

DATE: Feb 15, 2019

TO: Relay Coaches

SUBJECT: **Saskatoon Kinsmen Indoors - Friday, March 15, 2019**

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**DATE of MEET:** Friday, March 15, 2019      **TIME:** Fri: after school/early evening  
***(this is an approximate time frame)***

**PLACE:** Field House      **COST:** \$12.00 per team.

**Events:** Under 11 boys & girls – on Dec. 31 2018 must be 10 yrs of age or younger  
Under 13 boys & girls – on Dec. 31 2018 must be 12 yrs of age or younger  
Under 15 boys & girls - on Dec. 31, 2018 must be 14 yrs of age or younger

In fairness to all of the runners correctly registered please be sure that you are not running students in the correct age category (ie. not 13 yrs old in the under 13 age category.) A coach can use their discretion if they wish to run a student up an age group.

**Register Your Teams:** Go to the website: [www.Trackiereg.com/2019kinsmenrelays](http://www.Trackiereg.com/2019kinsmenrelays)  
**Have your budget number ready. You will be emailed a summary. Check your spam.**

**Follow the instructions on the video linked at the top of the PR Athletics website (<http://prathletics.com>). Do ONLY these steps. DO NOT enter your individual students' data.**

**ENTRY TIME LINES:**

Mon. March 11 @ 5:00 pm      Entries must be entered on TrackieReg.com.  
**This deadline replaces the old change deadline. Now, you make all your changes before sending in your entries.**  
**You are able to check your entries on TrackieReg.com at any time.**

Tues. March 12 by 8:00 AM -      Heat Sheets & Schedule on our website: <http://prathletics.com>

Please keep the following information in mind when giving instructions to your athletes prior to attendance at the meets.

1. Access to the Field House will be 30 minutes prior to the first event.
2. Coaches, athletes and children admitted free. **Coaches will sign in at the door.**
3. **Adult admission is \$5.00. Please inform your parents.**
4. No athletes will be allowed to compete without appropriate footwear. No bare feet.
5. School banners may be put on walls only.

**Relay Coaches**

1. If you, as a coach, have to substitute a runner from another team or school, you must inform the officials PRIOR to the race. This team may run unofficially, but may not advance. A team may run officially if the substituted runner is of the appropriate age and sex, and has not run on another team.
2. It is also inappropriate and unfair to the officials for a coach to declare their team as “running unofficially” AFTER the race or after the results are compiled. Deleting a team from the advancement after the advancement selection has been made causes a number of problems. First, it means changing all copies of the event sheets. Second, it means re-establishing the “next fastest teams”. And finally, it

- means that someone has to locate and inform a team to advance to the next level of competition. In some cases teams have already left for home when their heat was finished and they did not qualify.
3. Running in bare feet is a potentially dangerous situation for our students, especially with the increased number of students wearing track spikes. For this reason RUNNERS WILL NOT BE ALLOWED ON THE TRACK WITHOUT APPROPRIATE FOOTWEAR.
  4. Passing zones are open ended.
  5. The three bend stagger rule is in effect. (The first three runners must run in their assigned lane).

### **Guidelines for Elementary School Track Meets at the Saskatoon Field House**

#### **Parent Information**

Parking at the Saskatoon Field House is at a premium during elementary school track meets due to the large number of athletes and spectators in attendance. Here are some tips to make the event a more enjoyable experience for all.

- The parking lots close to the Field House fill up fast! Give yourself at least 20 minutes to park your car and to get into the facility. You don't want to miss the race!
- Park in designated parking lots only. If all Field House parking lots are full, additional parking is available in the University of Saskatchewan Parkade which is located across from the main entrance to Griffith Stadium.
- No parking in Handicapped Zones, unless proper identification is shown on your vehicle's license plate or window.
- No parking on roadways or in Fire Lanes.
- Parking attendants will be stationed in the parking lots to assist in directing the public as to where to park their vehicles. Please assist them by following their directions as to where to park.

#### **Teacher Information:**

The following tips will assist in making your track meet safe and successful for all involved. Please pass this information on to your athletes and volunteers.

- Please do not arrive at the Field House prior to 30 minutes before your event.
- Upon arrival at the Field House, athletes will be directed to sit on the bleachers. Please ensure that athletes are supervised and sitting on the bleachers until they are called for their event or to warm up.
- Locker rooms are available for athlete's use. Always lock up your belongings if leaving them in the locker in the change rooms. The Field House is not responsible for lost or stolen items.
- Pin spike track shoes, if worn, spikes must not be more than 7 mm in length. Please check spike length at school prior to the day of the track meet. Spikes are not allowed outside the track area or on the bleachers.
- Food, of any type, and drinks are not allowed beyond the cafeteria and front kiosk area. Athletes may bring plastic water bottles onto the bleachers.
- Please stop all athletes from going underneath the bleachers. This will assist in preventing injury to the athletes.
- Please put garbage in its place – use garbage cans provided.
- The Saskatoon Field House appreciates your cooperation in making elementary school track meets an enjoyable experience for all involved!
- **No food or beverages will be allowed in the Field House track or bleacher area.**
- **No wet footwear will be allowed in the Field House track or bleacher area.**

**Saskatoon Field House**