

May - 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3	4	5
6	7	8 Track Meeting Sinclair School 4:15 p.m.	9 Shot Put Clinic 4:15 High Jump Clinic 4:45 p.m. Invista Centre	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Track Teams Due	29	30	31		

June - 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
3	4 Track and Field Region 5	5 Track and Field Region 1	6 Track and Field Region 2	7 Track and Field Region 3	8 Track and Field Region 4	9
10	11 Track and Field Rain Date	12 Track and Field Rain Date	13 LDSB Track and Field Championships	14 LDSB Track and Field Championships Rain Date	15	16
17	18	19	20	21 Ultimate Frisbee Woodbine Fields	22 Ultimate Frisbee Rain date	23
24	25	26	27	28	29 P. A. Day	30

REGION 1	REGION 2	REGION 3	REGION 4	REGION 5
Top 5 athletes will advance to District	Top 5 athletes will advance to District	Top 5 athletes will advance to District	Top 5 athletes will advance to District	Top 4 athletes will advance to District
Amherstview	Acadie	Calvin Park	Clarendon	Glenburnie
Bath	Amherst Island	Centennial	Elginburg	Joyceville
Centreville	Bayridge	Central	Granite Ridge	Marysville
Enterprise	Cataraqui Woods	Henderson	Harrowsmith	Molly Brant
Newburgh	Collins Bay	Lord Strathcona	Land O'Lakes	Rideau Heights
NAEC	Fairfield	Polson Park	Loughborough	LaSalle
Selby	Holsgrove	Rideau	Prince Charles	Sir John A
Southview	Lancaster	Sydenham	Sinclair	Storrington
Tamworth	Odessa	Vanier	Perth Road	Welborne
The Prince Charles	Truedell	Winston Churchill		Simcoe

Tuesday, June 5

REGION 1	We will need athlete helpers (who are not entered in these races) at the finish line for the 3000M, 1500M, and 800M – to act as spotters, some runners get lapped and being accurate is paramount – when the race is over the spotters are free to go	Bring 3 or 4 reliable students who are not participating in the track meet to assist at the following events	These schools are responsible for a relay corner – use a coach or adult.
Amherstview	2 athletes	Runners – 2 students	Corner 2 - 2 adults
Bath	2 athletes	Triple jump pit #2 – 3 students	
Centreville		Long jump pit #2 – 3 students	
Enterprise			
Newburgh		Triple jump pit #1 – 3 students	
NAEC			Corner 3 - 2 adults
Selby		Shot put – 3 students	
Southview	2 athletes	Long jump pit #1 – 3 students	
Tamworth		High jump pit – 2 students	
The Prince Charles		Ribbons – 3 students	Corner 1 - 2 adults

Wednesday, June 6

REGION 2	We will need athlete helpers (who are not entered in these races) at the finish line for the 3000M, 1500M, and 800M – to act as spotters, some runners get lapped and being accurate is paramount – when the race is over the spotters are free to go	Bring 3 or 4 reliable students who are not participating in the track meet to assist at the following events	These schools are responsible for a relay corner – use a coach or adult.
Acadie		High jump pit – 2 students	1st corner – 1 adult
Amherst Island			
Bayridge		Long jump pit #1 – 3 students	2nd corner – 1 adult
Cataraqui Woods	3 athletes	Triple jump pit #1 – 3 students Triple jump pit #2 – 3 students	1st corner – 1 adult
Collins Bay		Long jump pit #2 – 3 students total with Holsgrove	
Fairfield			3rd corner – 1 adult
Holsgrove		Long jump pit #2 – 3 students total with Collins Bay	
Lancaster	3 athletes	Ribbons – 3 students	
Odessa		Runners – 3 students	3rd corner – 1 adult
Truedell		Shot put – 3 students	2nd corner – 1 adult

Thursday, June 7

REGION 3	We will need athlete helpers (who are not entered in these races) at the finish line for the 3000M, 1500M, and 800M – to act as spotters, some runners get lapped and being accurate is paramount – when the race is over the spotters are free to go	Bring 3 or 4 reliable students who are not participating in the track meet to assist at the following events	These schools are responsible for a relay corner – use a coach or adult.
Calvin Park	2 athletes	Triple jump pit #2 – 3 students Shot put – 3 students	3rd corner – 1 adult
Centennial			
Central	1 athlete	Ribbons – 3 students	2nd corner – 1 adult
Henderson	1 athlete	Long jump pit #1 – 3 students	3rd corner – 1 adult
Lord Strathcona		Runners – 3 students	1st corner – 1 adult
Polson Park		Triple jump pit #1 – 3 students	
Rideau		High jump pit – 2 students	
Sydenham	1 athlete		
Vanier	2 athletes	Long jump pit #2 – 3 students	2nd corner – 1 adult
Winston Churchill	1 athlete		1st corner – 1 adult

Friday, June 8

REGION 4	We will need athlete helpers (who are not entered in these races) at the finish line for the 3000M, 1500M, and 800M – to act as spotters, some runners get lapped and being accurate is paramount – when the race is over the spotters are free to go	Bring 3 or 4 reliable students who are not participating in the track meet to assist at the following events	These schools are responsible for a relay corner – use a coach or adult.
Clarendon			
Elginburg		High jump pit – 2 students	
Granite Ridge			
Harrowsmith	2 athletes	Triple jump pit #2 – 3 students Shot put – 3 students	2nd corner – 2 adults
Land O'Lakes			
Loughborough	2 athletes	Long jump pit #2 – 3 students	1st corner – 2 adults
Prince Charles		Triple jump pit #1 – 3 students	
Sinclair	2 athletes	Runners – 3 students Ribbons – 3 students	3rd corner – 2 adults
Perth Road		Long jump pit #1 – 3 students	

Monday, June 4

REGION 5	We will need athlete helpers (who are not entered in these races) at the finish line for the 3000M, 1500M, and 800M – to act as spotters, some runners get lapped and being accurate is paramount – when the race is over the spotters are free to go			Bring 3 or 4 reliable students who are not participating in the track meet to assist at the following events	These schools are responsible for a relay corner – use a coach or adult.
	3000m	1500m	800m		
Glenburnie				Shot put – 3 students	1st corner – 1 adult
Joyceville		2 athletes	2 athletes	Ribbons – 3 students	
Marysville		1 athlete	1 athlete	Long jump pit #2 – 3 students	
Molly Brant				Long jump pit #1 – 3 students	
Rideau Heights					
LaSalle	2 athletes	1 athlete		Triple jump pit #1 – 3 students	3rd corner – 1 adult
Sir John A	4 athletes	2 athletes	2 athletes	Runners – 3 students	2nd corner – 1 adult 3rd corner – 1 adult
Storrington			1 athlete	High jump pit – 2 students	1st corner – 1 adult
Welborne		2 athletes	2 athletes	Triple jump pit #2 – 3 students	2nd corner – 1 adult
Simcoe					