

TRACK & FIELD SCHEDULE 2019										
										ALL WALKERS /Parent Drop off MEET AT CCI BY 8:45 (EXCEPT THOSE DOING 800m / 1500m)
	FRIDAY MAY 24TH)	Day 4								JR BUSSERS ARRIVE VIA SHUTTLE TO CCI & RETURN AT 3:00 WITH MME LEMIRE
	<i>rain date (Monday, May 27th)</i>	<i>Day 5</i>								INT BUSSERS WILL BE WALKING TO & FROM CCI WITH MME SHELDRAKE
Rotation		When on break, students are in the infield joining in with the yoga / stretching, having a snack, bathroom break, collecting garbage, recycling - keep bags with them								
		Students on break may watch other events but from the infield - DO NOT CROSS THE TRACK DURING A RACE, DO NOT LEAVE CCI								
		Students may enter CCI to use the bathroom facilities - nothing else - they should check the track before crossing it								
	8:00-8:45	Warmup for 800m & 1500 m races, 800 m starts at 8:15, grade 4s are 1st, then 5s, then 6s. 1500m starts at 8:30 - grade 7s, then grade 8s								
warmup & attendance	8:45 - 9:00	students meet in infield and do a warmup, gr5 boys help set up hurdles with Christie Lashley, head to 1st event at 8:50								
	9:00	Start events - bussers will join in as they arrive								
		LJ	break	50/100m	Yoga / Stretching	TJ	hurdles	break	200m	break
1	9:00 - 9:30	Gr 4s	7 Boys	6 Boys	8 Boys	5 Girls	5 Boys	7 Girls	6 Girls	8 Girls
	9:30-9:45	attendance infield	attendance infield	attendance infield	attendance infield	attendance infield	attendance infield	attendance infield	attendance infield	attendance infield
2	9:45-10:15	8 Girls	Gr 4s	7 Boys	6 Boys	8 Boys	5 Girls	5 Boys	7 Girls	6 Girls
3	10:15-10:45	6 Girls	8 Girls	Gr 4s	7 Boys	6 Boys	8 Boys	5 Girls	5 Boys	7 Girls
4	10:45-11:15	7 Girls	6 Girls	8 Girls	Gr 4s	7 Boys	6 Boys	8 Boys	5 Girls	5 Boys
5	11:15-11:45	5 Boys	7 Girls	6 Girls	8 Girls	Gr 4s	7 Boys	6 Boys	8 Boys	5 Girls
6	11:45-12:15		5 Boys	7 Girls	6 Girls	8 Girls	Gr 4s	7 Boys	6 Boys	8 Boys
	11:45 - 1:30	CCI BBQ: 11:15- 1:15 (on your break): \$3 for hamburger / hotdog / veggie available NO DRINKS FOR SALE - BRING WATER BOTTLE FOR QUENCH BUGGY								
	12:15-12:40	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
warmup & attendance	12:40-12:45	do attendance in field as in am, send attendance folders to Ms Honeyball at captain's table - send them to next event								
7	12:45-1:15	8 Boys	5 Girls	5 Boys	7 Girls	6 Girls	8 Girls	Gr 4s	7 Boys	6 Boys
8	1:15-1:45	6 Boys	8 Boys	5 Girls	5 Boys	7 Girls	6 Girls	8 Girls	Gr 4s	7 Boys
9	1:45-2:15	7 Boys	6 Boys	8 Boys	5 Girls	5 Boys	7 Girls	6 Girls	8 Girls	Gr 4s
	2:15-2:30	overflow		prep for 400m	put away mats	overflow	take down hurdles		prep for 400m	
10	2:30-3:00: 400m	as soon as hurdles are gone, start with gr4s and finish with grade 8s - mass start by gender - JR Bussers go directly to shuttle bus/ Int Bussers hustle back to ADM								
	2:45	All Bussers not competing in 400m go to gate by triple jump and those bussers competing go directly to gate after completing race - bus will take as many as it can (Jrs first)								
	2:45 - 3:00	Jr bussers return to ADM on bus shuttle with Mme Shel Drake - meet at gate near triple jump / Int bussers walk/jog quickly back to ADM with Mme Shel Drake unless there is space on bus								
	3:00	walkers & students being picked up by parents meet with HR teacher in infield - parent pick up students can then wait by gate with Mme Denbok								
	3:00-3:15	walkers pick up garbage & items left behind -								
	3:15	all other students dismissed - check event sheets for dismissal instructions								

RULES

DO NOT CROSS THE TRACK WHEN A RACE IS IN PROGRESS - LOOK BEFORE YOU CROSS - CONSIDER IT A HIGHWAY

No students are to leave CCI today - timelines too short - everyone needs to bring snack / lunch for the day or purchase at the BBQ - \$3 each

Student walkers are to go directly to CCI by 8:45 - do NOT come to ADM (**take your running shoes home May 23**), Competitors & spectators for 800m/1500m - arrive by 8 am

Students meet in age groupings by 8:45 in infield, do a warmup and head to 1st event - main events begin at 9:00

NEW: Junior Bussers will take a shuttle bus from ADM to CCI upon arrival and join events in progress / INT Bussers will WALK from ADM to CCI & back again

Students need to ask event supervisor to use the facilities & must return to the event

Dismissal:

Int Bussers need to walk back (unless there is space on the bus) with Mme Shel Drake / Jr Bussers go back on bus with Mme Lemire

Parent-pickup - check in with HR teacher and then wait at gate with staff until parent picks them up - parents park along Campbell St.

Walkers check in with HR teacher before leaving CCI at 3:15