



Thursday, May 21st

DISTRICT MINORU TRACK MEET

WHAT TO WEAR AND BRING

- Dress in layers
- Hat and sunscreen
- Running shoes (no sandals, slip on shoes, boots)
- Spikes are not permitted at this Track Meet
- Label all belongings with name and school
- ***Wear Tomsett clothes (we will also have jerseys)***
- Snacks, lunch, water bottle
- Cards or drawing books for rest station



ON THURSDAY, MAY 21ST

*If your parents are
driving you, go
straight to the Track*

*Drop off is the
Gateway Theatre and
check in with adult
starting at 8:45am*

If going by bus, come
to school and
attendance in GYM
at 8:45am

MINORU PARK

Gateway



Minoru 2

Minoru Mini

Latrace Field

Minoru 3

Minoru Centre
for Active Living

Minoru Oval
Artificial Turf Field

Minoru Track

WHO DO I CHECK IN WITH AT TOMSETT?

Grade 7s	Grade 6s	Grade 5s	Grade 4s
Ms. Tillotson	Ms. Con	Ms. Tai	Ms. Bahd, Ms. Ferreira, Ms. Bloemhard
 Mrs. Tillotson Division 1 Grade 6/7 Teacher	 Mrs. Con Support Teacher she/her/hers	 Miss Tai Div. 4 Grade 5/6 she/her/hers	 Ms. Bahd Division 7 Grade 4 Teacher she/her/hers  Ms. Ferreira Resource/LA/ELL  Ms. Bloemhard Teacher Candidate in Div. 9 she/her/hers

CHECK IN AT THE GYM

WHO DO I CHECK IN WITH AT *MINORU TRACK?*

<i>Grade 7</i>	<i>Grade 6</i>	<i>Grade 5</i>	<i>Grade 4</i>
Ms. Chee	Ms. Leung	Ms. Dodds	Ms. Loukas
 Ms. Chee Division 2 Grade 6/7 Teacher she/her/hers	 Ms. Leong Resource/LA/ELL	 Mrs. Dodds Div. 9 Grade 3/4 Teacher she/her/hers	 Ms. Loukas Resource/LA/ELL she/her/hers

CHECK IN AT THE GATEWAY

TRACK



Our home base is in
the grandstand – look
for our banner



Bring your backpack
with you to the
stations.



Do not cross the track
or cross the long
jump pit



Do not leave Minoru
grounds



Do not go anywhere
without checking
with your Teacher
Leader

CHANGES IN FORMAT

Stations approach: Students travel in Grade Groups through 4 different Stations with their Teacher Leader: *Jumping, Throwing, Running, Break*

Each Station is 1 Hour and 15 minutes

Grade Group Teacher Leaders

TEACHER LEADERS

7A	7B	6A	6B	6C	5A	5B	4A	4B	4C
Ms. Tillotson	Ms. Chee	Ms. Con	Ms. Leung	Ms. Ferreira	Ms. Tai	Ms. Dodds	Ms. Bahd	Ms. Loukas	Ms. Bloemhard
									



Ms. Ewart
Division 6
Grade 5/6 Teacher
she/her/hers



Ms. Nistor
Division 5
Grade 5/6 Teacher
she/her/hers



Ms. O'Leary
Division 3
Grade 6/7 Teacher
she/her/hers



Mrs. Anderson
Vice Principal
she/her/hers



Mr. Tham
Resource/LRT/ELL
he/him/his

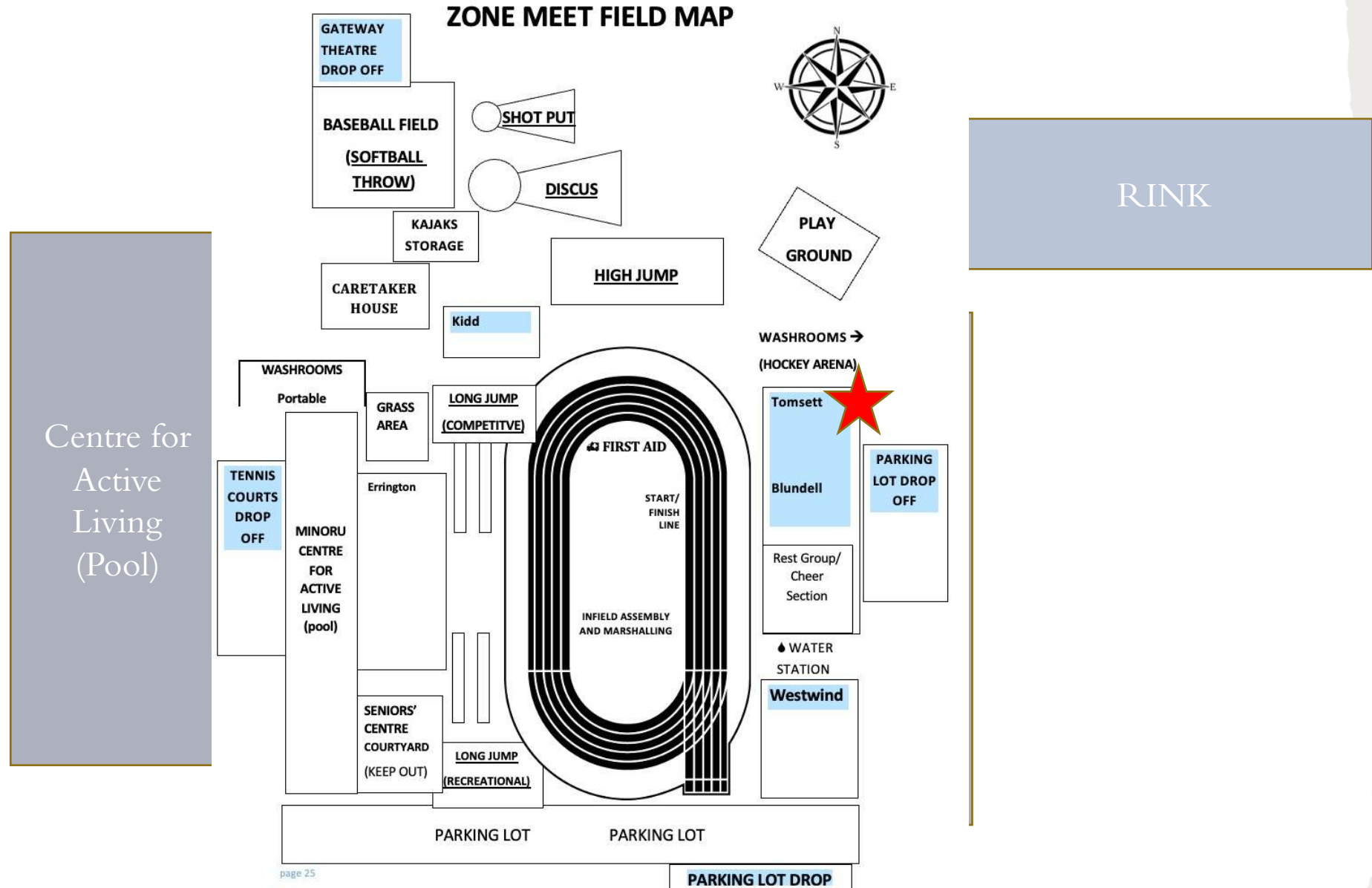
Throwing Station

THESE TEACHERS WILL ALSO BE IN
OUR MEETING AREA TO HELP
THROUGHOUT THE DAY



Ms. Musil
Gym &
Resource/LRT/ELL
she/her/hers

MAP



CHANGES IN FORMAT

<i>Jumping</i>	<i>Throwing</i>	<i>Running</i>
• <i>Long Jump (Gr. 4-7)</i> • <i>High Jump (Gr. 4-7)</i> • <i>Additional jumping options</i>	• <i>Softball Throw (Gr. 4-7)</i> • <i>Shot Put/Bean Bag (Gr. 4-7)</i> • <i>Discus/Bean Bag (Gr. 4-7)</i> • <i>Frisbee Throw (Gr. 4-7)</i> • <i>&/or</i> • <i>Football Throw (Gr. 4-7)</i>	• <i>Long Distance:</i> • <i>400m (Gr. 4/5s)</i> • <i>800m (Gr. 6/7s)</i> • <i>Relays: 4x100 (Gr. 4-7)</i> • <i>Sprints: 100m (Gr. 4-7)</i>

EVENTS



SCHEDULE OF THE DAY

	Grade 4s (Red)	Grade 5s (Yellow)	Grade 6s (Green)	Grade 7s (Blue)
8:45 am	Land acknowledgement, welcome and each school called upon to cheer			
9:00 am	Orientation/ Break/Cheer	Jump	Run/ Nutrition break	Throw
10:10 am	5-min warning			
10:15 am (Rotate) Start station	Jump	Run/ Nutrition break	Throw	Break/ Cheer
11:25 am	5-min warning			
11:30 am (Rotate) Start station	Run/ Nutrition break	Throw	Break/ Cheer	Jump
12:40 pm	5-min warning			
12:45 - 1:00 pm	Clean up current space (ex. stands, station, etc.)			
1:00 pm (Rotate) Start station	Throw	Break/ Cheer	Jump	Run/nutrition break
2:10 pm	End time warning			
2:15 pm	Estimated end time			

RUNNING EVENTS

- *We are in lanes 7 and 8*
- You must stay in your lane at the track meet!
- The only exception is long distance!



CHANGES IN FORMAT

Can participate in multiple events

Choose if you want to participate in a Competitive or Recreational event

Competitive is for students wishing to achieve personal bests

Recreational is more focused on fun and skill development

Extra “new” events at some stations to keep us active

Events are by Grade Level – Boys and Girls compete together

No 1st, 2nd, 3rd place etc.

No Ribbons

AT YOUR EVENT

1

Make sure you are following your Teacher Leader

2

Running Station: Different heats for different running events, so make sure you are paying attention. Check with your teacher leader if unsure.

3

Follow the instructions of the teacher running the event

4

Represent our school well and try your best! You are participating all day!

GETTING HOME

- If your parents are taking you home: You must check out with your teacher leader.
- Don't return to school if leaving with a parent.





WASHROOMS

- The closest washrooms are located in the arena, right behind the grandstands.
- Do not use the washrooms in the community centre.
- Go in partners to the washroom.

ELECTRONIC POLICY

- Your phone must stay in your bag until the end of the track meet.
- Teachers will be taking photos.
- No iPads or other game devices please!



RAINOUT

- The officials will make the decision by 7:00am if the Track Meet will go ahead or not.
- ***Please do not call the school to check.***
- Check on the school website or listen to CKNW radio!
- It will be a regular school day if track is cancelled.



PARKING

- Parking is very limited.
- Remind your parents to pay close attention to parking signs as they will be strictly enforced.
- We suggest parking in a near-by neighbourhood and walking in or park on top floor of parkade near the rink.



QUESTIONS?



Don't forget to have fun!