

IMPORTANT DIVISIONAL TRACK AND FIELD 2023 INFORMATION

Congratulations on your child's success so far in our track and field season. They have now **TENTATIVELY QUALIFIED** for the Divisional Track and Field Team. The Divisional Meet is scheduled for **Tuesday, May 23, at Holy Trinity Academy in Okotoks**. Students will arrive at OJHS at the regular time in the morning, but they will meet in the East Courtyard – changed and ready to go – by 8:30 AM. They will NOT go to the first period. They will have attendance taken and then proceed outside to the buses. The only exception to this will be the **3000 M runners who MUST meet Mrs. Lafferty at the HTA track at 8:10 AM**. Their event will take place before the official start to the meet.

Parents will be required to pick up their student from HTA at approximately 4:45 pm. If students are walking home from the meet, please email me and let me know ahead of time.

The practices for this meet are now **MANDATORY**. Your child **must** be at every practice or they may lose their position on the team. Obviously, there are circumstances that would prevent a student from attending the odd practice, but these should be rare and infrequent. If your child has more than one practice in an evening, then they **MUST** speak to both coaches **PERSONALLY**. The coaches will then decide which practice they should attend on that evening. If your child is absent from school on a practice day, please email me to let me know. laffertyj@fsd38.ab.ca Students should not just send a message with another student to the coach; they must speak to the coach themselves or through a parent. Unfortunately, if a student cannot commit to OJ Track and Field practices, regardless of their training in sports outside of our school, then they will not be able to compete at the meet or be a part of the team.

The OJ Track Team is a **school based sports team** with dedicated coaches who have volunteered their time in order to provide this experience for your children. We are excited to have this opportunity to work with your child. **At the meets, all parents/spectators must remain in the spectator areas. Only OJ coaches and athletes are allowed in the marshaling areas and around the track area.** In order to view the track events, please remain in the designated spectator area. For field events, feel free to move your way over to the event, but refrain from standing in the marshaling/athlete area for that event.

Once we are out at the meet, the students will **sit as a team**. The meet will go until approximately 4:45 PM and the students will be expected to stay until the end of the meet. They are all part of the team and we need people cheering for the final races. If, for some reason, it is impossible for your child to stay until 4:45 PM, then please email or send a note ahead of time.

Your child **must compete in an OJ uniform - which includes a pair of OJ shorts and a track singlet**. The singlets belong to the track and field program and are loaned out to the students the day of the meet. There is a **\$30.00** replacement fee for lost singlets, however. Students must also wear OJ shorts - this is a **MUST**. Students may either wear the OJ gym shorts OR there is an opportunity to purchase OJ track and field shorts for **\$35.00 per pair**. This money must be brought to our office manager, Ms. Walsh, as soon as possible. Students must also wear their best athletic runners. We do have spikes to wear for those athletes running 800m or less on the track. Students need to pay attention to the announcement to find out when we are going to get these fitted. As well, students should come prepared to be outside for the entire day. This means they need to be prepared for the weather - hot, cold, rainy, etc.. They should also bring healthy food and water. A concession may be provided, but we are unsure at this time.

As part of school policy, and in order to cover the high costs of entries, a bus, track and field equipment and substitute teachers for Divisionals, it is necessary to charge each student a **\$25.00 fee** in order to be a part of the track and field team. This money can be paid at the office to one of our secretaries or paid online. The permission forms and money must be handed into Mrs. Lafferty by **Wednesday, May 17**.

Attached you will find a list of the **mandatory practices**. Please make sure that your child is at each practice for the events that they are involved in at Divisionals. We realize that students may be involved in activities outside of school, but in order to be a part of this team, students must attend these practices. **Students will also compete in all events that they have been assigned to compete in, unless there is an extenuating circumstance.**

If your child places in the top 2 in an individual event or top 2 in a relay, then they will have qualified for zones. The zone meet will take place in **Calgary at Foothills Track on Tuesday, May 30**. Students will be **responsible for their own rides** to zones. More information will follow on this once we have determined our qualifiers.

Any questions, please feel free to email me at laffertyj@fsd38.ab.ca.

Joanne Lafferty - OJ Track and Field

Foothills Track Meet

Track Events Order

- 8:30 AM 3000M Open – All Girls followed by All Boys
- 9:30 AM Hurdles 100M – JB
Hurdles 80M – BG, BB, MG, MB, JG
- 10:00 AM 100M Heats - BG, BB, MG, MB, JG, JB
- 11:00 AM 800M - BG, BB, MG, MB, JG, JB
- 12:00 PM 100M Finals - BG, BB, MG, MB, JG, JB
(Officials break, if there is time)
- 1:20 PM 200M - BG, BB, MG, MB, JG, JB
- 2:00 PM 400M - BG, BB, MG, MB, JG, JB
- 2:30 PM 1500M - BG, BB, MG, MB, JG, JB
- 3:00 PM 4 x 100M Relays - BG, BB, MG, MB, JG, JB
- 3:30 PM 4 x 400M Relays Open – Boys and Girls

***Batons will not be supplied. Please provide your own.**

FIELD EVENTS						
	Bantam Girls	Bantam Boys	Midget Girls	Midget Boys	Juvenile Girls	Juvenile Boys
9:30 AM	High Jump	Javelin	Triple Jump	Discus	Long Jump	Shot Put
10:30 AM	Shot Put	High Jump	Javelin	Triple Jump	Discus	Long Jump
11:30 AM	Long Jump	Shot Put	High Jump	Javelin	Triple Jump	Discus
12:30 AM	Discus	Long Jump	Shot Put	High Jump	Javelin	Triple Jump
1:30 AM	Triple Jump	Discus	Long Jump	Shot Put	High Jump	Javelin
2:30 AM	Javelin	Triple Jump	Discus	Long Jump	Shot Put	High Jump