

COMOX VALLEY ELEMENTARY TRACK & FIELD JAMBOREE GUIDELINES

Sequence of each track event will be adjusted to reduce interruptions at each field event. We will likely be pressed for time towards the end of the day and buses will need to leave at close to 1:30.

Supplies already at the track:

- 20 hurdles – we need each group to bring another 16
- Flagging tape to block off track
- Mats and bars for high jump-Thanks to Richard Murphy

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.) 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.
- 3.) 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.

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-----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)
- 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 26, 2011