

DATE: October 18, 2018

TO: Relay Coaches

SUBJECT: PR Elementary Relay Meet - Wednesday, January 16, 2019

DATE of MEET: Wednesday, January 16, 2019 **TIME:** 4:00 pm to 9:00 pm (approximate)
(Small schools in first half; BIG in second)

PLACE: Saskatoon Fieldhouse **COST:** \$12.00 per team.

- **THIS IS AN APPROXIMATE WINDOW OF TIME AND IS SUBJECT TO CHANGE BASED ON ENTRIES**
- **SCHEDULE WILL RUN IN THE U11, U15, U13 ORDER**
- **SCHEDULE WILL INCLUDE BULIT IN CATCH UP TIME IN CASE OF TECHNICAL DIFFICULTIES**

Events: Under 11 boys & girls – on Dec. 31 2018 must be 10 yrs of age or younger
Under 13 boys & girls – on Dec. 31 2018 must be 12 yrs of age or younger
Under 15 boys & girls -on Dec. 31, 2018 must be 14 yrs of age or younger
In fairness to all of the runners correctly registered please be sure that you are running students in the correct age category (ie. not 13 yrs old in the under 13 age category.) A coach can use their discretion if they wish to run a student up an age group.

Register Your Teams: go to website: <http://TrackieReg.com/2019PRJanSmall>
Or
<http://TrackieReg.com/2019PRJanBig>
Have your BUDGET NUMBER ready.

ENTRY TIME LINES:

Fri. Jan. 11 2019 @ 5:00 pm Entries must be **entered on TrackieReg.com.**
You are able to check your entries on TrackieReg.com at any time.

Mon. Jan. 14 by 8:00 AM Heat sheets & Schedule on our website: <http://prathletics.com>

FINALS: Timed finals will be offered. The number of final sections will depend on the number of entries. If you are running competitive teams (i.e. fastest runners together), your fastest team should be your A-Team, second fastest should be your B-Team, etc

Please keep the following information in mind when giving instructions to your athletes prior to the meets.

1. Access to the Field House will be at 3:30 pm. First event is at 4:00 pm
2. Coaches, athletes and children admitted free. **Coaches will sign in at the door.**
3. **Adult admission is \$5.00. Please inform your parents.**
4. No athletes will be allowed to compete without appropriate footwear. No bare feet.
5. School banners may be put on walls only.

SMALL & BIG SCHOOLS

2019 Small Elementary Schools | Catholic

GSCS	Holy Trinity
GSCS	St. Paul
GSCS	St. Michael
GSCS	St. Gabriel-Biggar
GSCS	St. Thérèse of Lisieux
GSCS	St. Maria Goretti
GSCS	Holy Mary
GSCS	St. Dominic
GSCS	St. John
GSCS	Bishop Pocock
GSCS	Bishop Filevich
GSCS	Pope John Paul II
GSCS	St. Augustine
GSCS	St. Dominic-Humboldt
GSCS	St. Edward
GSCS	St. Anne
GSCS	St. Bernard
GSCS	St. George
GSCS	St. Nicholas
GSCS	Bishop Klein
GSCS	St. Angela
GSCS	St. Philip
GSCS	St. Mary's
GSCS	Sister O'Brien
GSCS	Saskatoon French School
GSCS	Father Vachon
GSCS	St. Augustine-Humboldt
GSCS	St. Luke
GSCS	Cardinal Leger
GSCS	Bishop Roborecki
GSCS	St. Gerard
GSCS	St. Volodymyr

2019 Big Elementary Schools | Catholic

GSCS	St. Kateri Tekakwitha
GSCS	St. Matthew
GSCS	St. Mark
GSCS	Georges Vanier
GSCS	St. Marguerite
GSCS	St. Frances
GSCS	St. Lorenzo Ruiz
GSCS	St. Peter
GSCS	Father Robinson
GSCS	Holy Family
GSCS	Mother Teresa

2019 Small Elementary Schools | Public

SPS	King George
SPS	Pleasant Hill
SPS	City Park
SPS	Queen Elizabeth
SPS	Princess Alexandra
SPS	John Lake
SPS	Vincent Massey
SPS	Mayfair
SPS	Prince Philip
SPS	Lawson Heights
SPS	Saskatoon Misbah
SPS	Westmount
SPS	Saskatoon Christian
SPS	Howard Coad
SPS	Brevoort Park
SPS	Lester B. Pearson
SPS	Hugh Cairns V.C.
SPS	North Park Wilson
SPS	Roland Michener
SPS	Brownell
SPS	Caswell
SPS	Montgomery
SPS	Wildwood
SPS	Holliston
SPS	Fairhaven
SPS	Sutherland
SPS	Buena Vista
SPS	Caroline Robins
SPS	Silverwood Heights
SPS	Colette Bourgonje
SPS	River Heights
SPS	W. P. Bate
SPS	Henry Kelsey
SPS	James L. Alexander
SPS	Sylvia Fedoruk

2019 Big Elementary Schools | Public

SPS	Dr. J.G. Egnatoff
SPS	Silverspring
SPS	Chief Whitecap
SPS	Lakeview
SPS	Victoria
SPS	Brunskill/KCC
SPS	Confederation Park
SPS	Dundonald
SPS	Lakeridge
SPS	Greystone Heights
SPS	College Park
SPS	Alvin Buckwold
SPS	Ernest Lindner
SPS	Forest Grove
SPS	Willowgrove

Relay Coaches

1. If you, as a coach, have to substitute a runner from another team or school, you must inform the officials PRIOR to the race. This team may run unofficially, but may not advance. A team may run officially if the substituted runner is of the appropriate age and sex, and has not run on another team.
2. It is also inappropriate and unfair to the officials for a coach to declare their team as “running unofficially” AFTER the race or after the results are compiled. Deleting a team from the advancement after the advancement selection has been made causes a number of problems. First, it means changing all copies of the event sheets. Second, it means re-establishing the “next fastest teams”. And finally, it means that someone has to locate and inform a team to advance to the next level of competition. In some cases teams have already left for home when their heat was finished and they did not qualify.
3. Running in bare feet is a potentially dangerous situation for our students, especially with the increased number of students wearing track spikes. For this reason RUNNERS WILL NOT BE ALLOWED ON THE TRACK WITHOUT APPROPRIATE FOOTWEAR.
4. Passing zones are open ended.
5. The three bend stagger rule is in effect. (The first three runners must run in their assigned lane).

Guidelines for Elementary School Track Meets at the Saskatoon Field House

Parent Information

Parking at the Saskatoon Field House is at a premium during elementary school track meets due to the large number of athletes and spectators in attendance. Here are some tips to make the event a more enjoyable experience for all.

- The parking lots close to the Field House fill up fast! Give yourself at least 20 minutes to park your car and to get into the facility. You don't want to miss the race!
- Park in designated parking lots only. If all Field House parking lots are full, additional parking is available in the University of Saskatchewan Parkade which is located across from the main entrance to Griffith Stadium.
- No parking in Handicapped Zones, unless proper identification is shown on your vehicle's license plate or window.
- No parking on roadways or in Fire Lanes.
- Parking attendants will be stationed in the parking lots to assist in directing the public as to where to park their vehicles. Please assist them by following their directions as to where to park.

Teacher Information:

The following tips will assist in making your track meet safe and successful for all involved. Please pass this information on to your athletes and volunteers.

- Please do not arrive at the Field House prior to 4:45 pm.
- Upon arrival at the Field House, athletes will be directed to sit on the bleachers. Please ensure that athletes are supervised and sitting on the bleachers until they are called for their event or to warm up.
- Locker rooms are available for athlete's use. Always lock up your belongings if leaving them in the locker in the change rooms. The Field House is not responsible for lost or stolen items.
- Pin spike track shoes, if worn, spikes must not be more than 7 mm in length. Please check spike length at school prior to the day of the track meet. Spikes are not allowed outside the track area or on the bleachers.
- Food, of any type, and drinks are not allowed beyond the cafeteria and front kiosk area. Athletes may bring plastic water bottles onto the bleachers.
- Please stop all athletes from going underneath the bleachers. This will assist in preventing injury to the athletes.
- Please put garbage in its place – use garbage cans provided.
- The Saskatoon Field House appreciates your cooperation in making elementary school track meets an enjoyable experience for all involved!
- **No food or beverages will be allowed in the Field House track or bleacher area.**
- **No wet footwear will be allowed in the Field House track or bleacher area.**