

COMOX VALLEY ELEMENTARY TRACK & FIELD DISTRICT TRACK MEET GUIDELINES

Sequence of each track event will be adjusted to reduce interruptions at each field event.

(Note: When schools list athletes, please seed them fastest/best to slowest/worst, i.e. Runner #1 fastest ...

Be sure to tell each athlete his/her competitor rank # for each event!

Number of Participants per School

a.) District Meet: 2 athletes per event and 1 relay team only per category

Maximum Participation Level per Athlete

a.) District Meet: 3 events and relay (qualify based on results of school practices)

Recommendations:

1.) Teacher supervision: 1 per 25 students (consistent with SD 71 Policy re: field trips). All teachers should actively work to keep student spectators out of the infield.

2.) Athlete identification for ease of marshalling

a.) School uniform, t-shirt, etc.

b.) As in track events, athletes in field events should know if they are No. 1, 2, 3, or 4.

** It is a good idea if coaches/supervising adults also wear something to indicate the school for which they have responsibility (school colour, T-shirt, name tag, etc.) so they might be located more quickly when necessary.

3.) High jump technique should not be a 'back bend' or 'flop' style in which there is danger of the student landing and rolling on their neck region. The 'scissors' style is recommended for safety, ease of teaching and as it is the lead-up to eventually learning the popular 'flop'. The following criteria will constitute a 'legal' jump at our meets:

a. there is a one foot take off; b. the head is not the first part of the jumper's body to cross the bar; c. the athlete's body lands in the pit parallel to the cross bar rather than perpendicular to it; d. if the athlete lands on his/her back, he/she does not roll backwards over the neck and head.

4.) Schools responsible for high jump should arrange the landing mats so as to provide sufficient landing area side to side. Note: If a jumper has left the pit before the crossbar falls, the jumper is not charged with a knock down.

5.) Each school should organize a parent leader for each category (i.e. Gr. 4 girls, Gr. 4 boys, Gr. 5 girls, ...etc.) in order to more closely follow event results and improve communication among and supervision of athletes.

Other considerations:

- Hurdle height = 18” (45 cm) for Grades 4 through 6; 24” (60 cm) for Gr. 7.. In the 60m hurdles, 4 hurdles are used, set at the following distances: 11 m to first hurdle, 6.5 m between each hurdle, 29.5 m to the finish line from the last hurdle.
(i.e. S--11m--H-6.5m-H-6.5m-H-6.5m-H-----29.5m-----F). Emphasize with students to try and use the same lead leg for each hurdle and only take 3 steps between each.
- Regular size (12” circumference) softball for ball throw – it is fastest if you don’t measure but use coded sticks
- Gr. 7 athletes do shot put rather than ball throw, and use a 6 lb. (2.8 kg) steel shot.
- High jump starting heights = Gr. 4 - 84 cm; Gr. 5 - 92 cm; Gr. 6 - 100 cm; Gr. 7 – 110 cm.
(Raise 8 cm each of first 3 increments, then 5 cm for remainder)
- Rope off track to prevent spectator interference – from shed to past finish line
- The Sports Centre is OUT OF BOUNDS to all students!
- Each school responsible to supervise under the stands – teachers do it best!
- No track spikes permitted – flat soled running shoes only

Revised April 6, 2011