

TRACK AND FIELD-2019

We are looking forward to the track and field season. This sports event involves all of the students in grades three to seven in their physical education classes with many of them qualifying to participate in either mini-track meets or the final track meet.

The students are divided according to age groups:

Bantam -those born in 2005 or 2006

PeeWee -those born in 2007 or 2008

Tyke -those born in 2009 or later (at Crescent Park -Grade Three minimum)



There are many events that have to be practiced or timed:

Bantam and PeeWee:

100m, 200m, 400m, 800m, 1500m, 4 x 100m relay, medley relay (2 x 100m, 1 x 200m, 1x 400m)
shot put (6 pound), discus (1 k), long jump, triple jump, high jump

Tyke:

80m, 300m, 600m, 4 x 100m relay, medley relay (2 x 50m, 1 x 100m, 1 x 200m),
long jump, triple jump, high jump, shot put (4 lb)

There are mini-meets where some of the events are run and a final meet involving seventeen schools and all of the events. In the whole district there are six of these major all-day track meets. Crescent Park will be attending the Forty-fifth Annual Barry Morley Memorial Track Meet-Large School Division, on Monday, June 3, 2019. Make-up days, in case of rain are Thursday, June 6 or Friday, June 7. Dates of mini-meets are:

- Sprint Afternoon, 1:00 pm - 2:30 pm at Crescent Park (Date: TBD)
- Thursday, May 2 - Mini Meet @ S.S. Track - Open to all students who attend morning fitness runs (1:30 pm - 6:00 pm)
- Wednesday, May 8 - Mini Meet (day meet - 9:00 am - 1:30 pm)
- Tuesday, May 14 - Crescent Park Invitational Mini (1:30 pm - 6:00 pm)

Students qualify for the track meets based on a number of criteria. At the final track meet each school is allowed to enter two athletes per event. All students are timed in the various races in their physical education classes. These times make it fair so that students in different classes can be compared in the various races. We have a Sprint Afternoon in late April when all the grade three to seven classes go up on the field and run the 80m (Tyke) and 100m (Bantam/PeeWee) races. From these races we determine the fastest students who will make up the relay teams. From our field event practices we are able to determine who has earned the right to go on to a track meet. Distances jumped or thrown are recorded in practices. Some of the coaches hold a final elimination practice or will use a mini-meet to determine who will move on to the final meet. A very important criteria is attitude. Students who attend track meets are representing the school and we want to be able to trust that their behaviour will be exemplary.

Practice times for the various field events will be announced in the future. There are a total of sixty-six different running and field events to practice when you count boys and girls separately so you can see it is a challenging task. We will attempt to let students know a day ahead of time if their age group is practicing. Every student is strongly encouraged to have gym strip at school every day during track and field season. Students must wear running shoes to track meets. Spikes are permitted. We encourage all grade 3-7 students to attend the Monday, Thursday and Friday morning fitness runs (7:55 am - 8:30 am). Start date for these runs will be announced. Parents are welcome.

Coaches: If there are parents who would like to volunteer to help coach an event please contact Mrs. Spoor. Previous experience is not necessary.

We have a very proud history of track and field at Crescent Park. Parents might like to check out the school records posted in the main hallway-you might find your own name if you attended Crescent Park in the past! We encourage all students to come out to practices.

Crescent Park Track and Field Committee.