

**The 2nd Annual ELEMENTARY SCHOOL
TRACK & FIELD SUPER MEET
Technical Package
Sunday June 25th, 2017**

Time: 9:30 a.m.

Place: Oshawa Civic Recreation Complex Stadium
99 Thornton Road South, Oshawa, ON, L1J 5V1

Facilities: All-weather rubberized eight-lane oval track, suitable for pin spikes (6-mm max).
Washrooms on site, snacks & drinks will be sold.

Competition Director: Randy Brookes & Cathy Barry

Entries: Online entries at <http://elementaryschoolsupermeet.ca>

EVENTS

*****NEW*****

Grade 2: Athletes born 2009 Long Jump & 100m

Grade 3: Athletes born in 2008
100m, 200m, 400m, 800m, 1200m, Long Jump

Grade 4: Athletes born in 2007
100m, 200m, 400m, 800m, 1200m, Long Jump, Shot Put

Grade 5: Athletes born in 2006
100m, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, Shot Put, Javelin

Grade 6: Athletes born in 2005
100m, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, Shot Put, Javelin

Grade 7: Athletes born in 2004
100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, Triple
Jump, Shot Put, Javelin

Grade 8: Athletes born in 2003
100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, Triple
Jump, Shot Put, Javelin

4 X 100m Mixed Relay for each grade division – enter a team of 4 members

Notes:

- Athletes will get only 3 attempts in the Long Jump, Triple Jump, Shot Put and Javelin.
- Athletes in the Long Jump will take off from a 1m chalk area
- Athletes check into the starting line for their track events and to the event area for their field events
- Athletes who have track and field events must check into their field event first and advise them of their track event

Awards: Medals will be awarded to top 3 in each age division (Female and Male)

Entry Fees: Individual Event \$10 per event - **NO REFUNDS WILL BE ISSUED**
Late or Same Day entries \$15.00 per event
Teams of 4 members or greater that register under team name - \$7.00
per event - contact meet manager - **NO REFUNDS WILL BE ISSUED**
Make cheques payable to Running For Your Life

Deadline: Friday June 23rd, 11:59pm

Contact: Coach Randy 647-297-2639 info@running4yourlife.ca
Coach Cathy 905-809-2885 cathy@running4yourlife.ca



Running For Your Life / The Gazelles Track & Field Club

THIS WAIVER FORM MUST BE SUBMITTED BY EACH ATHLETE ENTERED BY PARENT

In consideration of the acceptance of my application and permission to participate as an entrant of competitor in the ELEMENTARY SCHOOLS TRACK & FIELD SUPER MEET scheduled for Sunday, June 25, 2017.

I, for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE:

Running For Your Life Inc.
Gazelles Track & Field Club
City of Oshawa

And all other association, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, representatives, and assigns OF AND FROM ALL claims, demands, damage costs, expense actions, and causes of action, whether in law or equity, in respect to death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor, or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that the same may be the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREE to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

Print Name

Date

Signature of Athlete

Print Name

Date

Signature of Parent or Guardian (If
under 18 years)

Running For Your Life / The Gazelles Track & Field Club Schedule of Events

TRACK EVENTS	MORNING SESSION (9:40 a.m.)	<i>Long Jump</i>	<i>Shot Put</i>	<i>Triple Jump</i>	<i>Javelin</i>
3000m	9:40am Track 9:40am Field	Grade 3 & 4 Girls	Grade 4 Boys	Grade 5 Boys	Grade 5 Girls
1200m	10:00am Track 10:10am Field	Grade 5 Girls	Grade 5 Boys	Grade 6 Boys	Grade 6 Girls
1500m	10:10am Track 10:40am Field	Grade 6 Girls	Grade 6 Boys	Grade 7 Boys	Grade 7 Girls
400m	10:30am Track 11:00am Field	Grade 7 Girls	Grade 7 Boys	Grade 8 Boys	Grade 8 Girls
100 m Heats	11:00am Track 11:30am Field	Grade 8 Girls	Grade 8 Boys		
High Jump Demonstration 11-12pm	12:00pm Field	All Grade 2 Girls & Boys			
	AFTERNOON SESSION (1:15 pm)				
100m Finals	1:15pm Track 1:15pm Field	Grade 3 & 4 Boys	Grade 4 Girls	Grade 5 Girls	Grade 5 Boys
800m	1:30pm Track 1:45pm Field	Grade 5 Boys	Grade 5 Girls	Grade 6 Girls	Grade 6 Boys
200m Final	2:00pm Track 2:15pm Field	Grade 6 Boys	Grade 6 Girls	Grade 7 Girls	Grade 7 Boys
Mixed Relays 4 X 100m	2:20pm Track 2:45pm Field	Grade 7 Boys	Grade 7 Girls	Grade 8 Girls	Grade 8 Boys
	3:15pm Field	Grade 8 Boys	Grade 8 Girl		

Athletes get 3 attempts only in the Long Jump, Triple Jump, Javelin and Shot Put

There will be a special High Jump Demonstration from 11am -12am by the High Jump Area

We will run youngest to oldest, girls first then boys in each division. We may collapse heats and events if necessary and run girls and boys together.

Turbo Javelin Weights:

Grade 5 = 400g

Grade 6 = 400g

Grade 7 Female = 400g

Grade 7 Male = 500g

Grade 8 = 500g

Shot Put Weights:

Grade 4 & 5 = 2kg

Grade 6 & 7 = 3kg

Grade 8 Females = 3kg

Grade 8 Males = 4kg