotate through the six field events **with their grade/gender group**. Please stay with your group so it is easier for our event coordinators. A station is a rest break and a time to visit the concession and avoid a long line up. There will still be lunch break for everyone, followed by relays.
3. In the marshalling area students will be grouped into wheelchair heats and able-bodied heats. ***Students in wheelchairs should wear a helmet for safety and need to be secured in their chairs.*** If a competitor needs their EA to run with them, a lane will be made available.
4. Different coloured ribbons will be awarded at the end of each event at the event location. Ribbons will be awarded for each heat. No final heats. Each ribbon says "Winner." In the track events please instruct your athletes to remain in their lanes after the race until they receive their ribbons. Each participant needs to have a safety pin on their jersey so they can pin on their ribbons. Ribbons for the relay will be handed out at the end of each leg.
5. Nametags are required clearly stating the athlete's name and category which makes it easier for our officials to interact with the athletes.
6. There will be a line of flagging held to clearly indicate the finish line, so coach your athletes to lean forward into the tape.
7. ***Pin Trading Station – there is a pin trading station for athletes, coaches and volunteers to trade pins. Make sure your athletes come with some lapel pins to trade!***

Track Meet Schedule

Time: 9:00 am – 10:00 am

60M	Gr3 Boys
60M	Gr4 Boys
60M	Gr3/4 Girls
60M	Gr5 Boys
60M	Gr5/6/7 Girls
60M	Gr6 Boys
60M	Gr7 Boys
60M	All Wheelchair Athletes
60M	Athletes with Mobility Challenges

150M	Gr3 Boys
150M	Gr4 Boys
150M	Gr3/4 Girls
150M	Gr5 Boys
150M	Gr5/6/7 Girls
150M	Gr6 Boys
150M	Gr7 Boys
150M	All Wheelchair Athletes
150M	Athletes with Mobility Challenges

300M	Gr3 Boys
300M	Gr4 Boys
300M	Gr3/4 Girls
300M	Gr5 Boys
300M	Gr5/6/7 Girls
300M	Gr6 Boys
300M	Gr7 Boys
300M	All Wheelchair Athletes
300M	Athletes with Mobility Challenges

300M is almost one lap of the track. Students need to train and have a certain level of fitness in order to enter this event.

Field Events

Please stay in your group and rotate together.

Rotation 1 10:30-10:45

#1 Obstacle	Gr5 Boys
#2 L.J.	Gr5/6/7 Grls
#3 Pins	Gr3 Boys
#4 Break	Gr7 Boys
#5 Softball	Gr4 Boys
#6 T-Ball	Gr3/4 Girls
#7 Frisbee	Gr6 Boys

Rotation 2 10:45-11:00

#1 Obstacle	Gr6 Boys
#2 L.J.	Gr5 Boys
#3 Pins	Gr5/6/7 Grls
#4 Break	Gr3 Boys
#5 Softball	Gr7 Boys
#6 T-Ball	Gr4 Boys
#7 Frisbee	Gr3/4 Girls

Rotation 3 11:00-11:15

#1 Obstacle	Gr3/4 Girls
#2 L.J.	Gr6 Boys
#3 Pins	Gr5 Boys
#4 Break	Gr5/6/7 Grls
#5 Softball	Gr3 Boys
#6 T-Ball	Gr7 Boys
#7 Frisbee	Gr4 Boys

Rotation 4 11:15-11:30

#1 Obstacle	Gr4 Boys
#2 L.J.	Gr3/4 Girls
#3 Pins	Gr6 Boys
#4 Break	Gr5 Boys
#5 Softball	Gr5/6/7 Grls
#6 T-Ball	Gr3 Boys
#7 Frisbee	Gr7 Boys

Rotation 5 11:30-11:45

#1 Obstacle	Gr7 Boys
#2 L.J.	Gr4 Boys
#3 Pins	Gr3/4 Girls
#4 Break	Gr6 Boys
#5 Softball	Gr5 Boys
#6 T-Ball	Gr5/6/7 Grls
#7 Frisbee	Gr3 Boys

Rotation 6 11:45-12:00

#1 Obstacle	Gr3 Boys
#2 L.J.	Gr7 Boys
#3 Pins	Gr4 Boys
#4 Break	Gr3/4 Girls
#5 Softball	Gr6 Boys
#6 T-Ball	Gr5 Boys
#7 Frisbee	Gr5/6/7 Grls

Rotation 7 12:00-12:15

#1 Obstacle	Gr5/6/7 Girls
#2 L.J.	Gr3 Boys
#3 Pins	Gr7 Boys
#4 Break	Gr4 Boys
#5 Softball	Gr3/4 Girls
#6 T-Ball	Gr6 Boys
#7 Frisbee	Gr5 Boys

L.J – Long Jump
Softball, Frisbee, T-ball for distance and accuracy trying to land in hula-hoops or hit a cone. Obstacle Course-up, over, balance.
Pin trading with volunteers.

Lunch Break 12:15-12:45

4 x 60m Relay 12:45-1:15 pm

There are four athletes on a relay team. Relays can be co-ed and schools without groups of four can send individual athletes to the marshalling infield where groups of four will be formed with other schools. Make sure your athletes know how to pass and receive a baton.

Relay Categories: Girls Only, Boys Only, Co-ed Teams

If you have any questions, ask a volunteer track official in a blue shirt/jacket.

Athletes need:

1. school jerseys
2. name tags
3. safety pins to put on their event ribbons
4. lapel pins to trade with track officials and other athletes
5. a hat or something to display their pin collection
6. money to purchase food from the concession
7. money if they would like to purchase a STM t-shirt.

Athletes will receive:

1. a different coloured ribbon for every event they complete
2. a medallion from their coaches at the end of the day
3. some lapel pins

Coaches need: first aid kit, sun block, safety pins for ribbons lapel pins to trade, dancing shoes and loud cheering voices. Please no lawn chairs as there is only a narrow space between the track and the bleachers and we need a walkway for athletes and wheelchairs.

Volunteers/Officials need: blue golf shirts, lapel pins to trade with the athletes, dancing shoes, loud cheering voices and I recommend dark sunglasses to hide the tears of joy and pride!

Thank you to our sponsors for making this meet possible!

Email questions to: specialtrackmeets@surreyschools.ca