



**R.E. Gibson Memorial Elementary Track and Field**

# **2025 (67th Annual) Edition**

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

## R.E. GIBSON MEMORIAL TRACK AND FIELD

# Noteworthy for 2025

### Please make careful note of the following:

- (a) **Scheduling.** The 2025 series has been juggled and now reflects the Challenge meet and Relay/Multi-Event meet hosted in the first week for the first time ever. The city does not allow rain dates to be booked any longer, so a decision has been reached to allow the Challenge Meet to run on the Relay/Multi-event date (Thu, May 29<sup>th</sup>) if a rain date occurs. The Relay/Multi-Event meet will then be booked at the next available open date at the track.
- (b) **Challenge Meet Shuttle Relays.** 4x60m shuttle relays will continue this year with boys in the morning and girls in the afternoon. Consult body of information package for further details.
- (c) **Relay/Multi-Event Meet.** We have inserted a new event into this schedule, the atom girls and boys quadrathlon. Check the updated schedule and further details herein.
- (e) **400m.** The 400m races at senior meets 1-2 and the champions meet run with boxed starts this year. Students will not have to stay in their lanes for the 400m races again this year.
- (f) **Tyke age group reminder.** 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.** All officials' names continue to be submitted via this [google survey](#). 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](https://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). If needed, [the 2024 registration document](#) has been left in the [elementary track shared folder](#) and can be used to copy names into the 2025 document.
  - **Relay/Multi-Event Meet:**  
[Via google form](#)

**To be continued from previous years:**

- (a) **Meet entry limits for junior and senior meets.**  
School – up to two (2) school entries are allowed in each event for junior, three (3) in each event for senior  
Individual – an individual may enter up to three (3) events per meet
- (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. Due to increased demand for the track facility, the city does now allow the scheduling of rain dates any longer.
- (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/Multi-Event 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 and Quadrathlon 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

### 1. MEET DATES:

Location: Laurentian Community Track

Starting Times: All Meets - 10am

#### (a) RDSB Challenge Meet for Students with Special Needs

**Tuesday, May 27<sup>th</sup> – rain date: tbd (deadline for entry: Friday, May 23<sup>rd</sup>, 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.

#### (b) Relay/Multi-Event Meet – Thursday, May 29<sup>th</sup> (deadline for entry: Monday, May 26<sup>th</sup>, 3pm)

**Relay age groups: Atom, Grade 7 and Grade 8**

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

#### (c) Senior Meet #1 – Tuesday, June 3<sup>rd</sup> (deadline for entry: Thursday, May 29<sup>th</sup>, 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, Confederation, Levack, ES Hanmer, ES Macdonald Cartier, Lively DSS, Lo-Ellen, Little Current, S. Geiger, Sudbury Christian Academy.

#### (d) Senior Meet #2 – Thursday, June 5<sup>th</sup> (deadline for entry: Monday, June 2<sup>nd</sup>, 3pm)

**Grade 7 and Grade 8 age groups**

**Schools:** Chelmsford, EP de la Decouverte, Lansdowne, Lasalle, Copper Cliff, MacLeod, Markstay, Monetville, Murray, Northeastern, Pavillon-de-l'Avenir, Riv-des-Français, Princess Anne, Valley View.

#### (e) Junior Meet #1 – Tuesday, June 10<sup>th</sup> (deadline for entry: Thursday, June 5<sup>th</sup>, 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, Walden Public School.

#### (f) Junior Meet #2 – Thursday, June 12<sup>th</sup> (deadline for entry: Mon, Jun 9<sup>th</sup>, 3pm)

**Tyke and atom age groups**

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

#### (g) Champions Meet – Tuesday, June 17<sup>th</sup> – 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.



## 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.

<b>TYKE:</b>	8 or 9 years on January 1, 2025	Birth year: 2015 or 2016
<b>ATOM:</b>	10 & 11 years on January 1, 2025	Birth year: 2013 or 2014
<b>GRADE 7:</b>	12 years on January 1, 2025	Birth year: 2012
<b>GRADE 8:</b>	13 & over as of January 1, 2025	Birth year: 2011 (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.

<b>TYKE:</b>	under 10 on January 1, 2025	Birth year: 2015 (or after)
<b>ATOM:</b>	10 & 11 years on January 1, 2025	Birth year: 2013 or 2014
<b>BANTAM:</b>	12 & 13 years on January 1, 2025	Birth year: 2011 or 2012
<b>NOVICE/JUNIOR:</b>	14 & 15 as of January 1, 2025	Birth year: 2009 or 2010
<b>*OPEN:</b>	16 & over on January 1, 2025	Birth year: 2008 (or prior)

## 3. REGISTRATION PROCEDURES

**Junior and Senior Meets 1 & 2** - Schools will register their athletes on-line by at [www.trackdatabase.com](http://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 7mm or ¼" (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	Northeastern
High Jump #2 -	2	R.L. Beattie
St Long Jump -	3	Jeanne Sauve
Long Jump #1 -	4	Hélène-Gravel
Long Jump #2 -	5	Foyer Jeunesse
Triple Jump -	6	Copper Cliff
Shot Put #1 -	7	Markstay
Softball Throw -	8	Little Current
JR MEET #2	PIT	Primary
High Jump #1 -	1	CR Judd
High Jump #2 -	2	Princess Anne
St Long Jump -	3	Monetville
Long Jump #1 -	4	Ep de la Découverte
Long Jump #2 -	5	Redwood Acres
Triple Jump -	6	Camille Perron
Shot Put #1 -	7	RH Murray
Softball Throw -	8	Larchwood
SR MEET #1	PIT	Primary
High Jump #1 -	1	Algonquin
High Jump #2 -	2	Lo-Ellen
Triple Jump #1 -	3	Lively DSS
Long Jump #1 -	4	CR Judd
Long Jump #2 -	5	ES Hanmer
Triple Jump -	6	Macdonald Cartier
Shot Put #1 -	7	S. Geiger
Shot Put #2 -	8	Alexander
SR MEET #2	PIT	Primary
High Jump #1 -	1	Northeastern
High Jump #2 -	2	Lansdowne
Triple Jump #1 -	3	Ep de la Découverte
Long Jump #1 -	4	Markstay
Long Jump #2 -	5	Monetville
Triple Jump -	6	Princess Anne
Shot Put #1 -	7	Copper Cliff
Shot Put #2 -	8	Chelmsford
CHAMPIONS	PIT	Primary
High Jump #1 -	1	R.L. Beattie
High Jump #2 -	2	Macdonald Cartier
St/Triple Jump #1 -	3	Camille Perron
Long Jump #1 -	4	Chelmsford
Long Jump #2 -	5	Churchill
St/Triple Jump #2 -	6	Redwood Acres
Shot Put #1 -	7	Lasalle
Shot Put #2 -	8	Hélène-Gravel
Softball Throw -	9	Walden

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 volunteer assistance from the RDSB board office and others 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 Chris Verrilli 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](https://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.

Participants in the 1500m event should have prior training before taking part as this event is physically demanding. Further, it is strongly recommended that at a minimum, students should be able to meet or exceed the following results standard for the 1500m event:

Grade 7 Boys - 6:04.00	Grade 7 Girls - 7:55.00
Grade 8 Boys - 6:00.00	Grade 8 Girls - 7:38.00

**6.3 400, 800 and 1500 meter** – 800m and 1500m races will employ a curved line start, maximum 16 runners. 400m races will be run with boxed starts.

**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. QUADRATHLON/PENTATHLON EVENTS AT RELAY MEET**

Up to two males and two females from each grade 5 and 6 school (quadrathlon) and grade 7 and 8 school (pentathlon) 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:** Quadrathlon/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.

This year, a limited amount of parking will be allowed inside the stadium fence and also in the lot bordering Loach's Trail, for meet organizers delivering equipment and supplies. A parking permit, for dashboard display, will be provided for these officials.

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 also be available to volunteers to park at no charge, providing the parking permit mentioned above is displayed.

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

**\*TO CONTINUE THIS YEAR:** Buses and meet organizers with permit 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. 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.

**IMPORTANT NOTE:**

**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 &amp; FIELD - SCHEDULE OF EVENTS

**CHALLENGE MEET**Tuesday, May 27<sup>th</sup>, 2025[Enter here](#)

TIME	TRACK EVENTS	TIME	FIELD EVENTS	PIT #
10:00 AM	Shuttle Relays / Boys			
	25m - Boys Tyke, Atom,	10:15 AM	Softball Throw - All Girls	6-7-8
	Bantam, Nov/Jr, Open	10:15 AM	High Jump - All Boys	1
		10:15 AM	Running Long Jump - Girls	5
		10:15 AM	Standing Long Jump - Girls	3
		10:15 AM	Shout Put - Girls	2
	60m - Boys Tyke Atom,			
	Bantam, Nov/Jr, Open			
	80m - Boys Tyke, Atom,			
	Bantam, Nov/Jr, Open			
12:15 PM	Shuttle Relays / Girls	12:15 PM	Softball Throw - Boys	6-7-8
		12:15 PM	High Jump - All Girls	1
	80m - Girls Tyke, Atom,	12:15 PM	Running Long Jump - Boys	5
	Bantam, Nov/Jr, Open	12:15 PM	Standing Long Jump - Boys	3
		12:15 PM	Shut Put - Boys	2
	60m - Girls Tyke Atom,			
	Bantam, Nov/Jr, Open			
	25m - Girls Tyke, Atom,			
	Bantam, Nov/Jr, Open			





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

Thursday, May 29<sup>th</sup>, 2025 – 10:00am

## RULES - OVERALL:

### ENTRY:

[Via google form](#)

### AGE GROUPS:

<b>ATOM:</b>	10 & 11 years on January 1, 2025	Birth year: 2013 or 2014
<b>GRADE 7:</b>	12 years on January 1, 2025	Birth year: 2012
<b>GRADE 8:</b>	13 & over as of January 1, 2025	Birth year: 2011 (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	- ALL AGE DIVISIONS
Medley Relay	- 1600 metres (400m, 200m, 200m, 800m) - GRADE 7-8 BOYS AND GIRLS
PAARLAUF (1600m):	- 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

Thursday, May 29<sup>th</sup>, 2025 - 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.

### **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

Thursday, May 29<sup>th</sup>, 2025 – 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 2<sup>nd</sup> red hooks/hockey stick
  - o Except lane 1 – yellow lines
  - o 30 m exchange zone
- Exchange #3 = yellow bar and 2<sup>nd</sup> yellow hook/hockey stick
  - o 30 m exchange zone
- Exchange #2 = (at finish line area), red bar and 2<sup>nd</sup> blue hook/hockey stick
  - o 30 m exchange zone

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

- Start: white and blue line
- Distances run: 400/200/200/800m

Exchanges: (3 in total)

<b>First exchange (start/finish area)</b> <ul style="list-style-type: none"> <li>● 30m</li> <li>● No Acceleration Zone - Start running wherever you want, as long as you receive the baton inside the handoff zone.</li> <li>● Exchange zone is defined by blue hockey sticks to show zone length</li> <li>● Baton must be passed when in the zone</li> <li>● Outgoing Runner runs the first curve in lanes and cuts into curb lane after passing green line (cut-in line) marked by orange cones</li> </ul>	<b>Second exchange (200m start line area)</b> <ul style="list-style-type: none"> <li>● 30m</li> <li>● No Acceleration Zone - Start running wherever you want, as long as you receive the baton inside the handoff zone.</li> <li>● Exchange zone is defined by lane 1 yellow hockey sticks extended to show zone length runners are out of lane</li> <li>● Baton must be passed when in the zone</li> </ul>	<b>Third exchange (start/finish area)</b> <ul style="list-style-type: none"> <li>● 20m</li> <li>● No Acceleration Zone - Start running wherever you want, as long as you receive the baton inside the handoff zone.</li> <li>● Exchange zone is defined by solid blue lines to show zone length</li> <li>● Baton must be passed when in the zone</li> <li>● Fourth runner will be placed on track by official inside the first blue line in order that they come out of the second exchange</li> <li>● Runners will stay in or as close to the curb lane for 2 laps</li> </ul>
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# R. E. GIBSON MEMORIAL TRACK & FIELD RELAY/PENTATHLON MEET

Thursday, May 29<sup>th</sup>, 2025 - 10:00am

[Click here for entry](#)

Start times are approximate

RELAY EVENTS			QUADRATHLON/PENTATHLON FIELD EVENTS			
10:00 am	Penta 100m	Quad 80m				
10:15 am	Atom PAARLAUF	1600 Medley (Timed Final)				
10:45 am	Grade 7 Boys	4 x 100 (Timed Final)	10:45 am	Girls Pent.	Long Jump	Pit #4
10:50 am	Grade 7 Girls	4 x 100 (Timed Final)	10:45 am	Boys Pent.	Long Jump	Pit #5
10:55 am	Grade 8 Boys	4 x 100 (Timed Final)	10:45 am	Girls Quad.	Shot Put	Pit #7
11:00 am	Grade 8 Girls	4 x 100 (Timed Final)	10:45 am	Boys Quad.	Shot Put	Pit #8
11:05 am	Atom Boys	4 x 100 (Timed Final)				
11:10 am	Atom Girls	4 x 100 (Timed Final)				
11:30 am	Grade 7 Boys	1600 Medley (Timed Final)	11:30 am	Girls Pent.	High Jump	Pit #1
11:40 am	Grade 7 Girls	1600 Medley (Timed Final)	11:30 am	Boys Pent.	High Jump	Pit #2
11:50 am	Grade 8 Boys	1600 Medley (Timed Final)	11:30 am	Girls Quad.	Long Jump	Pit #4
12:00 pm	Grade 8 Girls	1600 Medley (Timed Final)	11:30 am	Boys Quad.	Long Jump	Pit #5
12:30 pm	Atom Boys	4 x 200 (Timed Final)	12:30 pm	Girls Pent.	Shot Put	Pit #7
12:40 pm	Atom Girls	4 x 200 (Timed Final)	12:30 pm	Boys Pent.	Shot Put	Pit #8
12:50 pm	Grade 7 Girls	4 x 200 (Timed Final)				
1:00 pm	Grade 8 Girls	4 x 200 (Timed Final)				
1:10 pm	Grade 7 Boys	4 x 200 (Timed Final)				
1:20 pm	Grade 8 Boys	4 x 200 (Timed Final)				
1:30 pm	Quadrathlon	200m				
1:40 pm	Pentathlon	800m				

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

**SENIOR MEETS #1 and #2**Tuesday, June 3<sup>rd</sup> and Thursday, June 5<sup>th</sup>, respectivelyEntry: <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	10:00 AM	Grade 7 Boys High Jump	1
10:00 AM	- Grade 7 Girls/Boys		10:00 AM	Grade 7 Girls High Jump	2
10:20 AM	- Grade 8 Girls/Boys		10:00 AM	Grade 8 Girls Long Jump	4
			10:00 AM	Grade 8 Boys Long Jump	5
	100 METRE PRELIMS	Southwest Corner	10:00 AM	Grade 7 Girls Triple Jump	3
10:45 AM	- Grade 7 Girls/Boys		10:00 AM	Grade 7 Boys Triple Jump	6
11:05 AM	- Grade 8 Girls/Boys		10:00 AM	Grade 8 Boys Shot Put	7
			10:00 AM	Grade 8 Girls Shot Put	8
	400M TIMED FINAL	Finish Line			
11:30 AM	- Grade 7 Girls/Boys	Southeast Corner			
11:50 AM	- Grade 8 Girls/Boys				
			12:00 PM	Grade 8 Boys High Jump	1
	100 METRE FINALS		12:00 PM	Grade 8 Girls High Jump	2
12:15 PM	- Grade 7 Girls/Boys		12:00 PM	Grade 7 Girls Long Jump	4
12:25 PM	- Grade 8 Girls/Boys		12:00 PM	Grade 7 Boys Long Jump	5
		Finish Line	12:00 PM	Grade 8 Girls Triple Jump	3
	800 METRE FINAL		12:00 PM	Grade 8 Boys Triple Jump	6
12:45 PM	- Grade 7 Girls/Boys	Southeast Corner	12:00 PM	Grade 7 Girls Shot Put	7
1:05 PM	- Grade 8 Girls/Boys		12:00 PM	Grade 7 Boys Shot Put	8
	200 METRE FINAL	Northwest Corner			
1:20 PM	- Grade 7 Girls/Boys				
1:35 PM	- 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: **WBDZQ**

Meet Date: Jun 3, 2025

Entry Close Date: **May 29, 2025 @ 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: **4EQG7**

Meet Date: Jun 5, 2025

Entry Close Date: **Jun 2, 2025 @ 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 &amp; FIELD - SCHEDULE OF EVENTS

**JUNIOR MEETS #1 and #2**Tuesday, June 10<sup>th</sup> and Thursday, June 12<sup>th</sup>, respectively

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

Event start times are approximate

	100 METRE - South side			PIT #
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 Heats	10:00 AM	Atom Girls Long Jump	5
10:45 AM	Tyke Boys Heats	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 Heats			
11:45 AM	Tyke Boys Heats			
	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
	60 METRE - South Side	12:00 PM	Tyke Boys Long Jump	4
1:00 PM	Tyke Girls Finals	12:00 PM	Atom Boys Long Jump	5
1:05 PM	Tyke Boys Finals	12:00 PM	Atom Girls Triple Jump	6
		12:00 PM	Atom Boys Shot Put	7
	100 METRE - South Side	12:00 PM	Tyke Boys Softball Throw	8
1:15 PM	Atom Girls Finals			
1:20 PM	Atom Boys Finals			
	80 METRE - South Side			
1:30 PM	Tyke Girls Finals			
1:35 PM	Tyke Boys Finals			
1:40 PM	Atom Girls Finals			
1:45 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: **V5JPAN**

Meet Date: Jun 10, 2025

Entry Close Date: **Jun 5, 2025 @ 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:	<b>KX33J</b>
Meet Date:	Jun 12, 2025
Entry Close Date:	<b>Jun 9, 2025 @ 03:00 pm</b>

**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:**

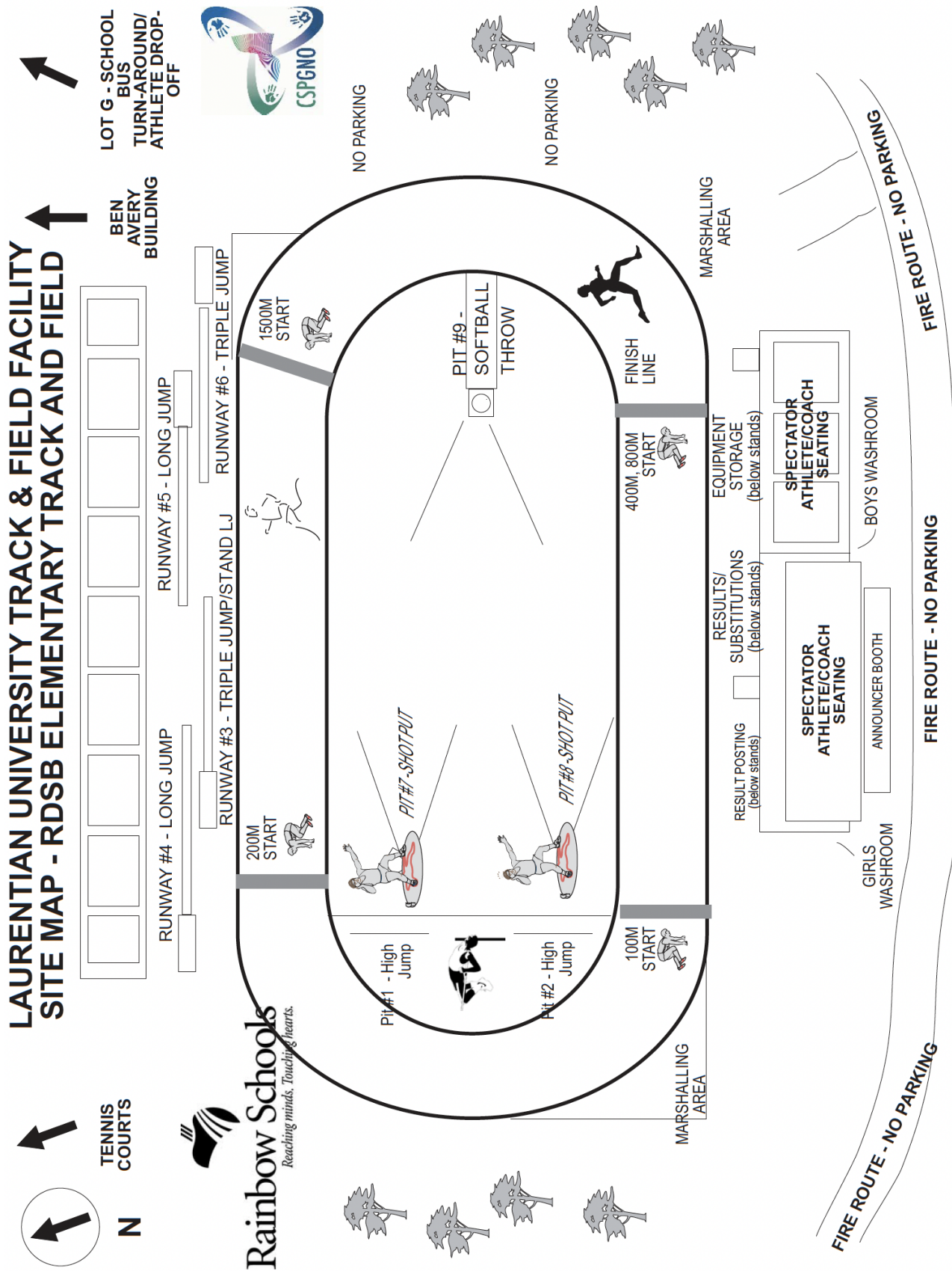
After choosing the meet to edit, click the "copy entries" button, located at the top of the entries listing. This will bring up a form to select the meet you would like to copy the entries from. After selecting the source meet, a listing of all the athletes and entries from your team will come up, click 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 &amp; FIELD - SCHEDULE OF EVENTS

**CHAMPIONS MEET**Tuesday, June 17<sup>th</sup>, 2025[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		<b>High Jump Starting Heights:</b>	
			Lowest qualifying height less 5 cm	
	200 METRE TIMED FINALS			
1:00 PM	Grade 7 Girls / Grade 7 Boys		<b>Shot Put Weights:</b>	
1:15 PM	Grade 8 Girls / Grade 8 Boys		Atom Boys / Girls – 2.7 kg (6 lb)	
1:30 PM	Atom Girls / Atom Boys		Grade 7 & 8 Girls – 3 kg	
			Grade 7 & 8 Boys – 4 kg	

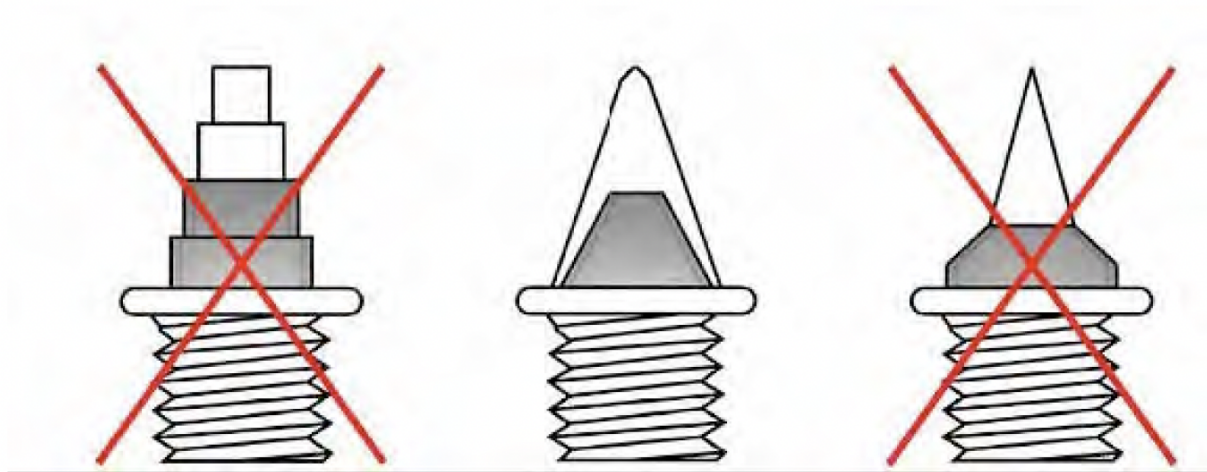




# LAURENTIAN COMMUNITY TRACK

## NOTICE ON TRACK SPIKES:

Spike length for both track and field events (LJ and TJ) is limited to **7mm (1/4")**. 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

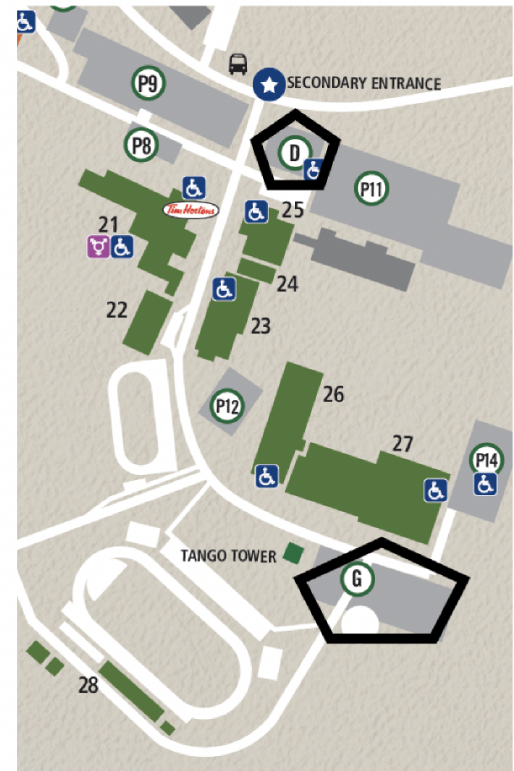
Pay for metered parking on your mobile device at [Lot G or D](#) from Monday to Friday 7:00 a.m. to 10:00 p.m at a rate of \$2.00 per hour to a maximum of \$8 per day. You need your license plate information, the meter number (below) and your debit/credit card. [Click here for more information](#), and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

A campus map can be viewed at [www.laurentian.ca/parking](http://www.laurentian.ca/parking)