

DATE: Nov 21, 2023

TO: Relay Coaches

**SUBJECT: PR Elementary Relay Meet - Tuesday/Wednesday Feb 14/15, 2023**

---

**DATE of MEET:** Tuesday, February 14, 2023 (Small Schools) **TIME:** after school/evening (approx.)  
Wednesday, February 15, 2023 (Big Schools) after school/evening (approx.)

- Schedule based on number of teams entered.
- SCHEDULE WILL RUN IN THE U15, U11, U13 ORDER
- **U15 will be completed in time for grade 8's to attend various Open Houses**

**SCHOOL SIZE:** Check our website (<http://prathletics.com>) for your school's size.

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

**Events:** Under 11 boys & girls – on Dec. 31 2022 must be 10 yrs of age or younger  
Under 13 boys & girls – on Dec. 31 2022 must be 12 yrs of age or younger  
Under 15 boys & girls -on Dec. 31, 2022 must be 14 yrs of age or younger

In fairness to all of the runners correctly registered please be sure that you are 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 website: <http://trackiereg.com/2023PRFebSmall>  
Or  
<http://TrackieReg.com/2023PRFebBig>  
**Have your BUDGET NUMBER ready.**

**ENTRY TIME LINES:**

BOTH SMALL & BIG SCHOOLS
<b>Thurs. Feb. 9, 2023 @ 5:00 pm</b> <i>Entries must be entered on TrackieReg.com.</i> <i>You are able to check your entries on TrackieReg.com at any time.</i>
<b>Fri. Feb. 10 by 8:00 AM</b> <i>Heat Sheets &amp; Schedule on our website: <a href="http://prathletics.com">http://prathletics.com</a></i>

**FINALS:** Timed finals will be offered. The number of final sections will depend on the number of entries. If you are running competitive teams (i.e. fastest runners together), your fastest team should be your A-Team, second fastest should be your B-Team, etc

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

1. Access to the Field House will be 30 minutes **PRIOR TO THE STUDENT'S AGE CATEGORY.**
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. NO SPIKES.

## 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 gender, 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. NO SPIKES WILL BE ALLOWED AT RELAY MEETS.
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!
- We also rent the parking lot closest to Preston Avenue for the evening.
- 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.

### 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 earlier than 30 minutes prior to the first scheduled 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.
- Coaches are welcome and encouraged to help their teams prepare inside the marshalling area on the infield.
- 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.
- No spikes allowed
- 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. Do not block the doorways with shoes. They should be placed under the benches in the hall or in a locker.**