



École Sandy Hill
Elementary School



TRACK AND FIELD MEET

GRADE 4/5



On Tuesday, June 3rd, all the grade 4 and 5 students of Sandy Hill will be participating in the Grade 4/5 Track and Field Meet at Rotary Stadium. Participation is required for Physical Education as this is one of the culminating events of the Track and Field unit. There are eight schools that are participating in this track meet (Sandy Hill, Mountain, Prince Charles, Auguston, Swift, Stenersen, Irene Kelleher, and McMillan).

All students will need a digitally signed permission slip to participate. You will find this on school cash online shortly.

Events start approximately at 9:25 a.m. and will conclude at roughly 1:30 p.m. Students will be bussed to and from Rotary Stadium and will be supervised by teachers and parent volunteers. The buses will leave the school at 8:45 a.m. and return back to the school at approximately 2:00 p.m. (This schedule depends on bus availability).

Parents, friends, and family are encouraged to come out and help cheer on our team. If you plan on taking your child home after his or her last event, you must sign out with the appointed teacher leader before leaving (a teacher will be in the stands with the students at all times). Otherwise, students must stay for the entire day and take the bus back to the school for dismissal.

This is a full day field trip and students need to be prepared to be outside the entire day.

STUDENTS SHOULD BE PREPARED WITH:

- Track clothing – shorts, t-shirt, running shoes (no flip flops, heels, cleats, or spikes)
- Students are encouraged to wear Sandy Hill Suns T-shirts (if you have one) or a blue shirt if possible.
- Proper outerwear for the weather – light jacket, sweatpants, rain jacket, sweatshirt (dependent of weather)
- Plenty of fluids – juice boxes, water bottles
- Snack foods and lunch – high energy snack food (fruit, granola bars, etc) and lunch food
- Sun smart – sunscreen, hat (if necessary)
- A backpack or bag to store lunch, snacks, and personal belongings.
- Attach a safety pin (or 2) to your shirt (to attach ribbons)

There is a possibility that a concession stand will be open during the event. Even if the concession stand is open, we strongly encourage students to bring their own treats and drinks from home rather than purchase treats from the concession stand. The line is always very long and students can easily lose track of time while waiting in line. If your child is planning on bringing money, please make sure it is secured safely in a backpack (in a bag with the child's name on it).

Upon arriving at Rotary Stadium, all Sandy Hill students will be seated in a designated spot in the stand. Students must sit together on the bleachers with our school when they are not participating in an event. Students will leave their backpacks, jackets, etc. in the stands during the day. Teachers will not take charge of students' belongings or be responsible for their personal items so please do have your child bring expensive toys or electronics to the Track and Field Meet.

IMPORTANT TRACK NOTES:

- No one is allowed to cut through the field (frisbee and ball throw will be happening on the field). To get to an event, athletes and spectators **MUST** walk around the outside of the track.
- Students are encouraged to use the washrooms close to the concession stand rather than the bathrooms on the far side by the long jump pits as the bathrooms by the long jump pit has public access.
- Students **MUST NOT** roll down the hills or play on the hillside. It is very unsafe and they will be told to return to the stands.
- Athletes must participate in the field event that they have already signed up for. They cannot choose to go to another event or change their minds about participating unless they are unwell or injured.
- If students are not feeling well or injured, students should talk to a Sandy Hill teacher (in the stands or walking around the course – Mrs. Fetterly will be checking in at all the events throughout the day).
- Students must listen while in the stands as there will be announcements about what field or track event will be taking place and where they need to go.
- At the end of the day, all students are expected to help clean up their own belongings and any garbage in around their place in the stands.
- Our lane assignment this year is LANE THREE. In every event, all Sandy Hill students will be in Lane 3. The marshal may move you over into a different lane to fill lanes but all Sandy Hill kids will line up initially in Lane 3.

All grade 4 and 5 students must participate in at least three events at the meet. Your child is expected to help support Sandy Hill by doing his or her best in their events and when not participating, helping to cheer on Sandy Hill and support their teammates.

PARENT VOLUNTEERS may be requested to hand out ribbons and to assist with supervision on the bus ride. Please contact your child's teacher if you can assist in this manner.

TRACK EVENTS SCHEDULE

The order of track events will be: Grade 4 girls, Grade 4 boys, Grade 5 girls, and Grade 5 boys, except Relay (see below). Times are tentative. Please listen to the announcements.

9:00 800 meters (students will come early if participating in this event)
9:45 200 meters
10:45 100 meters (Stadium side) & Sprint Hurdles (Long jump side – other side of the track)
11:45 RELAYS – Grade 4 Girls, Grade 4 Boys, Grade 5 Girls, Grade 5 Boys
12:45 300 meters

If a student is scheduled to compete in two events at the same time, s/he should do the race event first (go to the front of the line), and then go to the Field Event.

“The Track cannot wait.”

FIELD EVENTS SCHEDULE

TIME	LONG JUMP PIT 1 & 2	FRISBEE THROW	SHOT PUT	BALL THROW
9:25	GR. 5 BOYS	GR. 4 BOYS	GR. 5 GIRLS	GR. 4 GIRLS
10:30	GR. 4 BOYS	GR. 5 BOYS	GR. 4 GIRLS	GR. 5 GIRLS
11:25	GR. 5 GIRLS	GR. 4 GIRLS	GR. 4 BOYS	GR. 5 BOYS
12:20	GR. 4 GIRLS	GR. 5 GIRLS	GR. 5 BOYS	GR. 4 BOYS

MY PERSONAL SCHEDULE

Sprint hurdles	100m	200m	300m	Long jump	Shot put	Ball throw	Frisbee throw	16x100m relay

COMMONLY ASKED QUESTIONS

- When is high jump?
 - The high jump event will be held indoors to prevent cancellation (due to rain) of an event the students have trained hard for.
 - All field event teams will be selected during the month of May.
 - If your child is on the high jump team, they will bring a separate form home with information about the date and time of their event. Parents will need to sign another digital permission slip as it will occur on a different day than the track meet.
- What about the 800 m race?
 - The 800-meter race is an invitational to all the grade 4/5 students who participated in our cross-country teams at Bateman parks in September/October.
 - These students have already trained with an independent warm up and trained endurance for distance.
 - The cross-country team will be given the option of bringing home a separate form outlining the 800 m race as it also occurs outside of the track meet hours and the students will need private transportation.
- Why can't my child do multiple field events?
 - There are limited spots in each field event to make sure the event is completed in 55 minutes so we can get all the relay races in at the end of the day before the busses need to pick students up at 1:30
 - Running races are open so students are invited to the hurdles, 100m, 200m, and 300m (if time)
 - Each student will have one additional field event.
 - Minimum events for the day is 3 and maximum is 5 (plus relay)
- Can my child buy lunch at Rotary?
 - We do not encourage students to purchase lunch and/ or treats at the concession stand.
 - The line is **always incredibly long** and often your child may miss his or her event because he or she is waiting on food.
 - We highly recommend children bring their own lunch and treats from home.
- Can my child eat 'fun food' at Rotary?
 - Yes – treats are part of the fun! However, too much of a good thing... please remind your child that we are they to compete and do his or her best at the events. Getting sick from sweets is an awful feeling in the middle of a race ☺
- What kind of lunch should I send with my child on that day?
 - Please send a good-sized substantial lunch. Kids do spend some down time in the stands and will be snacking all day.
 - Lots of bottled water and/or juice is a MUST

- Where are Sandy Hill kids located in the stands?
 - Sandy Hill students will be seated where there is a SUNS banner to “hold” our spot in the stands.
 - There is not a lot of room for all our kids, so parents should sit far up in the stands or to the side before the kids come.
 - Please do not sit with your child during this event. For safety reasons, we would prefer students are grouped together with their peers and store their backpacks and belongings together.
- What will the kids be wearing?
 - Wear athletic sport clothes with lots of layers in case of wet weather and hats, etc. in case it gets very hot.
- Where does my child leave his or her backpack?
 - Your child will put down his or her belongings in the stands (with all the other students). Classes tend to sit together (especially when we first arrive); however, kids can sit anywhere in our designated area with their friends from Sandy Hill.
 - The stands are covered from the elements and students must sit under the covered area if it is very hot or wet.
- Can I bring my other children to watch the races?
 - Absolutely! Just remember, it is a very long day with lots of noise and we are completely at the mercy of the weather. Plan on coming and going as you feel comfortable.
- How will my child know when he or she is supposed to be racing or participating in a field event?
 - Your child will only need to remember their one field event – for every other race, they will be racing with their peers.
 - There tends to be a herd mentality – the organizers will announce “Grade 5 Girls 200 meter” and all the Grade 5 girls get up and make their way to the starting location.
 - Students are encouraged to listen well to announcements and follow their peers as they make their way to the starting location.
 - There will also be posters around the location with the schedule and teachers in the stands to help guide them should they have questions.
- What happens when my child needs to be racing in a track event and a field event at the same time?
 - Don’t worry! This often happens... Your child may be called for Ball Throw and then hear them call their group for the 200m race.
 - If the student-athlete is already at their field event, they can wait for direction from the field coach. The coach at the field event could look at the race line ups; realize they still have ten more minutes and ask the student-athlete to stay a little longer or send the child right away.
 - Just remember, “the track does not wait”. There is a little more flexibility at the field event.
- Can adult spectators walk around the track to go see the long jump, ball throw etc.?
 - Absolutely! **Please stay off of the track** while events are taking place and **do not cross the grass (in the middle)**.
 - No one should ever cross over the middle of the field. Adults will be reminding students to follow this rule as it is important for safety reasons.
 - Bring your camera and your cheering voice!

- What about the weather?
 - Some years it rains and other years it is extremely hot! There appears to be no middle ground...
 - Wear sunscreen if it is hot and a rain jacket if it is wet. This is an outside event and the kids should expect to be running and jumping in whatever Mother Nature decides.
 - Kids will get wet, they will get hot.... but they won't melt and they won't freeze.
 - Send warm clothes to change into if it is cold and wet and extra liquids if it is hot ☺
- There will be a lot of children and adults at this event. How will I know my child is safe?
 - Once students are escorted into Rotary Stadium through the large, fenced entrance (opening to the parking lot), **students may not leave the grounds.**
 - Within the grounds, students are free to move around with friends (we suggest always being with a buddy to use the washroom or go to an event).
 - There will be many teachers and parents at the event and students will know who to ask if they have concerns.
 - All appointed volunteers must have cleared Criminal Record Searches and a current approved Sandy Hill Volunteer Form
 - Children will leave with their teachers at the end of the day and brought back to the school for regular dismissal.
- If I want to take my child and leave early, what do I do?
 - If you wish to leave the event early, you, as the **ADULT** must sign out your child with the designated teacher in the stands. Kids will all know that they must find one (or possibly two) teachers who will have a clipboard and all the class lists.
 - **Please tell the teacher:**
 - **The name of your child**
 - **The division and grade that your child is in**
- Can I take home my child's friends?
 - NO! You can only sign out your own child, you will not be allowed to leave early with other children. If there is a special circumstance that then that must be addressed with the Principal before the event. Not on the date of the event.
 - Teachers are not responsible for phoning other parents at work to get their permission to allow their child to leave with a friend.
 - Any special arrangements must be arranged well before the date and given permission by the Principal.
- My child has special medical concerns. Who do I talk to?
 - Always talk to your classroom teacher first and that teacher will ensure that other teachers are aware of your child's needs. If your child requires medication (inhaler, Epi-Pen, etc.), please make sure your child has it with him or her at all times. Your child should WEAR a fanny pack or small backpack with their medication stored in it.

PARKING LOT / BUS DROP OFF AND PICK UP

ENTRANCE

CONCESSION
STANDS

STUDENT
BATHROOMS

STANDS

FIRST AID TENT

SHOT PUT

100M MARSHALLING
AREA

BALL THROW
OR
FRISBEE THROW

OFFICIALS/ RIBBON TENT

BALL THROW
OR
FRISBEE THROW

300M BELL CURVE (STARTING PLACE)

LEGACY
SPORT
CENTRE

PUBLIC
BATHROOMS

200M
MARSHALLING
AREA

LONG
JUMP
PIT

LONG
JUMP
PIT

FINISH
LINE

