



Ridgeway Elementary

420 8th Street East, North Vancouver, BC, V7L 1Z5

Ph. (604)903-3740 Fax. (604)903-3741

www.sd44.ca/school/ridgeway

Dear Ridgeway Track and Field Parents,

Congratulations to your child who has qualified to participate in the North Vancouver School District Track and Field Meet at Swangard Stadium on Tuesday, June 4th. Below are more details about the finals:

- Parents/guardians need to arrange transportation to and from Swangard.
- Students are asked to arrive at Swangard for **8:00am on Tuesday, June 4th**.
- **Parking** is available at the **Central Park Pool Parking lot (accessed at 47th and Boundary)** and the **east lot (access off Kingsway at Variety Park)**. Please do not park in the stadium concourse area. Unauthorized vehicles parked in the concourse and surrounding areas will be towed at the owner's expense.
- When your child arrives, **they must sign in with Ms. Woodyard**, there will be a Ridgeway banner in the stands where Ms. Woodyard will be located.
- At around 8:30am, students will begin to line-up behind the stadium on the blacktop for the parade around the track. Mr. Voth and the Ridgeway Band students will lead us in a parade around the track.
- The first event will start immediately after the opening ceremonies.
- If you **wish to pick your child up early, they must sign out with Ms. Woodyard. This is for safety, and we appreciate your cooperation!**
- Your child is welcome to go back to school after they are finished their event, or they can stay to cheer on their fellow athletes. If they head back to school, please sign in at the office when they return. If they are going home, please let Ms. Woodyard know.
- Please **wear weather appropriate clothes** (we will be outside the whole time and the track and field events will run rain or shine). Please only wear running shoes, no track shoes (with or without spikes).
- Please **pack a water bottle, snacks and lunch**. Swangard does operate their concession stands, but line ups can be long.
- North Vancouver Track and Field shirts will be on sale at the meet. T-shirts are available in a variety of sizes. Profits from the shirt sales go towards the purchase of District track and field equipment. Cash or cheques will be accepted.



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We appreciate you taking the time to review this information. Coaches will be reminding students about the importance of following the sign in/sign out procedure. We ask that you also remind your child to follow the sign in/sign out procedures for their event. Please see below for the suggested schedule of events for the day.

If you have questions, please email your child's coach directly. Click [here](#) for coach information.

We look forward to cheering Ridgeway's Track & Field athletes on in this fun event!

Thank you,

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**NORTH VANCOUVER ELEMENTARY
TRACK and FIELD MEET
Swangard Stadium**

**ORDER OF EVENTS
TRACK**

TIME	NUMBER	EVENT					
9:15	1	7G 1500M	1:30	48	7B 100 C		
	2	7B 1500M		49	7B 100 B		
	3	6G 1500M		50	7B 100 A		
	4	6B 1500M		51	6G 100 C		
	5	5G 4x100 C		52	6G 100 B		
	6	5G 4x100 B		53	6G 100 A		
	7	5G 4x100 A		54	6B 100 C		
	8	5B 4x100 C		55	6B 100 B		
	9	5B 4x100 B		56	6B 100 A		
	10	5B 4x100 A		57	5G 100 C		
	11	7G 4x100 C		58	5G 100 B		
	12	7G 4x100 B		59	5G 100 A		
	13	7G 4x100 A		60	5B 100 C		
	14	7B 4x100 C		61	5B 100 B		
	15	7B 4x100 B		62	5B 100 A		
	16	7B 4x100 A		63	4G 100 C		
	10:45	17		6G 4x100 C	1:45	64	4G 100 B
		18		6G 4x100 B		65	4G 100 A
19		6G 4x100 A	66	4B 100 C			
20		6B 4x100 C	67	4B 100 B			
21		6B 4x100 B	68	4B 100 A			
22		6B 4x100 A	69	7G 400 B			
			70	7G 400 A			
			71	7B 400 B			
			72	7B 400 A			
			73	6G 400 B			
11:00 Relay	23	4G 4x100 C	2:45	74	6G 400 A		
	24	4G 4x100 B		75	6B 400 B		
	25	4G 4x100 A		76	6B 400 A		
	26	4B 4x100 C		77	5G 400 B		
	27	4B 4x100 B		78	5G 400 A		
	28	4B 4x100 A		79	5B 400 B		
	29	7B Coed Medley		80	5B 400 A		
	30	7A Coed Medley		81	4G 400 B		
	31	6B Coed Medley		82	4G 400 A		
	32	6A Coed Medley		83	4B 400 B		
	33	5B Coed Medley		84	4B 400 A		
	34	5A Coed Medley		85	7G 200 B		
11:45	35	4B Coed Medley	86	7G 200 A			
	36	4A Coed Medley	87	7B 200 B			
	37	7G 800M	88	7B 200 A			
	38	7B 800M	89	6G 200 B			
	39	6G 800M	90	6G 200 A			
	40	6B 800M	91	6B 200 B			
	41	5G 800M	92	6B 200 A			
	42	5B 800M	93	5G 200 B			
	43	4G 800M	94	5G 200 A			
	44	4B 800M	95	5B 200 B			
12:45	45	7G 100 C	96	5B 200 A			
	46	7G 100 B	97	4G 200 B			
	47	7G 100 A	98	4G 200 A			
			99	4B 200 B			
			100	4B 200 A			

***PLEASE NOTE THAT ALL TIMES ARE APPROXIMATE.
THESE TIMES ARE MEANT AS A GUIDELINE ONLY!**

**** No lunch break for Track**

NVEAA Track and Field Guidelines and Rules



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ORDER OF EVENTS

FIELD

<u>TIME</u>	<u>LEVEL</u>	<u>LOCATION</u>
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HIGH JUMP (PITS 1, 2, & 3)

9:15	6G	Pit 1
11:30	5G	Pit 1
1:45	7G	Pit 1
9:15	6B	Pit 2
11:30	5B	Pit 2
1:45	7B	Pit 2
9:15	4G	Pit 3
11:30	4B	Pit 3

LONG JUMP (1 Pit)

9:15	5B	Pit 1
10:00	7G	Pit 1
10:45	5G	Pit 1
11:30	6G	Pit 1
12:15	7B	Pit 1
1:00	4G	Pit 1
1:45	4B	Pit 1
2:15	6B	Pit 1

TRIPLE JUMP (1 Pit)

9:15	4B	Pit 2
10:00	7B	Pit 2
10:45	5B	Pit 2
11:30	6B	Pit 2
12:15	7G	Pit 2
1:00	6G	Pit 2
1:45	5G	Pit 2
2:15	4G	Pit 2

SHOT PUT (1 AREA)

9:15	5G
10:00	4B
10:45	7B
11:30	7G
12:15	4G
1:00	6B
1:45	5B
2:15	6G

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