



**JAMES THOMPSON
ELEMENTARY SCHOOL**
6211 FORSYTH CRESCENT
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MR. KEVIN VINES - PRINCIPAL

Dear Parents/Guardians,

GENERAL INFORMATION ON THE ZONE TRACK MEET – Tuesday, May 20 at Minoru Park

1) WEATHER

The Track Meet normally runs rain or shine if the site is safe. If the meet must be postponed, we will update the school website by 7:30 am. Please do not phone the school. If the meet is cancelled, we will enjoy a regular school day. A rain out day will be scheduled.

2) MEDICATION

Any required allergy medication should be administered at home before the track meet. Individual Epi pens, usually kept at the school office, will be with the teachers in the stands.

3) LUNCH

There is a concession stand behind the grandstands, but there are few, if any, nutritional items for sale. A bag lunch is suggested and bring a water bottle to stay hydrated. It is helpful to bring a small backpack to hold your food and extra clothing. Extra snacks for this busy day are a good idea. Please label all items (particularly water bottles, backpacks, Thompson wear) with your child's name and school.

4) CLOTHING AND EVENT LABELS

Students will need warm, layered clothing, sunscreen, and a hat, in addition to the regular physical education clothing of T-shirt, shorts, running shoes. Be prepared for cold, wet, windy, or warm weather. In case of rain, bring extra dry clothing to change into (socks, shoes, sweatshirt, etc.). Please label all belongings and **do not bring any valuables**. If children *must* bring a phone for communication, keep it in your backpack and *only* use it for communication with your parents. Come dressed in your P.E. clothing. **WEAR YOUR LABELS**. Students will pick up their event labels on Tuesday, May 20th at Minoru when checking in with Thompson staff. Make sure you wear these to the track meet and that they are securely pinned to the t-shirt you will be competing in.

5) THOMPSON TIGER WEAR

Please wear your Thompson Tiger clothing, if you have your own. For those that do not have their own Tiger clothing, school jerseys will be distributed to students at the infield assembly area for running events. Please return the jerseys immediately after each run to Mr. T in the infield assembly area.

6) ARRIVING AND LEAVING – IMPORTANT!

You should be at the track by 8:45am, or earlier if you are a grade 6 or 7 long distance runner. When you get to the track, check in with **Ms. Bone (Div. 1,2,3)** and **Ms. Song (Div. 4,5,6)** in the Thompson meeting area (look for our school banner outside pool building). You may stay until the end of the track meet at approximately 1:30pm, or you can go home with your parents when your events are over. You **CAN NOT** leave the track meet and then come back again. When you are ready to leave, you **MUST** check out with **Ms. Bone or Ms. Song** in the stands before you leave. Your parents must be with you when you sign out. If you do not check out before you leave, we will need to track you down to ensure that you are accounted for and safe.

7) CHECK THE TIMES OF YOUR EVENTS

If you have a track event and a field event at the same time, be sure to check in at the field event to register (go there and introduce yourself to the event official), then run your track event and return to the field event after you run.

8) STAY WITH OUR SCHOOL AT THE DESIGNATED AREA

... when not competing. Teachers will be in the stands to supervise students and answer questions. Please do not cross the track to ask the teachers in the infield or at the high jump station questions. You must watch the events from our Thompson place in the stands, not in the infield or around the track. Listen carefully to announcements. Pick a good time to use the washroom. Let a teacher in the stands know if you are going somewhere.

9) SOCIAL RESPONSIBILITY - SHOW YOUR THOMPSON TIGER STRIPES!

* Stay in the stands when not competing. Stay off the track. * Help keep the grounds clean.

* Show good sportsmanship – cheer and encourage everyone. * Be prepared, try your best and have fun!



SCHEDULE OF TRACK EVENTS

Start Time (approx.) Please give start times 10-15 minutes flexibility.

9:00	1200 m (individual) (7B, 7G)
9:20	800 m (individual) (6B, 6G)
9:40	800 m (individual) (5B, 5G)
9:50	400 m (individual) (4B, 4G)
10:00	4 x 100 m Open Relays (mixed team) (7)
10:15	4 x 100 m Open Relays (mixed team) (6)
10:30	4 x 100 m Open Relays (mixed team) (5)
10:45	4 x 100 m Open Relays (mixed team) (4)
11:00	80 m Dash
11:00	4 x 100 m Relays (7B, 7G)
11:30	4 x 100 m Relays (6B, 6G)
12:00	4 x 100 m Relays (5B, 5G)
12:30	4 x 100 m Relays (4B, 4G)
1:00	4 x 100 m Multi-Grade Relays (Boys)
1:15	4 x 100 m Multi-Grade Relays (Girls)
1:25	Cleanup!
1:30	200 m (individual) (4B, 4G)
1:45	200 m (individual) (5B, 5G)
2:00	200 m (individual) (6B, 6G)
2:15	200 m (individual) (7B, 7G)

SCHEDULE OF FIELD EVENTS

9:15	LJ (6B) LJ (6G)	HJ (7B) HJ (7G)	SP (6B)	SB (5B) SB (5G)	D (6G)
10:30	LJ (4B) LJ (4G)	HJ (6B) HJ (6G)	SP (7B)	SB (7B) SB (7G)	D (7G)
11:45	LJ (7B) LJ (7G)	HJ (5B) HJ (5G)	SP (6G)	SB (4B) SB (4G)	D (6B)
1:15 LJ (5B)	LJ (5B) HJ (4G)	HJ (4B)	SP (7G) SB (6G)	SB (6B)	D (7B)

*Thompson has been assigned Lane 5. All our runners in relays and the 200m will be in lane 5.

ZONE MEET FIELD MAP

