



E.S. Laird Middle School Track and Field Information

Monday, May 8th, 2017 @ LCHS

1. Weather dress appropriately – hot or cold. Dress in layers!
2. Don't bring electronics such as phones unless you keep your backpack with you at all times.
3. Change here at the school- you are not allowed in LCHS.
4. There are outhouses so you are not allowed in the school at all.
5. Concession will be available.
6. Throw your garbage in the bins provided.
7. Results go to Mrs. Rogers or Mrs. White at the results table, which is in the infield.
8. Ribbons - supervisors at events give out second and third. If you are first place in your event, you will bring the results over to the results table, and you will receive your ribbon there.
9. Track events take priority-run event and then come back to do field events. Students must communicate with the supervisors at each event (Check in with field event then quickly go to the track).
10. If you finish in the top three in your event, you qualify for the City Track Meet, May 17th at LCHS.
11. If you finish top three at City Track, then you qualify for the Northwest District Track Meet, May 24th in Meadow Lake.
12. If you finish **top two and are in Grade 9** at District Track, then you qualify for the Saskatchewan Track and Field Provincials, June 2nd and 3rd in Saskatoon.
13. Students are to remain off the infield at all times. The buses will be picking us up at E.S. Laird at 9:00 am, and students will meet for a quick meeting at 9:20 at the score table. Events will start at 9:30am. Buses will pick up the students at 2:40 from LCHS.
14. Students are to sign up for at least 3 events; they can sign up for 4 events (class relay does not count as an event).

SHSAA Age Groups

Students will be signing up with their gym teacher and must know what events they want to be in by May 3rd.

Bantam – ALL GRADE 7 AND 8

Midget – Grade 9 - Birthday Sept. 1/01 - Aug. 31/02

Junior - Grade 9 - Birthday Sept. 1/00 - Aug. 31/01

E.S. Laird Track and Field Schedule - May 8, 2017

Time	Track	Discus	Javelin	Shot Put	Long Jump	Triple Jump	High Jump
9:30	100 m Bantam girls Midget girls Junior girls	Bantam girls		Bantam boys	Midget boys	Midget girls	Bantam girls
10:00	100 m Bantam boys Midget boys Junior boys		Junior girls		Midget girls		Junior boys
10:30	400 m Bantam girls Midget girls Junior girls	Midget boys	Bantam boys	Junior boys		Junior girls	Midget girls
11:00	400 m Bantam boys Midget boys Junior boys	Junior girls	Midget girls	Bantam girls	Bantam girls	11:15 Bantam boys	
11:30	200 m Bantam girls Midget girls Junior girls				Junior Boys	11:45 Junior boys	11:45 Midget boys
12:00	200 m Bantam boys Midget boys Junior boys	Bantam boys	Junior boys	Midget boys			
12:30	1500 m All boys and girls 100 m final All boys and girls	Junior boys		Midget girls	Junior girls		Bantam boys
1:00	800 m Bantam girls Midget girls Junior girls		Midget boys		Bantam boys	Bantam girls	Junior girls
1:30	800 m Bantam boys Midget boys Junior boys 200 m final	Midget girls	Bantam girls	Junior girls		Midget boys	
2:00	Hurdles All boys and girls Class Relays						