

R.E. Gibson Memorial Elementary Track and Field

2024 (66th Annual) Edition

Noteworthy for 2024 ...	2-3
General Information and Instructions ...	4-10
Junior Schedule ... 11	
Trackdatabase.com info for junior meets ...	12-13
Senior Schedule ... 14	
Trackdatabase.com info for senior meets ...	15-16
Challenge Meet Schedule ...	17
Champions Meet Schedule ...	18
Relay/Pentathlon Meet Info ...	18-22
Relay/Pentathlon Schedule ...	23
Site Map ...	24
Spike Diagram ...	25
Concession List ... 26	
Laurentian University Campus Map ...	27
Laurentian University parking instructions for spectators ...	28

[*updated records](#) available on elementary sports website

R.E. GIBSON MEMORIAL TRACK AND FIELD

Noteworthy for 2024

Please make careful note of the following:

- (a) **Junior and senior meet track events.** The 2024 junior schedule includes heats to finals for all atom track events (tyke will be timed finals only). The 2024 senior schedule includes heats to finals for grade 7 and 8 100m (all other track events will be timed finals only).
- (b) **Challenge Meet Shuttle Relays.** 4x60m shuttle relays will be introduced this year. Consult body of information package for further details.
- (c) **Relay Meet**
 - PAARLAUF race.** The event description has changed from last year. Be sure to check this section carefully if planning to take part.
 - Exchange zones.** Exchanges may take place anywhere within the 30m zone, so long as the baton is handed off and picked up within this zone.
- (e) **400m.** The 400m races at senior meets 1-2 and the challenge meet will be run with a waterfall start. Students will not have to stay in their lanes for the 400m races this year.
- (f) **Tyke age group.** No students under the age of eight (8) will be permitted to participate in the board-wide track meets this season (Note: this does not apply to the Challenge meet).
- (g) **High jump – Champions meet.** The starting height will be determined by the lowest height recorded from the qualifying meets, less 5 cm.
- (h) **Volunteer officials form.** This year we will ask that all officials be submitted via a [google survey](#). We ask that a separate survey be completed for each meet.
- (i) **Volunteer officials – school responsibility.** Under no circumstances are schools to show up to participate without fulfilling their obligation to help at the meets, summarized on page 7 of this package. If this is not possible, then another school participating in the same meet without a responsibility should be approached.
- (j) **Meet registration.** Follow the instructions below to register:
 - **Junior and senior meets 1-2:**

Go to Trackdatabase.com: Use your school's username and password from last year to login. When you click "Register", select the "Other" option and follow the prompts from there. Make note of the username and password you use for future years or for other coaches if entering both junior and senior meet events. Once login has been achieved, users "join" a meet by entering the meet code provided, then entering athlete info and events. Further information may be found on pages 11-12 (for junior) and 14-15 (for senior).
 - **Challenge Meet:**

[A shared google page](#) has been established for the purpose of registering for the Challenge Meet. Before entering your athletes, be sure to click on the tab (bottom of page) that bears your school's name. Entries can be changed/adjusted as many times as necessary up to the entry deadline. Link is email specific (permission can be granted to access via alternate email addresses). Names from 2023 have been sorted and remain as entered, however please remember to update age groups where required!!
 - **Relay/Pentathlon Meet:**

[Via google form](#)

To be continued from previous years:

- (a) **Senior meet entries.** The number of entries in support of the two senior meets will continue to be three for all events. The number of athletes qualifying for the champions meet will not be affected by this increase.
- (b) **Champions meet qualifiers.** For grade 7-8 1500m and all categories of high jump, the number of qualifiers from junior/seniors meets 1-2 will continue to be 5 (plus ties for high jump).
- (c) **Challenge meet ability groups.** The four ability groups will include: blind, wheelchair, ambulatory (physical challenges such as amputee, CP) and developmental (intellectual challenges). The challenge meet is meant for students who wouldn't normally receive the opportunity to participate in a track meet, not for those who may have not been able to make their school's track team.
- (d) **Senior age group "start positions".** All senior meets will mandate students start sprint races in a four-point stance. This is meant to prepare students for high school where starting blocks are the norm. Coaches are requested to prepare their student-athletes accordingly.
- (e) **Field event responsibilities have once again been assigned to specific schools.** Once again this year, tasks have been assigned to each school. The assigned school is responsible to set up the crew to work that event.
- (f) **Meets will be hosted rain or shine.** Every attempt will be made to run meets on their scheduled dates. If conditions are deemed to be too unsafe (ie due to heavy rain or frequency of lightning), the meet will be moved to the first available replacement date at the track.
- (g) **Athletes are the responsibility of the team managers and/or chaperones.** Meet conveners and designated officials are in charge of the running of the meet. Please ensure the name of the school official in charge of the team is indicated as head coach on the registration form so we'll know who to contact.
- (h) **RDSB championship banners will be awarded following the Champions Meet again this year.** The overall aggregate senior and junior boys and girls champions, based on points earned from top 8 individual finishes at the meet, will be awarded a championship banner. The top 8 performers from the junior and senior meets automatically advance to the champions meet. As such, schools are not required to register advancing students, rather, they need only provide notice if an advancing student CANNOT attend.
- (i) **Students are encouraged to bring refillable containers** to all meets this season to cut down on plastic waste.
- (j) **Relay meet entries.** The number of entries permitted from each school participating in the relay meet will be maximum 2/age group, not including the atom COED 1500m, which will remain at one/school. Pentathlon entries may total four, in any combination of grade 7 and 8.
- (k) **Challenge meet entries.** There are no entry limits imposed for this meet. No event entries need to be included as all students may participate in whatever events they wish (except no tykes in high jump or shot put).

We'd love to hear from you!

We've developed a google survey and would appreciate receiving your feedback on the elementary track and field championship series this and every year.

Click [here](#) to access.

R. E. GIBSON MEMORIAL TRACK & FIELD MEETS

**** 2024 Edition ****

1. MEET DATES:

Location: Laurentian Community Track

Starting Times: All Meets - 10am

(a) Senior Meet #1 – Tuesday, May 28th (deadline for entry: Thursday, May 23rd, 3pm)

Grade 7 and Grade 8 age groups

Schools: A.B. Ellis, Alexander, Algonquin, Assiginack, C.R. Judd, Camille Perron, Central Manitoulin, Charles C. McLean, Chelmsford, Copper Cliff, ES Hanmer, Lo-Ellen, EP de la Découverte, Little Current, S. Geiger, Sudbury Christian Academy, Valley View.

(b) Senior Meet #2 – Thursday, May 30th (deadline for entry: Monday, May 27th, 3pm)

Grade 7 and Grade 8 age groups

Schools: Confederation, Lansdowne, Lasalle, Lively DSS, Macdonald Cartier, MacLeod, Markstay, Monetville, Murray, Nesbitt, Northeastern, Pavillon-de-l'Avenir, Princess Anne.

(c) Junior Meet #1 – Tuesday, June 4th (deadline for entry: Thursday, May 30th, 3pm)

Tyke and atom age groups

Schools: Adamsdale, Alexander, Algonquin, Beattie, Copper Cliff, Foyer-Jeunesse, Hélène-Gravel, Jeanne Sauvé, Little Current, MacLeod, Markstay, Northeastern, Pavillon de l'Avenir, Queen Elizabeth, Sudbury Christian Academy, Valley View, Walden Public School.

(d) Junior Meet #2 - Thursday, June 6th (deadline for entry: Mon, Jun 3rd, 3pm)

Tyke and atom age groups

Schools: A.B. Ellis, Camille Perron, Central Manitoulin, Chelmsford, Churchill, CR Judd, EP de la Découverte, Ernie Checkeris, EP Écho des Rapides, Franco-Nord, Jean-Ethier-Blais, Lansdowne, Larchwood, Levack, Monetville, RH Murray, Nesbitt, Princess Anne, Redwood Acres, S. Geiger, Westmount.

(e) Champions Meet – Tuesday, June 11th - NO ENTRY DEADLINE (Schools requested to advise if participation is NOT possible.)

Tyke, atom, grade 7 and grade 8 age groups

Top 16 students (top 8 from each jr/sr meet) qualify except for grade 7-8 1500m and atom, grade 7-8 high jump where top 10 qualify (top 5 from each jr/sr meet).

Schools: Open to all qualifying student-athletes from RDSB and GNO Senior Elementary Schools.

(f) RDSB Challenge Meet for Students with Special Needs

Thursday, June 13th – rain date: Tuesday, June 25th (deadline for entry: Monday, June 10th, 12pm)

Tyke, atom, bantam, novice/junior and open age groups

Schools: Open to any student at elementary or secondary level in the following ability groups: Wheelchair, Blind, Ambulatory, Developmental.

(g) Relay/Pentathlon Meet – Monday, June 17th (deadline for entry: Thursday, June 13th, 3pm)

Relay age groups: Atom, Grade 7 and Grade 8

Schools: Open to all student-athletes from RDSB and GNO Elementary Schools.

2. AGE GROUPS – all meets except the Challenge Meet:

The Junior Meets are for TYKES & ATOMS ONLY (GRADES 3 - 6). The Senior meets are for grade 7 and grade 8 students only. Grade 7 students may participate in the grade 8 age group, providing they remain in the grade 8 group for all events, but not vice versa. A grade 7 student with a 2010 birth year must participate in grade 8 events.

TYKE:	8 or 9 years on January 1, 2024	Birth year: 2014 or 2015
ATOM:	10 & 11 years on January 1, 2024	Birth year: 2012 or 2014
GRADE 7:	12 years on January 1, 2024	Birth year: 2011
GRADE 8:	13 & over as of January 1, 2024	Birth year: 2010 (or prior)

AGE GROUPS – Challenge Meet only:

The Challenge Meet will consist of **five** age groups including Tyke, Atom, Bantam, Novice/Junior and Open. Pentathlon participants will be grouped into one age category defined as "Senior", consisting of either bantam or novice/junior aged participants as defined below.

TYKE:	under 10 on January 1, 2024	Birth year: 2014 (or after)
ATOM:	10 & 11 years on January 1, 2024	Birth year: 2012 or 2013
BANTAM:	12 & 13 years on January 1, 2024	Birth year: 2010 or 2011
NOVICE/JUNIOR:	14 & 15 as of January 1, 2024	Birth year: 2008 or 2009
*OPEN:	16 & over on January 1, 2024	Birth year: 2007 (or prior)

3. REGISTRATION PROCEDURES

Junior and Senior Meets 1 & 2 - Schools will register their athletes on-line by at www.trackdatabase.com. Complete instructions are available in a later section of this information package - please read it over carefully. Changes to on-line entries may be made anytime leading up to the deadline date. After the deadline, changes may only take place via email through Dave. In addition, names of volunteer officials must be submitted by completing the on-line form.

All other meets – Google form links are included in this package, to be completed and submitted on-line by the stated deadlines.

4. FACILITY & ATTIRE:

The Laurentian Community track has an all-weather mondo 8-lane track and run-ups. All competitors must wear track shoes or running shoes. **All competitors should be wearing proper track attire (i.e. shorts & tops). Footwear - No baseball or soccer cleats are permitted on the mondo track surface. Students will not be allowed to compete in bare feet.** Pyramidal spikes only: max 6mm (refer to spike diagram included on last page of this package).

NOTE: If crossing the track to access the infield, exercise caution. Watch for competitors on track and be aware that there is a raised curb on the inside of lane one (often mistaken for another white line on the track).

5. VOLUNTEER OFFICIALS:

JR MEET #1	PIT	Primary
High Jump #1 -	1	Algonquin
High Jump #2 -	2	MacLeod
St Long Jump -	3	Alexander
Long Jump #1 -	4	Queen Elizabeth
Long Jump #2 -	5	Adamsdale
Triple Jump -	6	Pavillon-de-l'Avenir
Shot Put #1 -	7	Valley View
Softball Throw -	9	Walden
JR MEET #2	PIT	Primary
High Jump #1 -	1	Lasalle
High Jump #2 -	2	Churchill
St Long Jump -	3	Franco-Nord
Long Jump #1 -	4	Lansdowne
Long Jump #2 -	5	Levack
Triple Jump -	6	Jean-Ethier-Blais
Shot Put #1 -	7	AB Ellis
Softball Throw -	9	Chelmsford
SR MEET #1	PIT	Primary
High Jump #1 -	1	Camille Perron
High Jump #2 -	2	Chelmsford
Triple Jump #1 -	3	AB Ellis
Long Jump #1 -	4	Alexander
Long Jump #2 -	5	Central Manitoulin
Triple Jump #2 -	6	Copper Cliff
Shot Put #1 -	7	Little Current
Shot Put #2 -	8	Découverte
SR MEET #2	PIT	Primary
High Jump #1 -	1	Confederation
High Jump #2 -	2	MacLeod
Triple Jump #1 -	3	Levack
Long Jump #1 -	4	Larchwood
Long Jump #2 -	5	RH Murray
Triple Jump #2 -	6	Macdonald Cartier
Shot Put #1 -	7	Lasalle
Shot Put #2 -	8	Pavillon de l'Avenir
CHAMPIONS	PIT	Primary
High Jump #1 -	1	Lo-Ellen
High Jump #2 -	2	Lively DSS
St/Triple Jump #1 -	3	Camille Perron
Long Jump #1 -	4	Northeastern
Long Jump #2 -	5	Valley View
St/Triple Jump #2 -	6	Copper Cliff
Shot Put #1 -	7	Helene-Gravel
Shot Put #2 -	8	Confederation
Softball Throw -	9	Foyer Jeunesse

To operate meets of 15-20 schools takes approximately 60 people. We have arranged for help from some elementary schools, and we have sent requests to members of our retirement community, but we will require individuals from each participating school in order to run these events properly.

We shuffle these responsibilities as best we can but sometimes schools are requested to help in consecutive years when required.

With assistance from the RDSB board office and several volunteers stepping forward each year we will **not** require additional school assistance for the Challenge Meet.

Assignment of Responsibilities

The schools identified in this chart will be responsible to find crews (at least two adults) to run the event identified below.

Trades for events between schools, based on preference or availability, is permitted. In such cases, an email should be forwarded to Dave Makela to advise of the change.

If the school listed cannot for whatever assume this responsibility, it will be their responsibility to seek help from any school participating in the meet that does not have a responsibility assigned to them.

Technical information on the running of field events is available on the elementary sports website: sports.rainbowschools.ca

Volunteer officials will receive a lunch after the first round of events. Extra water and refreshments will also be made available throughout the day.

[Click here to Register a Volunteer Official](#)

6. RULES:

The rules of competition that govern the meets are [World Athletics](#) unless otherwise stated in this information package.

- 6.1 **Number of Events** - Competitors may enter only three (3) events (except for the challenge meet where there are no limits imposed). Schools are limited to two (2) entries per event for all meets except senior 1 and 2, where three (3) entries per event will be allowed. Pentathletes are allowed to enter relays as per page 1.
- 6.2 **Middle Distance Runs** - 200, 400, 800 meter and 1500 meter races will be run as finals. The 1500m is a physically taxing event. Participants in this event should have prior training before taking part.
- 6.3 **400, 800 and 1500 meter** – These races will employ a curved line start, maximum 16 runners.
- 6.4 Except the Challenge Meet, all **60, 80 and 100 Meter races** will be run as heats to finals, time permitting. Results from prelims may be used as final if time constraints pose a concern. At the Challenge Meet, all races are run as timed finals.
- 6.5 **Shot Put** -
2.7 kg (6 lb) - Atom Girls and Atom Boys
3 kg – Grade 7 & 8 Girls
4 kg – Grade 7 & 8 Boys
- 6.6 **False Start Rule** - The first false start in any race will be charged to the field. The second false start will be charged to the individual and will result in disqualification.
- 6.7 **Long Jump Take Off Points** – the running long jump take-off line will be the line before the end of the runway, while the standing long jump take-off line will be the edge of the pit.

7. AWARDS

For all events, awards will be distributed as follows:

- (1) all competitors will receive a participant ribbon (except champions meet)
- (2) top eight places in each track and field event will receive a ribbon
- (3) the top four athletes in each division (girls and boys) will receive a gold, silver, bronze or fourth place medal respectively.

Ribbons and Medallions will be distributed to schools at subsequent meets on the schedule or via board mail where necessary. Awards will not be distributed at the meets.

8. HIGH JUMP

Students are permitted to take off from one foot ONLY. Also, when entering students in the high jump please consider the following information.

The starting heights for this event will be as follows (for the Champions meet, the lowest qualifying height less 5cm will be the starting height for all age groups):

Tyke	0.90 m (Girls & Boys)
Atom	1.00 m (Girls & Boys)
Grade 7	1.10 m (Girls), 1.25m (Boys)
Grade 8	1.10 m (Girls), 1.25m (Boys)

*Increments - after first jump: 5cm, after second and subsequent jumps: 5cm. A jump-off will be used to break first place ties only if athletes are tied after using the World Athletics count back system. All other ties will be broken using the same count back system.

9. CHAMPIONS MEET

This is a special meet for the top performers from the junior and senior meets.

(a) Entry

The top eight finishers from each event hosted at the Junior or Senior meets will be AUTOMATICALLY entered in this event (top 5 only for all high jump and gr 7-8 1500m). Participating schools are requested to advise if a qualifying athlete is NOT able to take part.

(b) Events

There will be the same events as were offered during each of the two previous junior and senior meets.

(c) Awards

For all events, awards will be distributed as follows:

- (1) top eight places in each event will receive ribbons.
- (2) the top four athletes in each division (girls and boys) will receive a gold, silver, bronze or fourth place medal respectively.
- (3) a championship boys and girls banner, junior and senior, will be presented to the school(s) recording the highest number of points according to individual event placements recorded during the Champions meet.

10. BIB NUMBERS

Bib numbers will be provided for all R.E. Gibson meets except the non-pentathlon participants at the relay/pentathlon meet. Schools are to check in with the announcer prior to the meet to pick up their numbers. **Schools please ensure students do not wear t-shirts with other numbers on them to help avoid confusion.**

11. PENTATHLON EVENTS AT RELAY MEET

Up to two males and two females from each grade 7 and 8 school are eligible to participate in the pentathlon portion of this event. Results from the pentathlon events will be based on scoring tables designed for this age group. All events will be run as finals.

**** VERY IMPORTANT:** Pentathlon participants may participate in relay events but it should be noted that no changes will be made in the schedule to accommodate them.

12. PARKING

A Laurentian University security guard will be hired to provide direction and oversee the parking operation at all of the board-wide meets this season.

No parking will be allowed inside the stadium, other than meet organizers delivering equipment and supplies.

Lot G (in front of Ben Avery) and Lot #D (next to Medical Sciences building) are pay-and- display/hotspot lots. Further instructions on parking for spectators is available on pages 27-28 of this information package.

Lot #14 (adjacent to Ben Avery) will be available to volunteers to park at no charge.

As in past years, Laurentian security will ticket cars parked illegally or in unposted areas. Please advise your parents accordingly!

***NEW THIS YEAR:** Buses will be directly to enter the stadium through the yellow gate close to the bus turn-around (adjacent to lot "G"), drop off their passengers behind the stadium, then proceed along stadium road, exiting by the tennis courts. Please advise your bus company accordingly.

13. GARBAGE/WATER

The facility will be cleaned each morning prior to use but it will be a meet/school responsibility to clean up garbage after each competition. If any additional cleaning is necessary, any costs will be charged to the meet involved. Students are encouraged to bring refillable water containers to the meets to avoid unnecessary waste.

14. RESULTS

Every participant registered in the meet will have a recorded result posted during the event and uploaded to the web address indicated below within two hours of its completion. No hard copies of the results will be sent. The web address for all elementary track and field results will be as follows (links to each set of meet results will be established):

<http://sports.rainbowschools.ca>

15. *NEW IN 2024 * OPEN SHUTTLE RELAYS (CHALLENGE MEET ONLY):

Each school may enter one team in the 4x60m shuttle open relay races. Teams will consist of four (4) students. Each competitor will run 60m. The races will be run on the stadium straight. Runners #1 and #3 will run starting at the finish line, while runners #2 and #4 will run starting at the 60m start line. A relay baton (made from a pool noodle) will be exchanged between each runner. Runner #1 will start the race and runner #4 will finish the race.

SCHOOLS ARE KINDLY REQUESTED TO LEAVE THEIR AREAS CLEAN PRIOR TO DEPARTING THE L.U. TRACK PREMISES. THE CITY RETAINS THE RIGHT TO CHARGE ANY RENTER THAT LEAVES A MESS TO THE EXTENT THAT EXTRA HELP IS REQUIRED TO BE CALLED IN TO HELP CLEAN.

THANKS FOR YOUR KIND COOPERATION IN THIS MATTER!

R.E. GIBSON MEMORIAL TRACK & FIELD - SCHEDULE OF EVENTS

JUNIOR MEETS #1 and #2

Tuesday, June 4th and Thursday, June 6th, respectively

Entry: <https://trackdatabase.com/>
[Click here to Register a Volunteer Official](#)

Event start times are approximate

START	TRACK EVENTS	START	FIELD EVENTS	PIT #
	100 METRE – South side			
10:00 AM	Atom Girls Heats	10:00 AM	Tyke Boys High Jump	1
10:15 AM	Atom Boys Heats	10:00 AM	Atom Boys High Jump	2
		10:00 AM	Tyke Boys Standing Long Jump	3
	60 METRE- South Side	10:00 AM	Tyke Girls Long Jump	4
10:30 AM	Tyke Girls Timed Finals	10:00 AM	Atom Girls Long Jump	5
10:45 AM	Tyke Boys Timed Finals	10:00 AM	Atom Boys Triple Jump	6
		10:00 AM	Atom Girls Shot Put	7
	80 METRE - South Side	10:00 AM	Tyke Girls Softball Throw	8
11:00 AM	Atom Girls Heats			
11:15 AM	Atom Boys Heats			
11:30 AM	Tyke Girls Finals			
11:45 AM	Tyke Boys Final			
	200 METRE - North Side			
12:00 PM	Atom Girls Timed Finals	12:00 PM	Tyke Girls High Jump	1
12:30 PM	Atom Boys Timed Finals	12:00 PM	Atom Girls High Jump	2
		12:00 PM	Tyke Girls Standing Long Jump	3
	100 METRE – South Side	12:00 PM	Tyke Boys Long Jump	4
1:00 PM	Atom Girls Finals	12:00 PM	Atom Boys Long Jump	5
1:10 PM	Atom Boys Finals	12:00 PM	Atom Girls Triple Jump	6
		12:00 PM	Atom Boys Shot Put	7
	80 METRE – South Side	12:00 PM	Tyke Boys Softball Throw	8
1:20 PM	Atom Girls Finals			
1:35 PM	Atom Boys Finals			

* NOTE FOR HIGH JUMPS: tyke – boys and girls groups start at 0.90m

atom – boys and girls groups start at 1.00m

<http://www.trackdatabase.com/>

Meet Name: R.E. Gibson Memorial - Junior Meet #1
Rainbow District School Board Track and Field

Meet Code: **ZTB37**

Meet Date: Jun 4, 2024

Entry Close Date: **May 30, 2024 @ 03:00 pm**

If this is your first meet with the Track Database online entries:
(Returning Users, see below)

Select "Register" from the menu on the left to bring you to the registration page that will allow you to register your team. On your first visit to the registration system you will need to provide all the information required. OFSAA & CISAA have restricted modification abilities as much of their information is generated automatically.

Registration now uses a username and password, the username you create must be unique and cannot be changed. This username and password can be shared between the coaching team to allow multiple coaches to do registrations for segments of the team.

When you enter team data, be sure to use an email address which is checked often as any communication with either the meet convener, or trackDatabase.com will likely be time sensitive. Using the online entry system, your entries will be emailed to you prior to the entry close date in order to allow you time to review your entries and make any changes needed. These dates are set by your convener and should be noted in your meet package.

Returning Users:

Select "Login" from the menu on the left and use the username and password from your previous meet(s).

Joining a Meet:

To join a new meet, select "Join Meet" from the left menu. You will be prompted to enter the meet code provided by the convener. After entering this code and clicking the join meet button you will be added to the meet and it will now appear on your meet homepage.

Adding your entries:

The sign-up for relays is located under the "Athlete" heading. Select "Relay Entries" to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

For all other events, you can select them in the edit view for each athlete, check the box beside the event to register for it, clicking submit at the bottom of the page will save the data entered. Seed times may optionally be entered for running events in the box provided.

Copy Entries:

After choosing the meet to edit, click the "copy entries" button, located at the top of the entries listing. This will bring up a form to select the meet you would like to copy the entries from. After selecting the source meet, a listing of all the athletes and entries from your team will come up, click the box beside the entries you would like to copy and click copy entries. The system will alert you if any of the copied entries are for events that do not match the current meet, or would violate entry limits.

<http://www.trackdatabase.com/>

Meet Name: R.E. Gibson Memorial - Junior Meet #2
Rainbow District School Board Track and Field

Meet Code: **RQ2XNA**

Meet Date: Jun 6, 2024

Entry Close Date: **Jun 3, 2024 @ 03:00 pm**

If this is your first meet with the Track Database online entries:

(Returning Users, see below)

Select "Register" from the menu on the left to bring you to the registration page that will allow you to register your team. On your first visit to the registration system you will need to provide all the information required. OFSAA & CISAA have restricted modification abilities as much of their information is generated automatically.

Registration now uses a username and password, the username you create must be unique and cannot be changed. This username and password can be shared between the coaching team to allow multiple coaches to do registrations for segments of the team.

When you enter team data, be sure to use an email address which is checked often as any communication with either the meet convener, or trackDatabase.com will likely be time sensitive. Using the online entry system, your entries will be emailed to you prior to the entry close date in order to allow you time to review your entries and make any changes needed. These dates are set by your convener and should be noted in your meet package.

Returning Users:

Select "Login" from the menu on the left and use the username and password from your previous meet(s).

Joining a Meet:

To join a new meet, select "Join Meet" from the left menu. You will be prompted to enter the meet code provided by the convener. After entering this code and clicking the join meet button you will be added to the meet and it will now appear on your meet homepage.

Adding your entries:

The sign-up for relays is located under the "Athlete" heading. Select "Relay Entries" to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

For all other events, you can select them in the edit view for each athlete, check the box beside the event to register for it, clicking submit at the bottom of the page will save the data entered. Seed times may optionally be entered for running events in the box provided.

Copy Entries:

After choosing the meet to edit, click the "copy entries" button, located at the top of the entries listing. This will bring up a form to select the meet you would like to copy the entries from. After selecting the source meet, a listing of all the athletes and entries from your team will come up, click the box beside the entries you would like to copy and click copy entries. The system will alert you if any of the copied entries are for events that do not match the current meet, or would violate entry limits.

R. E. GIBSON MEMORIAL TRACK & FIELD - SCHEDULE OF EVENTS

SENIOR MEETS #1 and #2

Tuesday, May 28th and Thursday, May 30th, respectively

Entry: <https://trackdatabase.com/>
[Click here to Register a Volunteer Official](#)

Start times are approximate

TRACK EVENTS			FIELD EVENTS		
TIME	EVENT	LOCATION	TIME	EVENT	PIT(S)
	1500M TIMED FINAL	Northeast Corner	10:00AM	Grade 7 Boys High Jump	1
10:00AM	- Grade 7 Girls/Boys		10:00AM	Grade 7 Girls High Jump	2
10:20AM	- Grade 8 Girls/Boys		10:00AM	Grade 8 Girls Long Jump	4
			10:00AM	Grade 8 Boys Long Jump	5
	100 METRE PRELIMS	Southwest Corner	10:00AM	Grade 7 Girls Triple Jump	3
10:45AM	- Grade 7 Girls/Boys		10:00AM	Grade 7 Boys Triple Jump	6
11:05AM	- Grade 8 Girls/Boys		10:00AM	Grade 8 Boys Shot Put	7
			10:00AM	Grade 8 Girls Shot Put	8
	400M TIMED FINAL	Finish Line			
11:30AM	- Grade 7 Girls/Boys	Southeast Corner			
11:50AM	- Grade 8 Girls/Boys				
			12:00PM	Grade 8 Boys High Jump	1
	100 METRE FINALS		12:00PM	Grade 8 Girls High Jump	2
12:15PM	- Grade 7 Girls/Boys		12:00PM	Grade 7 Girls Long Jump	4
12:25PM	- Grade 8 Girls/Boys		12:00PM	Grade 7 Boys Long Jump	5
		Finish Line	12:00PM	Grade 8 Girls Triple Jump	3
	800 METRE FINAL		12:00PM	Grade 8 Boys Triple Jump	6
12:45PM	- Grade 7 Girls/Boys	Southeast Corner	12:00PM	Grade 7 Girls Shot Put	7
1:05PM	- Grade 8 Girls/Boys		12:00PM	Grade 7 Boys Shot Put	8
	200 METRE FINAL	Northwest Corner			
1:15PM	- Grade 7 Girls/Boys				
1:35PM	- Grade 8 Girls/Boys				

*** NOTE FOR HIGH JUMPS: both boys groups start at 1.25m
 both girls groups start at 1.10m**

<http://www.trackdatabase.com/>

Meet Name: R.E. Gibson Memorial - Senior Meet #1
Rainbow District School Board Track and Field

Meet Code: **5TN8S6**

Meet Date: May 28, 2024

Entry Close Date: **May 23, 2024 @ 03:00 pm**

If this is your first meet with the Track Database online entries:

(Returning Users, see below)

Select "Register" from the menu on the left to bring you to the registration page that will allow you to register your team. On your first visit to the registration system you will need to provide all the information required. OFSAA & CISAA have restricted modification abilities as much of their information is generated automatically.

Registration now uses a username and password, the username you create must be unique and cannot be changed. This username and password can be shared between the coaching team to allow multiple coaches to do registrations for segments of the team.

When you enter team data, be sure to use an email address which is checked often as any communication with either the meet convener, or trackDatabase.com will likely be time sensitive. Using the online entry system, your entries will be emailed to you prior to the entry close date in order to allow you time to review your entries and make any changes needed. These dates are set by your convener and should be noted in your meet package.

Returning Users:

Select "Login" from the menu on the left and use the username and password from your previous meet(s).

Joining a Meet:

To join a new meet, select "Join Meet" from the left menu. You will be prompted to enter the meet code provided by the convener. After entering this code and clicking the join meet button you will be added to the meet and it will now appear on your meet homepage.

Adding your entries:

The sign-up for relays is located under the "Athlete" heading. Select "Relay Entries" to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

For all other events, you can select them in the edit view for each athlete, check the box beside the event to register for it, clicking submit at the bottom of the page will save the data entered. Seed times may optionally be entered for running events in the box provided.

Copy Entries:

After choosing the meet to edit, click the "copy entries" button, located at the top of the entries listing. This will bring up a form to select the meet you would like to copy the entries from. After selecting the source meet, a listing of all the athletes and entries from your team will come up, click the box beside the entries you would like to copy and click copy entries. The system will alert you if any of the copied entries are for events that do not match the current meet, or would violate entry limits.

<http://www.trackdatabase.com/>

Meet Name: R.E. Gibson Memorial - Senior Meet #2
Rainbow District School Board Track and Field

Meet Code: **X5616**

Meet Date: May 30, 2024

Entry Close Date: **May 27, 2024 @ 03:00 pm**

If this is your first meet with the Track Database online entries:

(Returning Users, see below)

Select "Register" from the menu on the left to bring you to the registration page that will allow you to register your team. On your first visit to the registration system you will need to provide all the information required. OFSAA & CISAA have restricted modification abilities as much of their information is generated automatically.

Registration now uses a username and password, the username you create must be unique and cannot be changed. This username and password can be shared between the coaching team to allow multiple coaches to do registrations for segments of the team.

When you enter team data, be sure to use an email address which is checked often as any communication with either the meet convener, or trackDatabase.com will likely be time sensitive. Using the online entry system, your entries will be emailed to you prior to the entry close date in order to allow you time to review your entries and make any changes needed. These dates are set by your convener and should be noted in your meet package.

Returning Users:

Select "Login" from the menu on the left and use the username and password from your previous meet(s).

Joining a Meet:

To join a new meet, select "Join Meet" from the left menu. You will be prompted to enter the meet code provided by the convener. After entering this code and clicking the join meet button you will be added to the meet and it will now appear on your meet homepage.

Adding your entries:

The sign-up for relays is located under the "Athlete" heading. Select "Relay Entries" to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

For all other events, you can select them in the edit view for each athlete, check the box beside the event to register for it, clicking submit at the bottom of the page will save the data entered. Seed times may optionally be entered for running events in the box provided.

Copy Entries:

After choosing the meet to edit, click the "copy entries" button, located at the top of the entries listing. This will bring up a form to select the meet you would like to copy the entries from. After selecting the source meet, a listing of all the athletes and entries from your team will come up, click the box beside the entries you would like to copy and click copy entries. The system will alert you if any of the copied entries are for events that do not match the current meet, or would violate entry limits.

R.E. GIBSON MEMORIAL TRACK & FIELD - SCHEDULE OF EVENTS

CHALLENGE MEET

Thursday, June 13th, 2024

[Enter here](#)

Time	Track	Age	Time	Field Event	Age	Pit
10:00 AM	60m Boys	Tyke	10:00am	Softball Throw	All Girls	6-7-8
10:00 AM		Atom	10:00am	High Jump	Boys	1
10:00 AM		Bantam	10:00am	Long Jump - Run	Girls	5
10:00 AM		Nov/Jr	10:00am	Long Jump - Stand	Girls	3
10:00 AM		Open	10:00am	Shot Put	Girls	2
10:30 AM	25m Boys	Tyke	<hr/>			
10:30 AM		Atom				
10:30 AM		Bantam				
10:30 AM		Nov/Jr				
10:30 AM		Open				
11:00 AM	80m Boys	Tyke				
11:00 AM		Atom				
11:00 AM		Bantam				
11:00 AM		Nov/Jr				
11:00 AM		Open				
11:30 AM	Shuttle Relays	Boys				
11:45 AM		Girls				
12:00 PM	60m Girls	Tyke	12:00pm	Softball Throw	All Boys	6-7-8
12:00 PM		Atom	12:00pm	High Jump:	Girls	1
12:00 PM		Bantam	12:00pm	Long Jump - Run	Boys	5
12:00 PM		Nov/Jr	12:00pm	Long Jump - Stand	Boys	3
12:00 PM		Open	12:00pm	Shot Put	Boys	2
12:20 PM	25m Girls	Tyke	<hr/>			
12:20 PM		Atom				
12:20 PM		Bantam				
12:20 PM		Nov/Jr				
12:20 PM		Open				
12:40 PM	80m Girls	Tyke				
12:40 PM		Atom				
12:40 PM		Bantam				
12:40 PM		Nov/Jr				
12:40 PM		Open				

R.E. GIBSON MEMORIAL TRACK & FIELD - SCHEDULE OF EVENTS

CHAMPIONS MEET

Tuesday, June 11th, 2024

[Click here to Register a Volunteer Official](#)

TRACK EVENTS		FIELD EVENTS		PIT #
	1500 METRE TIMED FINALS	10:00 AM	Grade 7 Boys / Girls High Jump	1 & 2
10:00 AM	Grade 7 Girls, Grade 7 Boys	10:00 AM	Atom Boys / Girls Long Jump	4 & 5
10:20 AM	Grade 8 Girls, Grade 8 Boys	10:00 AM	Tyke Boys / Girls St Long Jump	3 & 6
		10:00 AM	Grade 8 Boys / Girls Shot Put	7 & 8
	60 METRE TIMED FINALS			
10:45 AM	Tyke Girls / Tyke Boys	11:00 AM	Atom Boys / Girls High Jump	1 & 2
		11:00 AM	Grade 7 Boys / Girls Long Jump	4 & 5
	400 METRE TIMED FINALS	11:00 AM	Grade 8 Boys / Girls Triple Jump	3 & 6
11:00 AM	Grade 7 Girls / Grade 7 Boys	11:00 AM	Atom Girls Shot Put	8
11:20 AM	Grade 8 Girls / Grade 8 Boys	11:00 AM	Tyke Girls Softball Throw	9
	100 METRE TIMED FINALS	12:00 PM	Tyke Boys / Girls High Jump	1 & 2
11:45 AM	Atom Girls / Atom Boys	12:00 PM	Grade 8 Boys / Girls Long Jump	4 & 5
11:55 AM	Grade 7 Girls / Grade 7 Boys	12:00 PM	Grade 7 Boys / Girls Triple Jump	3 & 6
12:05 PM	Grade 8 Girls / Grade 8 Boys	12:00 PM	Atom Boys Shot Put	8
		12:00 PM	Tyke Boys Softball Throw	9
	800 METRE TIMED FINALS			
12:15 PM	Grade 7 Girls / Grade 7 Boys	1:00 PM	Grade 8 Boys / Girls High Jump	1 & 2
12:30 PM	Grade 8 Girls / Grade 8 Boys	1:00 PM	Tyke Boys / Girls Long Jump	4 & 5
		1:00 PM	Atom Boys / Girls Triple Jump	3 & 6
	80 METRE TIMED FINALS	1:00 PM	Grade 7 Boys / Girls Shot Put	7 & 8
12:45 PM	Tyke Girls / Tyke Boys			
12:55 PM	Atom Girls / Atom Boys		High Jump Starting Heights:	
			<i>Lowest qualifying height less 5 cm</i>	
	200 METRE TIMED FINALS			
1:00 PM	Grade 7 Girls / Grade 7 Boys		Shot Put Weights:	
1:15 PM	Grade 8 Girls / Grade 8 Boys		<i>Atom Boys / Girls – 2.7 kg (6 lb)</i>	
1:30 PM	Atom Girls / Atom Boys		<i>Grade 7 & 8 Girls – 3 kg</i>	
			<i>Grade 7 & 8 Boys – 4 kg</i>	



R. E. GIBSON MEMORIAL TRACK & FIELD RELAY/PENTATHLON MEET

Monday, June 17th, 2024 – 10:00am

RULES - OVERALL:

ENTRY:

[Via google form](#)

AGE GROUPS:

ATOM:	10 & 11 years on January 1, 2024	Birth year: 2012 or 2013
GRADE 7:	12 years on January 1, 2024	Birth year: 2011
GRADE 8:	13 & over as of January 1, 2024	Birth year: 2010 (or prior)

MARSHALLING:

All marshaling for the relay races will take place in the center of the grass infield.

EVENTS:

4 x 100 metres	- ALL AGE DIVISIONS
4 x 200 metres	- ATOM BOYS, ATOM GIRLS, GRADE 7 GIRLS, GRADE 8 GIRLS
4 x 400 metres	- GRADE 8 BOYS, GRADE 8 GIRLS, GRADE 7 BOYS, GRADE 7 GIRLS
Medley Relay	- 1600 metres (400m, 200m, 200m, 800m) - GRADE 8 BOYS, GRADE 7 BOYS
PAARLAUF:	- ATOM GIRLS & BOYS (9 MEMBER TEAMS – MUST INCLUDE AT LEAST 4 GIRLS TO COMPRISE A TEAM)



R. E. GIBSON MEMORIAL TRACK & FIELD

RELAY/PENTATHLON MEET

Monday, June 17th, 2024 – 10:00am

RULES - RELAY:

1. A school may enter two (2) teams per event. There are four (4) runners on each relay team.
2. The baton must be recovered by the athlete who dropped it. The baton must be passed only within the take-over zone.
3. Competitors, after handing off their baton, should remain in their lanes or zones until the course is clear, to avoid obstructing other competitors. Should any competitor willfully impede a member of another team by running out of position or lane, (s)he may cause the disqualification of his/her own team.
4. In races up to 4 x 200 metres, all exchanges must take place within the 30m take-over zone. The baton must be within the zone on hand-off and pick-up to be valid.
5. The 4 x 200 metre race is run entirely in lanes.
6. Assistance by pushing off or by any other method will cause disqualification of the team.
7. Students are allowed to compete in only one (1) age division.

**** NEW ** RULES – 1600M DISTANCE RELAY (ATOM):**

1. Each team consists of nine (9) runners, at least four (4) of which must be girls.
2. The runners will be stationed at eight (8) exchange zones around the track.
3. Each runner on the team will run 50m sprints during the race and in turn pass on the baton to the next runner who will also run 50m.
4. The first two (2) exchanges will be made in lanes, then the runners may cut in.
5. Runners 1 to 5 will run a total of 200m - runners 6-9 will run a total of 150m. Runner #5 will cross the finish line for his/her team.
6. A bell lap will be sounded signifying that from that point, each runner remaining will have one more 50m distance to run.
7. This race is a timed final.
8. If the baton is dropped, it must be picked up by either runner but it cannot be thrown to complete the exchange.

[Click here for entry](#)



R. E. GIBSON MEMORIAL TRACK & FIELD RELAY/PENTATHLON MEET

Monday, June 17th, 2024 – 10:00am

Relay Instructions

4 X 100 M

- Start = solid white line
- Stay in lanes entire race
- Exchange 1,2, and 3 – yellow dash and 2nd yellow hooks/hockey stick
 - o 30 m exchange zone

4 x 200m

- Start = red & white line
- Stay in lanes entire race
- Exchange #1 = red solid dash and 2nd red hooks/hockey stick
 - o Except lane 1 – yellow lines
 - o 30 m exchange zone
- Exchange #3 = yellow bar and 2nd yellow hook/hockey stick
 - o 30 m exchange zone
- Exchange #2 = (at finish line area), red bar and 2nd blue hook/hockey stick
 - o 30 m exchange zone

4 x 400 m

- Start = white and blue start line
- First runner in lane
 - o Exchanges between blue hooks/hockey sticks to 2nd runner – 20m
- 2nd runner in lanes until cuts in near 1500 m start – green line
- 2nd & 3rd exchanges: solid blue lines
 - o 20 m exchange zone – between solid blue lines

Continued on next page ...

Relay Instructions (cont'd)

Medley (start in lanes/finish out of lanes): four (4) laps

Start: white and blue line

Distances run are 400/200/200/800m

Exchanges: (3 in total)

First exchange (start/finish area)

- 30m
- No Acceleration Zone - Start running wherever you want, as long as you receive the baton inside the handoff zone.
- Exchange zone is defined by blue hockey sticks to show zone length
- Baton must be passed when in the zone
- Outgoing Runner runs the first curve in lanes and cuts into curb lane after passing green line (cut-in line) marked by orange cones

Second exchange (200m start line area)

- 30m
- No Acceleration Zone - Start running wherever you want, as long as you receive the baton inside the handoff zone.
- Exchange zone is defined by lane 1 yellow hockey sticks extended to show zone length runners are out of lane
- Baton must be passed when in the zone

Third exchange (start/finish area)

- 20m
- No Acceleration Zone - Start running wherever you want, as long as you receive the baton inside the handoff zone.
- Exchange zone is defined by solid blue lines to show zone length
- Baton must be passed when in the zone
- Fourth runner will be placed on track by official inside the first blue line in order that they come out of the second exchange
- Runners will stay in or as close to the curb lane for 2 laps



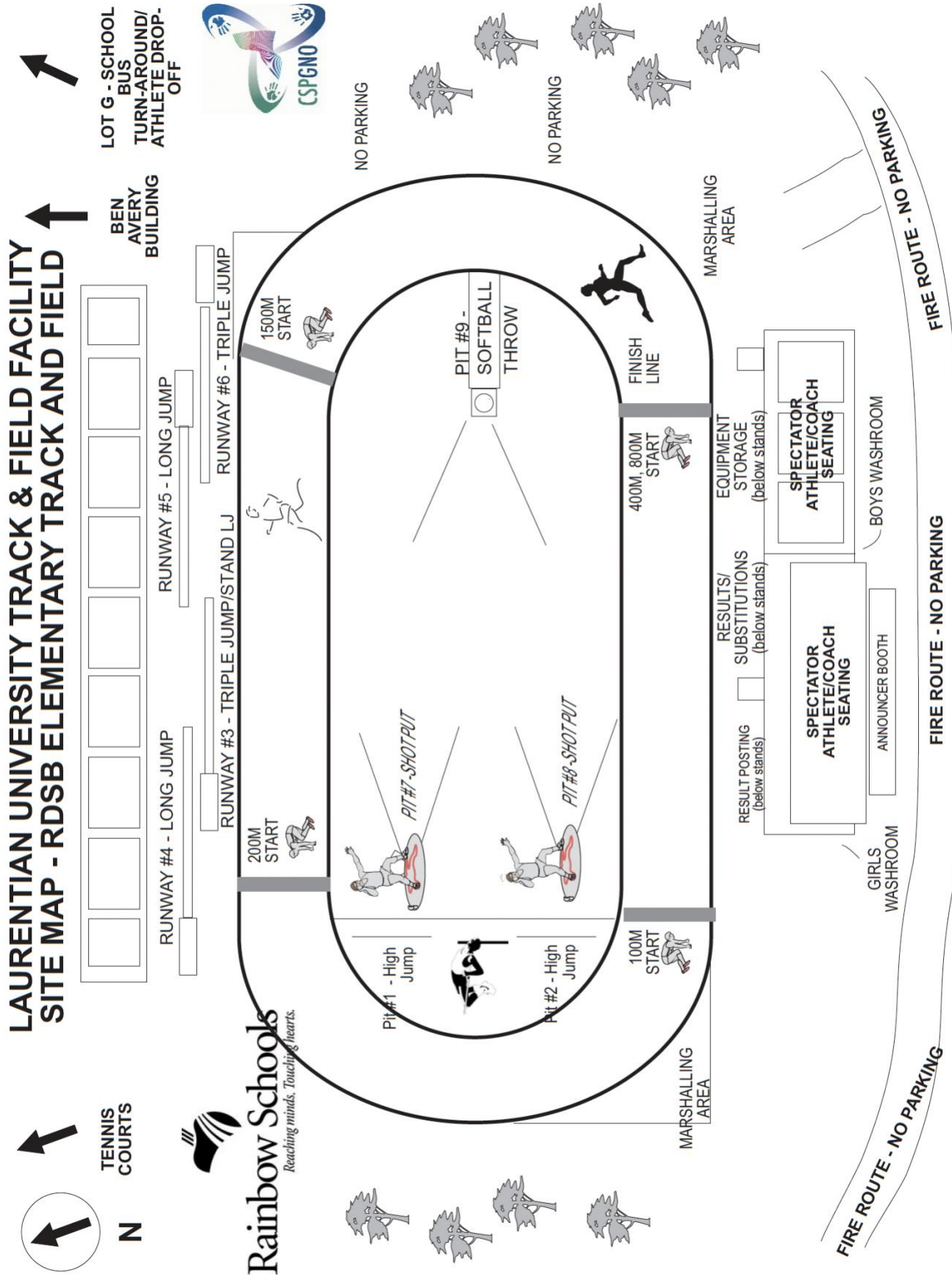
R. E. GIBSON MEMORIAL TRACK & FIELD RELAY/PENTATHLON MEET

Monday, June 17th, 2024 – 10:00am

[Click here for entry](#)

Start times are approximate

RELAY EVENTS			PENTATHLON EVENTS			
10:15am	Atom 1600m		10:00am	Girls	100m	
			10:10am	Boys	100m	
10:45am	Grade 7 Boys	4 x 100 (Timed Final)				
10:50am	Grade 7 Girls	4 x 100 (Timed Final)				
10:55am	Grade 8 Boys	4 x 100 (Timed Final)	11:00am	Girls	Long Jump	Pit #4
11:00am	Grade 8 Girls	4 x 100 (Timed Final)	11:00am	Boys	Long Jump	Pit #5
11:05am	Atom Boys	4 x 100 (Timed Final)				
11:10am	Atom Girls	4 x 100 (Timed Final)				
			12:00pm	Girls	High Jump	Pit #1
11:30am	Grade 7 Boys	4 x 400 (Final)	12:00pm	Boys	High Jump	Pit #2
11:40am	Grade 7 Girls	4 x 400 (Final)				
11:50am	Grade 8 Boys	4 x 400 (Final)				
12:00pm	Grade 8 Girls	4 x 400 (Final)	1:00pm	Girls	Shot Put	Pit #7
			1:00pm	Boys	Shot Put	Pit #8
12:30pm	Atom Boys	4 x 200 (Timed Final)				
12:40pm	Atom Girls	4 x 200 (Timed Final)				
12:50pm	Grade 7 Girls	4 x 200 (Timed Final)	1:45pm	Girls	800m	
1:00pm	Grade 8 Girls	4 x 200 (Timed Final)	1:55pm	Boys	800m	
1:15pm	Grade 7 Boys	1600 Medley (Timed Final)				
1:30pm	Grade 8 Boys	1600 Medley (Timed Final)				



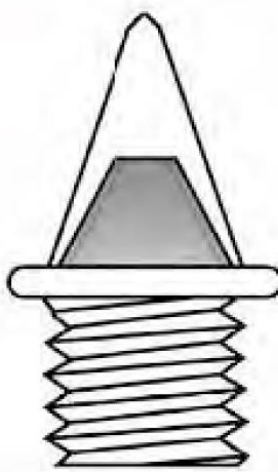
LAURENTIAN COMMUNITY TRACK

NOTICE ON TRACK SPIKES:

Spike length for both track and field events (LJ and TJ) is limited to **6mm**. All spikes should be pyramid or cone shaped. No "tree" or "pin" type spikes will be allowed. This rule will be strictly enforced at all times, including both practice and competitions.



Tree - NO



Pyramid or
Cone- YES



Pin - NO

R.E. Gibson Memorial
ELEMENTARY TRACK AND FIELD MEETS
Laurentian Community Track

FOOD AVAILABLE AT TRACK

AGAIN THIS YEAR, THERE WILL BE A CONCESSION STAND IN OPERATION AT THE ELEMENTARY TRACK & FIELD MEETS THIS YEAR.

A POSSIBLE MENU OF ITEMS IS LISTED BELOW AND IS SUBJECT TO CHANGE BASED ON AVAILABILITY AND PRICE.

Gatorade (G2)
Cliff Energy Bars
Nutrigrain Bars
Pizza Slices
Hot Chocolate/Tea
Coffee
Bottled Water
Chips
Chocolate Bars
Fresh Fruit (apple)
Jumbo Freezies
Ring Pops
Fruit Snacks
Pop (pepsi, crush, root beer)

PROCEEDS ARE SHARED BETWEEN THE ELEMENTARY TRACK PROGRAM AND THE BOBCAT COMMUNITY TRACK PROGRAM.



Laurentian University Track Meet Parking Options

Hotspot parking at Laurentian - preferred method

Pay for metered parking on your mobile device at [Lot G or D](#) from Monday to Friday 7:00 a.m. to 10:00 p.m at a rate of \$2.00 per hour to a maximum of \$8 per day. You need your license plate information, the meter number (below) and your debit/credit card. [Click here for more information](#), and download the app from [the App Store](#) or [the Google Play Store](#).

Lot G- Ben Avery - 5906

Lot D - Medical School - 5903

Features:

- New users receive 30 minutes of free parking upon signup.
- Users can top up parking remotely from a phone instead of needing to go back to the meter.
- If a user ends a parking session early, unused time is refunded to the account, and can be used for future parking sessions.
- The app automatically notifies users when their meter is close to expiring.

Support for the app is available by emailing support@htsp.ca or calling **1-855-712-5888**.

Pay and Display information:

Visitors may use Pay and Display machines at [Lot G or D](#) from Monday to Friday 7:00 a.m. to 10:00 p.m at a rate of \$2.00 per hour to a maximum of \$8 per day. (coin or credit card only)

If you have any questions, please contact the Parking at 705-675-1151 ext 1545 or parking@laurentian.ca.

A campus map can be viewed at www.laurentian.ca/parking

