

Track and Field Club

George Dean Memorial Track and Field Meet – April 3 and 4, 2004

Parkland Senior Secondary School Track - Sidney, BC

Schedule of Events in Alternate Format

Correct to March 2, 2004

Notes:

- 1) Since this meet is the first in the 2004 Island series, we have scheduled a MINI-CLINIC (20 minutes) on track and field procedures and etiquette. This will be run by Dan Daniels at 11:10 on Saturday and will cover the general procedures that all athletes and parents should be aware of when attending ANY track meet. ALL athletes and parents should attend, particularly those athletes and parents who are attending a meet for the first time. What you find out here may save you from missing an event or being disqualified at future meets.
- 2) This schedule is very much the same as the one used at the George Dean Meet in 2003 which went very well. The two days events are exchanged from the format used at other meets in 2003 so that athletes who can make it on only one day have the opportunity to try all the events over the course of the season. Much of the scheduling is required by the physical layout of the facilities at the Parkland Track. The timing is based on the number of athletes in each event at the Comox and Alberni meets in 2003 which were both sticker meets at around this time of year.
- 3) Hammer and Discus Events are all held in throwing cage except for the M94 and M95 athletes who may have to throw discus in the second circle which is closest to the school.
- 4) The run up to the Javelin crosses the track at the 300m mark and also runs close to the high jump pit. I have tried to schedule the events to minimize any conflict.
- 5) We have only one high jump pit. In the past we have borrowed a second but didn't use it very much. I have tried to schedule all the high jump events on one pit with the younger athletes scheduled close together. If there is a time problem, a second pit can be created for these younger athletes by using the two mats separately. For the smaller ones we use only one mat for practice.
- 6) I have tried to schedule the shotput events on one circle but there is second circle that can be used if there is a time problem.
- 7) We will use one runway for the long jump and the second for the triple jump. However, some of the long jump events had to be scheduled on the triple jump pit when it wasn't being used.
- 8) Mixed Medley Relays:
We decided to run mixed medley since this appears to give the most opportunity for athletes of different ages and specialties the chance to run a relay.
- 9) The rubberized surface on the track is old and thin. This may cause some problems for those runners using spikes so they may want to use running shoes. They can view this meet as a warm up to the rest of the season.

