Welcome to the 2016-2017 Cedar Hill Track & Field team!

**Coaches:**

**Practice Schedule (Please come properly changed and with a water bottle)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Before School** | **Before School**  Running practice | **Before School** | **Before School**  Running practice | **Before School** |
| **Lunch**  Long / Triple Jump Practice | **Lunch**  Shot put / Discus  Practice  High Jump | **Lunch**  Long /Triple Jump Practice | **Lunch**  Shot put / Discus  Practice  High Jump | **Lunch** |
| **After School** | **After School** | **After School** | **After School** | **After School** |

\*\*\* Please change at nutrition break if you can so that you can get outside quickly after the lunch bell. A little time will be left at the END of lunch to finish eating but try to eat a bigger breakfast and to have a bigger snack at nutrition break on track days.

**2017 Dates**

|  |  |  |
| --- | --- | --- |
| #1 League Meet | Thursday, May 11 | 4:00 – 6:30 |
| #2 League Meet | Monday, May 15 | 4:00 – 6:30 Triple Jump, new- sprints and relays |
| #3 League Meet | Wednesday, May 24 | 4:00 – 6:00 |
| #4 League Meet | Wednesday, May 31 | 4:00 – 6:00 Back Up Day + Relay Qualification and 2000m FINAL |
| #5 Championship Meet | Wednesday, June 7 | 9:00 to 3:30 |

Common question: “What time is my event?” See the **Events Schedule** to **anticipate** your event start by looking at the order of events.

**Events:**

|  |  |  |  |
| --- | --- | --- | --- |
| Track Events | | Field Events | |
| 100m | 800m | Shot Put | \*\* Discus |
| 200m | 1200m | Long Jump | \*\* Triple Jump |
| 400m | \*\* 2000m | High Jump |  |
| \*\*80m Hurdles - 30″ high Girls - 12m to first hurdle - 7.5m between hurdles - 15.5m to finish line. Boys - 12 m to first hurdle - 8m between hurdles - 12m to finish line. | | | |
| 4×100 m relay | \*\* 4x400 m relay |  | |
| \*\* Note: depending on entries, all age groups in a gender, may be run off together, or otherwise combined | | | |

Detailed League Meets Schedule

\*\*\*No start times are listed beside events as entry numbers are impossible to predict. . Events will be called over the PA- this will give time for the athletes running first, to time their warm ups more accurately. Field event officials may need to prioritize students that need to compete in a running event. Field event officials get clearance from Commissioners to close a qualifying event on a given day. Track events are run oldest to youngest in order listed below. Runners will be randomly assigned to heats, mixing schools as much as possible. Field events are run youngest to oldest.

**League Meet #1 - Thursday, May 11th**

Events begin at 4 pm – estimate 6:00 finish  
Track events are run oldest to youngest in the order listed below.

800m all 6 groups – waterfall start may be used  
200 m  
2000 m

Field events are run youngest to oldest in the order listed below. Warm up time will be limited. Please check in with the field event official before you go to track events.

Long jump – girls gr. 6 (pit 1) (North Saanich) athletes get 3 attempts each   
Long jump – girls gr. 7 (pit 2)(Bayside) athletes get 3 attempts each

Long jump – girls gr. 8 (pit 3)(Spencer) athletes get 3 attempts each   
High Jump – boys gr. 6 (pit 1)(GNS) max of 9 attempts / athlete  
High Jump – boys gr. 7/8 (pit 2)(Lansdowne) max of 9 attempts / athlete  
Discus – boys (SMUS)- 3 attempts  
Shot put ( 4lbs gr. 67/ 6 lbs- gr. 8)- girls (Journey) (outside stadium near 100 m start) 3 attempts

**League Meet #2 - Monday, May 15th**

Events begin at 4 pm – estimate 6:30 finishTrack events are run oldest to youngest in the order listed below.

100 m  
4x100m – practice - no timers (self-time)

Field events are run youngest to oldest in the order listed below. Warm up time will be limited. Please check in with the field event official before you go to track events.

Triple jump – girls (pit 1) (Monterey) athletes get 3 attempts each

Triple jump – boys (pit 2) (Glanford) athletes get 3 attempts each **League Meet #3 - Wednesday, May 24th**

Events begin at 4 pm – estimate 6:30 finish  
Track events are run oldest to youngest in the order listed below.

Sprint hurdles in lanes 3 – 9  
1200 m – lanes 1-2  
400 m -all 6 groups – waterfall start may be used  
Field events are run youngest to oldest in the order listed below. Warm up time will be limited.

Long jump – boys gr. 6 (pit 1)(Rockheights) athletes get 3 attempts each   
Long jump – boys gr. 7 (pit 2)(Cedar Hill) athletes get 3 attempts each

Long jump – boys gr. 8 (pit 3)(Christ Church) athletes get 3 attempts each   
High Jump – girls gr 6 (pit 1) (Colquitz) max of 9 attempts / athlete  
High Jump – girls gr 7/8 (pit 2) (St. Margs) max of 9 attempts / athlete  
Discus- girls (Gordon Head) –3 attempts  
Shot put- boys (Dunsmuir) (gr. 7/8 = 6lbs, gr 6 = 4 lbs- outside stadium near 100 m start)

**League Meet #****4 - Wednesday, May 31st**

Events begin at 4 pm – estimate 6:00 finish. Track events are run oldest to youngest in the order listed below.

2000m final\*\*   
check results from May 11 online to determine the top 16 runners for the 2000m. (top 16 plus 2 alternates should attend for boys and girls) If your athlete is NOT going to participate contact the Meet Director.

* 4X100 relay qualifying—all schools be prepared to provide workers as zone judges
* other track events as needed to complete
* 4×400 practice races follow if time permits (self-time)

**Qualifying for the Championship from League Meets**

**Track Events** :In the 80m hurdles, 100m, 200m, 800m and 1500m 2 flights (A,B) will qualify for the Championship Meet: Top 8 times will be entered into A flight, next 8 times will enter B flight.   
3 alternates will also be named that should consider attending the Championship.  
Qualifiers for the 3000 will be indicated on line prior to the May 26 final. ( see note above)

There will also be 2 flights for 4x100 (top 16 teams)  
4x400 relay is an open event that will be held as a timed final at the Championships only  
Lanes will be randomly assigned.

**Field Events:** Top 12 qualify

School and individual Qualifying limits:  
2 teams per school per category l for relays (4x400 and 4x100)  
qualify a maximum 3 athletes per school for individual events  
individual athletes - may qualify in a max of 3 individual events + 2 relays