

KIWANIS RUN JUMP THROW T&F MEET

Medicine Hat Rotary Track – **Friday, June 21, 2019**

4:00 p.m. – 9:00 p.m.

Location: 1501 Division Ave N – behind Crescent Heights High School

Please note: ENTRY DEADLINE is TUE, June 18, 2019

Email entry to Meet Director, Marg Derbyshire at mderb@shaw.ca

No prior track experience required – entry is Free!

LATE REGISTRATIONS WILL BE ACCEPTED ON THE DAY OF THE MEET - \$5.00 charge

Concession will be available. Please bring your own water bottles.

Last Name _____ First Name _____

Address _____ City _____

Phone _____ Parent Email _____

Birthdate: Yr _____ Mo. _____ Day _____ ☐ Male ☐ Female

School _____ Age as of Dec 31, 2019 _____

Participants can enter **either** “two track and one field” **or** “two field and one track event”.
Please circle the events you wish to participate in at this meet.

Register in the category for your age on THIS YEAR'S BIRTHDAY

CIRCLE THE EVENT NUMBERS

Boys / Girls 7- 8 years old (Born in 2011-2012)

1. 50 Metre Dash
2. 100 Metre Dash
3. 200 Metre Dash
4. 400 Metre Dash
5. Standing Long Jump
6. Softball Throw

Boys / Girls 9-10 years old (Born in 2009-2010)

1. 50 Metre Dash
2. 100 Metre Dash
3. 200 Metre Dash
4. 400 Metre Dash
5. Standing Long Jump
6. Softball Throw

Boys / Girls 11-12 years old (Born in 2007-2008)

1. 100 Metre Dash
2. 200 Metre Dash
3. 400 Metre Dash
4. 800 Metre Dash
5. Running Long Jump
6. Softball Throw

Boys / Girls 13-14 years old (Born in 2005-2006)

1. 100 Metre Dash
2. 200 Metre Dash
3. 800 Metre Dash
4. 1600 Metre Dash
5. Running Long Jump
6. Softball Throw

NOTE: If time permits, RELAYS will be held at the end of the Meet. Registration for Relay teams will happen the day of the Meet. Please register by 7:00 pm.

Emergency Information: Please indicate any medical conditions / contact #'s

Run Jump Throw T&F SCHEDULE 2019

TIME	AGE	TRACK EVENT
4:00	Girls 13-14	1600 M Run
4:10	Boys 13-14	1600 M Run
4:15	Girls 7-8	50 M Dash
4:25	Boys 7-8	50 M Dash
4:30	Girls 9-10	50 M Dash
4:35	Boys 9-10	50 M Dash
4:45	Girls 7-8	400 M Dash
4:55	Boys 7-8	400 M Dash
5:05	Girls 9-10	400 M Dash
5:15	Boys 9-10	400 M Dash
5:25	Girls 11-12	400 M Dash
5:35	Boys 11-12	400 M Dash
5:45	Girls 7-8	100 M Dash
5:50	Boys 7-8	100 M Dash
6:00	Girls 9-10	100 M Dash
6:05	Boys 9-10	100 M Dash
6:15	Girls 11-12	100 M Dash
6:20	Boys 11-12	100 M Dash
6:30	Girls 13-14	100 M Dash
6:35	Boys 13-14	100 M Dash

6:45 TRACK SUPPER BREAK

7:15	Girls 11-12	800 M Run
7:20	Boys 11-12	800 M Run
7:25	Girls 13-14	800 M Run
7:30	Boys 13-14	800 M Run
7:40	Girls 7-8	200 M Dash
7:45	Boys 7-8	200 M Dash
7:50	Girls 9-10	200 M Dash
7:55	Boys 9-10	200 M Dash
8:00	Girls 11-12	200 M Dash
8:05	Boys 11-12	200 M Dash
8:15	Girls 13-14	200 M Dash
8:20	Boys 13-14	200 M Dash

If time permits Relays

TIME AGE FIELD EVENT

Conflicting times of Field event with Track event: check in at your field event and tell the official there you have a track event. Ask for one throw or jump. Return immediately after your track event. If the field event is finished, you will NOT get additional throws or jumps.

4:00	Boys 9-10	Standing Long Jump Pit #1 South end	Girls 9-10	Ball Throw Area #1
4:30	Boys 11-12	Running Long Jump Pit #2 North end	Girls 11-12	Ball Throw Area #2
5:00	Boys 13-14	Running Long Jump Pit #1 South end	Girls 13-14	Ball Throw Area #1
5:30	Boys 7-8	Standing Long Jump Pit #2 North end	Girls 7-8	Ball Throw Area #2

6:00 FIELD SUPPER BREAK

6:30	Girls 9-10	Standing Long Jump Pit #1 South end	Boys 9-10	Ball Throw Area #1
7:00	Girls 7-8	Standing Long Jump Pit #2 North end	Boys 7-8	Ball Throw Area #2
7:30	Girls 11-12	Running Long Jump Pit #1 South end	Boys 11-12	Ball Throw Area #1
8:00	Girls 13-14	Running Long Jump #2 North end	Boys 13-14	Ball Throw Area #2