



Dear Parents,

Your child has qualified to participate in The District Track Meet. Listed Below is important information regarding the District Track Meet:

WHEN: Tuesday, June 6th, 2023 - 8:00am – 3:00 pm

WHERE: Little Mountain Sports Complex Fields

PARKING: Parking is limited. If you can't find room at either of the two Field of Dreams parking lots, overflow parking is available at King's Christian School. There is to be no parking at Shuswap Middle School nor is there any parking on 30th Street S.E.

CONCESSION: There will be a concession on site for food purchases. If students are not using the concession, we encourage them to bring healthy snacks and to eat at appropriate times.

PROPER DRESS: Athletes are asked to wear our team SMS jerseys when competing. Please ensure your child dresses appropriately for the weather and for competing. They **must wear running shoes** (not spikes, cleats or bare feet) when competing. A hat and sunscreen are highly recommended.

ATTENDANCE / CHECK -IN / EXPECTATIONS: We will have a school banner on site where our athletes are to gather when not competing. All students are to check in with your coach when they arrive at the park in the morning. Students are to remain at the field throughout the event. If, for any reason, (they need to leave or parents pick them up), they must report to your coach before departing.

PERMISSION / TRANSPORTATION:

We expect parents to have their child at the track meet on time for their events. IF your child has events later in the day, they may walk over from Shuswap Middle School.

STUDENT EVENT TIMES: The District Track Meet schedule is on the back of this page. Your child's events & times are noted on the next sheet. ***For the start of the event please arrive at least 20 minutes prior to your FIRST event start time.*** Please note these times if you wish to watch your child compete.

Thank you for your interest and support of this event.

Mr. Derek. Gecse
SMS Middle Teacher/ Track & Field Coach & coordinator.
(250) 832 – 6031 Ext 223 e-mail: dgecse@sd83.bc.ca



École Intermédiaire
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171 30th Street SE

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Name _____

Born in (year) : _____

Events Entered (*Maximum of Three /determined by try-outs*): **Time of Event:**

1. SPRINTS Yes or No 9:00 am

2. HIGH JUMP Yes or No _____

3. LONG JUMP Yes or No _____

4. BALL THROW Yes or No _____

5. 400 m Yes or No _____

Open 800 m Yes or No 8:00 am

Open 1500m: Yes or No 8:00 am

----- (*The events below are not counted in the three selected events*)-----

Relay Team: Yes or No 2:00 pm

Remember to:

1. check in with Mr. Gecse when you arrive at the meet.
2. Wear a hat and have sun screen.
3. Bring water to drink and/or \$ for refreshments.
4. Dress appropriately for the day!!
5. Cheer on your teammates when you are not competing.
6. Have fun!!!!

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SCHEDULE OF EVENTS

8:00	OPEN 800/1500 RUNS			
9:00	SPRINTS (youngest to oldest)			
	Born 2013 (Gr. 4)	Born 2012 (Gr. 5)	Born 2011 (Gr. 6)	Born 2010 (Gr.7)
10:00	BALL THROW	LONG JUMP	HIGH JUMP	400
11:00	400	BALL THROW	LONG JUMP	HIGH JUMP
12:00	HIGH JUMP	400	BALL THROW	LONG JUMP
1:00	LONG JUMP	HIGH JUMP	400	BALL THROW
2:00	RELAYS (Youngest to Oldest)			

Athletes to use the designated field entrance gates for events.