



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



WHO DO I CHECK IN WITH AT TOMSETT?

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

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

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
 <p>Mrs. Tillotson Division 1 Grade 6/7 Teacher</p>	 <p>Ms. Chee Division 2 Grade 6/7 Teacher she/her/hers</p>	 <p>Mrs. Con Support Teacher she/her/hers</p>	 <p>Ms. Leung Resource/LA/ELL</p>	 <p>Ms. Ferreira Resource/LA/ELL</p>	 <p>Ms. Tai Div. 4 Grade 5/6 she/her/hers</p>	 <p>Mrs. Dodds Div. 9 Grade 3/4 Teacher she/her/hers</p>	 <p>Ms. Bahd Division 7 Grade 4 Teacher she/her/hers</p>	 <p>Ms. Loukas Resource/LA/ELL she/her/hers</p>	 <p>Ms. Bloemhard Teacher Candidate in Div. 9 she/her/hers</p>



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

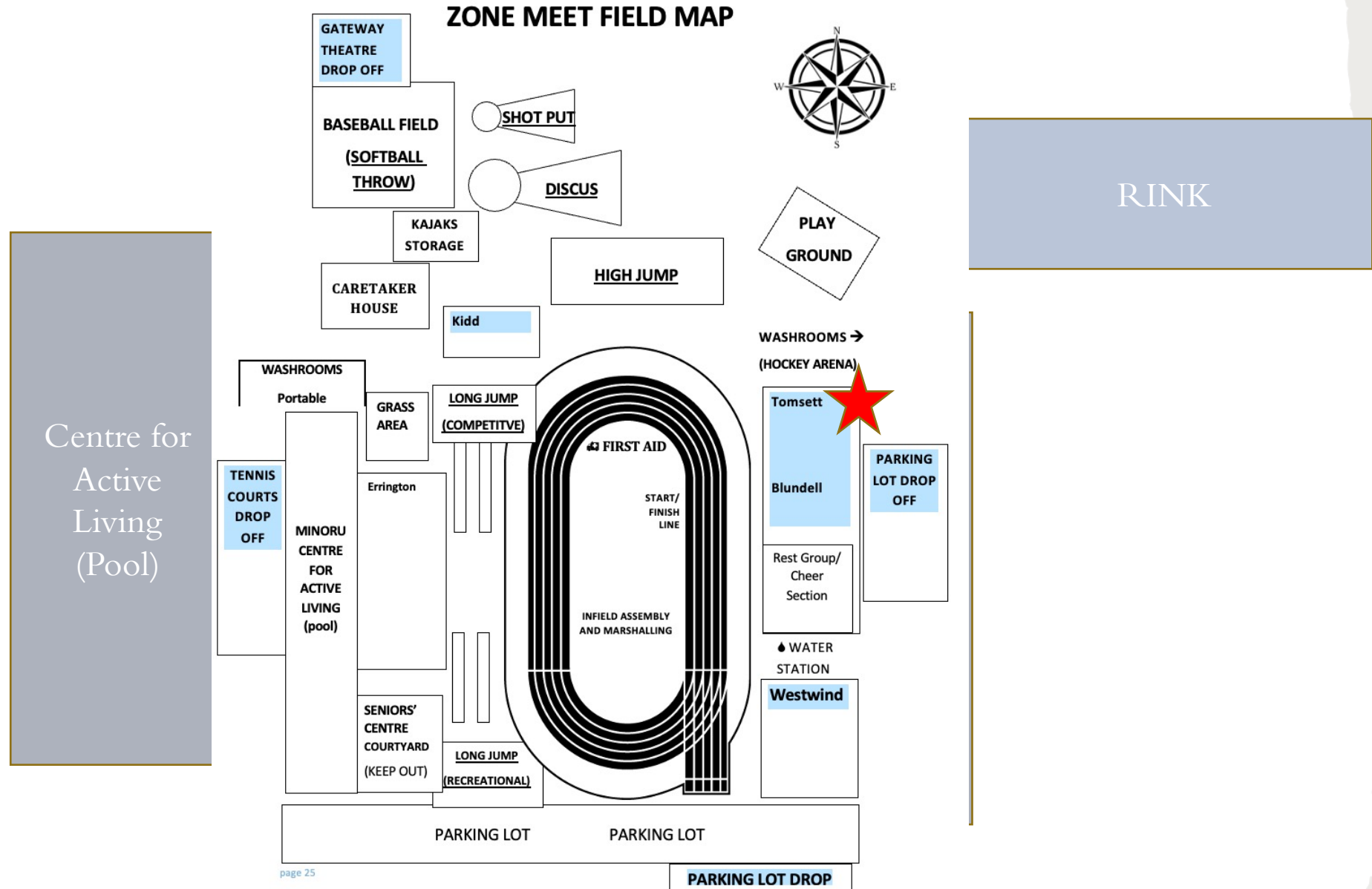
Throwing Station

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>
<ul style="list-style-type: none">• <i>Long Jump (Gr. 4-7)</i>• <i>High Jump (Gr. 4-7)</i>• <i>Additional jumping options</i>	<ul style="list-style-type: none">• <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>	<ul style="list-style-type: none">• <i>Long Distance:</i><ul style="list-style-type: none">• <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!