

## ÉCOLE İtł'ò TRACK & FIELD TEAM

# 2023 NWT TRACK & FIELD CHAMPIONSHIPS

The NWT Track & Field Championships will be held May 31st, June 1st and 2nd in Hay River. Students in Grade 1 and up are invited to participate. Parents are also encouraged to register. This is a fun way to be active as a family! Below is some preliminary information. More information will be sent to participants prior to the meet.

The **total cost for participation will be 75\$** this year. This includes participation in the meet, dinner on Wednesday, breakfast and dinner on Thursday, a ticket for a Toonie BBQ lunch on Thursday, and breakfast on Friday. Food will be served in the DJSS School cafeteria.

The Opening Ceremonies will take place the evening of May 31st at 7:15 p.m at the Don Stewart Recreation Centre. Most events are held on Thursday and most Finals and Relays are Friday. Attached is the schedule of Wednesday's events so that you can plan accordingly if you or your child is registered in these events (U11 boys and girls only). Schedules for Thursday and Friday will be provided in Hay River, or earlier if available.

**During the meet, teachers will be there to coach, but parents and guardians must ALWAYS be on site to supervise their children. You are also responsible for your own transportation and accommodations. You should book your accommodations ASAP!**

Every athlete can participate in a maximum of 4 events, excluding relays. Please note that all 4 events cannot be in the same discipline. For example, you cannot choose only 4 track events (running) or only 4 field events (jumping and throwing). You are encouraged to sit down with your child and help him/her choose the events in which he/she would like to enter.

**If you have more than one child participating in the Meet, please make sure that you fill out one form per child.**

To participate in the 2023 NWT Track & Field Championships, you must return the following to Mme Danika (Room #207) by **Wednesday, May 10th**. NO LATE REGISTRATIONS will be accepted!

\_\_\_\_\_ 75\$ per athlete (cash, cheque made out to École İtł'ò or e-transfer at itlo@yk1.nt.ca)

\_\_\_\_\_ Event Registration Form

\_\_\_\_\_ Field Trip Form (will be distributed later)

If you have questions for the registration, please contact Mme Danika (danika.jobin@yk1.nt.ca). We are looking forward to seeing you in Hay River!

The İtł'ò Track & Field Coaches

## Iḥ'ò TRACK & FIELD TEAM

# SCHEDULE OF WEDNESDAY'S EVENTS

Track

Field

Track	Field
<p><b>Wednesday, May 31<sup>st</sup></b></p> <p><b>1:30 p.m.</b> – <u>1500 meters</u> 13U Girls FINAL                      - <u>1500 meters</u> 13U Boys FINAL</p> <p><b>2:15 p.m.</b> – <u>1000 meters</u> 11U Girls FINAL                      - <u>1000 meters</u> 11U Boys FINAL </p> <p><b>2:50 p.m.</b> - <u>3000 meters</u> 15U Girls FINAL                      - <u>3000 meters</u> 15U Boys FINAL</p> <p><b>3:50 p.m.</b> – <u>3000 meters</u> 17U/19U/20-34/35+ Women FINAL</p> <p><b>4:15 p.m.</b> – <u>5000 meters</u> 17U/19U/20-34/35+ Men FINAL                      - <u>5000 meters</u> 17U/19U/20-34/35+ Women FINAL</p>	<p><b>Wednesday, May 31<sup>st</sup></b></p> <p><b>*1:00pm-</b> 15U Boys      <u>Javelin</u>                      - 15U Girls          <u>Shot Put</u>                      - 13U Boys          <u>High Jump</u>                      - 17U Girls          <u>Long Jump</u>                      - 20-34/35+Men    <u>Discus</u></p> <p>*These are the starting field events for Wednesday.</p> <p>*Based off our numbers, there will be addition field events for 13U,15U,17U,19U, 20-34 &amp; 35+ categories scheduled during this afternoon. Please be prepared to compete on Wednesday afternoon.</p>

## AGE CATEGORIES

- 7U: Born in 2016 (Grade 1)
- 9U: Born 14/15 (Grade 2-3)
- 11U: Born 12/13 (Grade 4-5)
- 13U: Born 10/11
- 15U: Born 08/09
- 17U: Born 06/07
- 19U: Born 04/05
- 20-34: Born 89-03
- 35+: Born 88 or earlier



