

St. Patrick Catholic School

Track and Field Information



Greetings Parents/Guardians,

The St. Patrick Catholic School Track and Field Event will take place on Tuesday May 15th at the Camrose Composite High School Track and Field Facility. Students from Grades 1 to 4 will load busses to depart at 8:50am and return to the school for 3:10pm.

The intention of this exciting event is to promote engagement, cooperation and interest in athletics. Students are encouraged to demonstrate strong effort in combination with respectful and gracious competition.

Grade 3 and 4 students who place first to fourth in qualifying events will be invited to compete as a member of the St. Pat's Saints Track Team in the Camrose City Track and Field Championship taking place on Friday May 25th at the Camrose Composite High School. Qualifying students will be made aware of their selection following the school event on Wednesday May 16th.

Parents, families and guardians are encouraged to join us throughout the day on May 15th. **Volunteers are a critical part of running a smooth and memorable event for all involved.** Please contact your student's teacher if you are able to help out in any capacity. Currently, we are in need of Event Leaders, Event Supporters and Group Supervisors. If possible, please strongly consider helping out as an Event Leader or Supporter as these roles are an essential piece of our School Track and Field Event.

***Group Supervisors:** Will stay with one group throughout the day and support at each event*

***Event Supporters:** Will stay at a specific event and support by measuring, recording, timing etc*

***Event Leaders:** Will take a lead role to explain, demonstrate and run an event with support from staff and other volunteers*

Below you will find additional event information including the event list, event map, group schedules, and event descriptions. If you have any further questions or concerns please do not hesitate to contact your child's teacher or Mr. Doll directly.

Yours in sport,

Greg Doll
Physical Literacy Lead
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Event Information

Event List

Grade 1&2 Events		Grade 3&4 Events	
Ball Throw	50m	Ball Throw	100m
Ball Kick	Broad Jump	Ball Kick	400m
Shuttle Run	High Jump	Javelin	High Jump
Pylon Relay	Long Jump	Hurdles	Long Jump

Event Map



Event Descriptions

Ball Throw (Tennis & Softball)

- Athlete must throw the ball from behind the line and stay behind the line for the completion of the throw. Stepping over the line will result in the throw being disqualified.
- Athlete can use a running approach if desired. Most athletes will just stand and throw.
- Ball is measured from the line to where it hits the ground **NOT** where it rolls.
- Ball must land in between the boundary lines. If it does not the attempt is disqualified; marked with an X.
- Each athlete is allowed two attempts. OPTIONAL: If there is time to complete a third throw for **each** athlete please proceed.
- Give each athlete a number from 1-20 and use the corresponding flags to mark their attempts. At the end of the first throw measure and record each flag for distance. Leave top 4 flags in the ground and have these athletes throw last in the second round.
- Repeat process for second attempt.
- Highlight each athlete's top throw and then record top 4 at the bottom of the sheet.
- Record top placings and hand out ribbons.

Javelin

- Athlete must throw the javelin from behind the line and stay behind the line for the completion of the throw. Stepping over the line will result in the throw being disqualified.
- Athlete can use a running approach if desired.
- Javelin is measured from the line to where it hits the ground.
- Javelin must land in between the boundary lines. If it does not the attempt is disqualified; marked with an X.
- Each athlete is allowed two attempts. OPTIONAL: If there is time to complete a third throw for **each** athlete please proceed.
- Give each athlete a number from 1-20 and use the corresponding flags to mark their attempts. At the end of the first throw measure and record each flag for distance. Leave top 4 flags in the ground and have these athletes throw last in the second round.
- Repeat process for second attempt.
- Highlight each athlete's top throw and then record top 4 at the bottom of the sheet.
- Record top placings and hand out ribbons.

Soccer Kick

- Set soccer ball on the line and have athlete kick the ball
- Athlete can use a running approach if desired. Most athletes will just stand and kick.
- Ball is measured from the line to where it stops rolling.
- Soccer ball must stay in between the boundary lines. If it does not the attempt is disqualified.
- Each athlete is allowed two attempts. If there is time to complete a third kick for each athlete
- Give each athlete a number from 1-20 and use the corresponding flags to mark their attempts. At the end of the first throw measure and record each flag for distance. Leave top 4 flags in the ground and have these athletes throw last in the second round.
- Repeat process for second attempt.
- Highlight each athlete's top throw and then record top 4 at the bottom of the sheet.
- Record top placings and hand out ribbons.

Shuttle Run

- Allow for a practice run before the race.
- Have five athletes race at a time.
- To Start: Athletes must start with laying on the ground with chin touching the bean bag, belly button touching the ground, hands in push up position, and leg can be bent so long as belly is in contact with the ground.
- Race: Athletes do NOT take the beanbag under their chins. They get up and run to the opposite side and pick up a beanbag. Run back to start and switch bean bags. Return and switch beanbags again and run back to start line to finish the race. It is there and back twice.
- Encourage athletes to run across the finish line rather than stop and drop beanbag first.
- Have next races reset the beanbags so there is one at the start line and two on the opposite line.
- There will be several heats. Continue to race until you have a final.
- Record top 4 and hand out ribbons.

Pylon Relay

- Allow for a practice run before the race.
- Race: Athletes start at the start line. On 'Go' the race 10m upon entering the cones. Once they enter the cones, one must zig zag through the cones, going around the end cone and back through the cones then race to the finish line.
- If an athlete misses a cone, must stop and go back, if not he/she is disqualified.
- If an athlete does not go around a cone, must stop and go around, if not he/she is disqualified.
- If an athlete knocks over a cone, continue on and reset the cone prior to next race.
- Have five teams race at a time.
- The next runner must wait until the teammate crosses the start time before he/she leaves. If a teammate leaves early the team is disqualified from the race. Judges discretion.
- Hand out ribbons to top 4 teams.

Running Long Jump

- Athletes will have two attempts. OPTIONAL: If there is time to complete a third throw for **each** athlete please proceed.
- Athletes will run down the runway and takeoff one foot and land on two feet in the pit.
- **NEW:** Athlete must take off inside the one-meter jump zone.
- How to Measure: Judge where the front of the foot took off from in the one-meter zone. Mark this point and measure from this point to where the closest point is in the sand that he/she landed.
- If the athlete takes off before the one-meter zone this is okay however you measure from the start of the one-meter zone to the pit.
- If the athlete takes off after the one-meter zone the jump attempt is disqualified; mark with an X.
- Rake pit after each attempt.
- Record measurements and hand out ribbons to top 4.

High Jump

- Athletes get two attempts at each height to clear the bar. If the bar falls off the attempt is recorded as an X. If it is cleared the attempt is marked with a check.
- For grade 4, start the bar at 80cm.
- For Grade 5, start the bar at 85cm.
- Move the bar up 5cm at a time until you have 7-10 competitors left. Then move it up 3-1cm as you begin to eliminate the final competitors.

Standing Broad Jump

- Athletes will have two attempts. OPTIONAL: If there is time to complete a third throw for each athlete please proceed.
- Athletes must stand with toes against the board. This can be at the edge of the pit.
- Athletes must take off two feet and land on two feet.
- How to Measure: Measure from the front of the board to the closest point in the sand where he/she landed.
- Disqualified jump: if the athlete does not jump from stationary feet; mark with an X.
- Rake after each attempt.
- Record measurements and hand out ribbons to top 4.

Hurdles

- 10m first hurdle, hurdle every 5m up to 30m then a 10m finish
- We will be racing in heats of 5.
- Top two will advance to the second round. From here a final will be determined.
- Hurdles are set to 24 inches.
- If a hurdle is knocked down there is no penalty. Reset hurdle at end of race.
- An athlete will be disqualified from race if they do not remain in lane. Judges discretion.
- Record top 4 and hand out ribbons.

Sprints 50m & 100m

- We will be racing in heats of 5.
- Top two will advance to the second round. From here a final will be determined.
- An athlete will be disqualified from race if they do not remain in lane. Judges discretion.
- Record top 4 and hand out ribbons.

400m

- There will be no heats for 400m.
- There are no lane assignments.
- A curved start will be used.
- Athletes will be permitted to cut to the inside when it is safe to do so. Please allow the person you are passing to continue with a full stride.
- Record top 4 runners and hand out ribbons.

800m

- Open event for grade 3&4
- There will be 2 races (girls and boys).
- There are no lane assignments.
- A curved start will be used.
- Athletes will be permitted to cut to the inside when it is safe to do so. Please allow the person you are passing to continue with a full stride.
- Record top 4 runners and hand out ribbons.