

# KIWANIS RUN JUMP THROW T&F MEET

Medicine Hat Rotary Track – **Friday, June 14, 2024**

4:00 p.m. – 9:00 p.m.

Location: 1501 Division Ave N – behind Crescent Heights High School

**Please note: ENTRY DEADLINE is WED, June 12, 2024**

Email entry to Meet Director, Marg Derbyshire at [mderb@shaw.ca](mailto:mderb@shaw.ca)

**No prior track experience required – entry is Free!**

**REGISTRATIONS WILL NOT BE ACCEPTED ON THE DAY OF THE MEET**

Concession will be available. Please bring your own water bottles, fill-up stations available

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Phone \_\_\_\_\_ Parent Email \_\_\_\_\_

Birthdate: Yr \_\_\_\_\_ Mo. \_\_\_\_\_ Day \_\_\_\_\_  Male  Female

School \_\_\_\_\_ Age this year (as of Dec 31, 2024) \_\_\_\_\_

Participants can enter **either** “two track and one field” **or** “two field and one track event”.  
Please circle the events you wish to participate in at this meet.

**Register in the category for your age on THIS YEAR'S BIRTHDAY**

**CIRCLE THE EVENT NUMBERS**

**Boys / Girls 7- 8 years old (Born in 2016-2017)**

1. 50 Metre Dash
2. 100 Metre Dash
3. 200 Metre Dash
4. 400 Metre Dash
5. Standing Long Jump
6. Softball Throw

**Boys / Girls 9-10 years old (Born in 2014-2015)**

1. 50 Metre Dash
2. 100 Metre Dash
3. 200 Metre Dash
4. 400 Metre Dash
5. Standing Long Jump
6. Softball Throw

**Boys / Girls 11-12 years old (Born in 2012-2013)**

1. 100 Metre Dash
2. 200 Metre Dash
3. 400 Metre Dash
4. 800 Metre Dash
5. Running Long Jump
6. Softball Throw

**Boys / Girls 13-14 years old (Born in 2010-2011)**

1. 100 Metre Dash
2. 200 Metre Dash
3. 800 Metre Dash
4. 1600 Metre Dash
5. Running Long Jump
6. Softball Throw

**NOTE:** If time permits, RELAYS will be held at the end of the Meet. Registration for Relay teams will happen the day of the Meet. Please register by 7:00 pm.

**Emergency Information:** Please indicate any medical conditions / contact #'s

\_\_\_\_\_  
PRINT: Parent or Guardian

\_\_\_\_\_  
Participant

## Run Jump Throw T&F SCHEDULE 2024

TIME	AGE	TRACK EVENT
4:00	Girls 13-14	1600 M Run
4:10	Boys 13-14	1600 M Run
4:15	Girls 7-8	50 M Dash
4:25	Boys 7-8	50 M Dash
4:30	Girls 9-10	50 M Dash
4:35	Boys 9-10	50 M Dash
4:45	Girls 7-8	400 M Dash
4:55	Boys 7-8	400 M Dash
5:05	Girls 9-10	400 M Dash
5:15	Boys 9-10	400 M Dash
5:25	Girls 11-12	400 M Dash
5:35	Boys 11-12	400 M Dash
5:45	Girls 7-8	100 M Dash
5:50	Boys 7-8	100 M Dash
6:00	Girls 9-10	100 M Dash
6:05	Boys 9-10	100 M Dash
6:15	Girls 11-12	100 M Dash
6:20	Boys 11-12	100 M Dash
6:30	Girls 13-14	100 M Dash
6:35	Boys 13-14	100 M Dash

### 6:45 TRACK SUPPER BREAK

7:15	Girls 11-12	800 M Run
7:20	Boys 11-12	800 M Run
7:25	Girls 13-14	800 M Run
7:30	Boys 13-14	800 M Run
7:40	Girls 7-8	200 M Dash
7:45	Boys 7-8	200 M Dash
7:50	Girls 9-10	200 M Dash
7:55	Boys 9-10	200 M Dash
8:00	Girls 11-12	200 M Dash
8:05	Boys 11-12	200 M Dash
8:15	Girls 13-14	200 M Dash
8:20	Boys 13-14	200 M Dash

If time permits      Relays

**TIME      AGE      FIELD EVENT      AGE      FIELD EVENT**

Conflicting times of Field event with Track event: check in at your field event and tell the official there you have a track event. Ask for one throw or jump. Return immediately after your track event. If the field event is finished, you will NOT get additional throws or jumps.

4:00	Boys 9-10	Standing Long Jump Pit #1 South end	Girls 9-10	Ball Throw Area #1
4:30	Boys 11-12	Running Long Jump Pit #2 North end	Girls 11-12	Ball Throw Area #2
5:00	Boys 13-14	Running Long Jump Pit #1 South end	Girls 13-14	Ball Throw Area #1
5:30	Boys 7-8	Standing Long Jump Pit #2 North end	Girls 7-8	Ball Throw Area #2

### 6:00      FIELD SUPPER BREAK

6:30	Girls 9-10	Standing Long Jump Pit #1 South end	Boys 9-10	Ball Throw Area #1
7:00	Girls 7-8	Standing Long Jump Pit #2 North end	Boys 7-8	Ball Throw Area #2
7:30	Girls 11-12	Running Long Jump Pit #1 South end	Boys 11-12	Ball Throw Area #1
8:00	Girls 13-14	Running Long Jump #2 North end	Boys 13-14	Ball Throw Area #2