

Monday, June 3 8:45 till 2:45 at the Rotary Bowl 355 Wakesiah Ave, Nanaimo

Parent Helpers please go directly to the TRACK - not school.

All students should be dropped off at the Rotary Track, and picked up from there.

Bus students will be bused there after their route drops off at school. They will be picked up at the track end of day to then go to school to begin the route from school to home.

Students will be participating in all events as we have enough time this meet.

They will have a choice to run either one lap (400m) or two laps (800m) in the longer runs in the afternoon.

Blue indicates an NCS staff member. Purple is an NCS High School student - Red= Adult volunteer

TIME	Grade Three Events	Grade Four Events	Grade Five Events	Running Events 80m, 100m, 400m. 800m
	80m 400/800m SLJ Long Jump Ball Throw	100m 400/800m SLJ Long Jump Ball Throw	100m 400/800m Long Jump Triple Jump Ball Throw	Starter Starting Marshall Timers - take turns walking down to get the marshalling sheets. Instructions: 80/100m races - each timer watches a LANE and times that LANE. 400/800m: All runners will start at the same time. Timers will have popsicle sticks and track 1-6 place time... 400 will only do 1 lap while the 800 girls will do a second lap.
	Standing Long Jump /TripleJump Location 2 Take off marshall 2 Measurers Teacher writes distance	Running Long Jump Pit Location 1 Take off marshall 2 Measurers 1 Rake Teacher writes distance		
9:30-10:30				Head timer: Runners:
10:45-12:15				Head timer: Runners:
12:45-1:45				Head timer: Runners:
9:30-1:45	Ball Throw - Location 6 Take off watcher 2 Measurers Teacher writes distance	High Jump (till 10:30 only) Location 3 2 bar setters Teacher writes distance		Hurdles / Obstacle Course Location 5
	9:30-1:45			9:30-1:45

3 Boys	3 Girls	4 Boys	4 Girls	5 Boys	5 Girls	Recovery
Mrs. McNaughton	Mrs. Bartz	Mrs. Schaap	Mrs. Habib	Mr. Canavan	Mrs. Letkemann	Mrs Edmunds

