### ÉCOLE Jtł'OTRACK & 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 Schoo 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 <b>Wednesday, May 10th.</b> NO LATE
REGISTRATIONS will be accepted!
75\$ per athlete (cash, cheque made out to École Įtł'ò̯ or e-transfer at itlo@yk1.nt.ca )
Event Registration Form
Field Trip Form (wil 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!

### Įtł'o TRACK & FIELD TEAM

## SCHEDULE OF WEDNESDAY'S EVENTS

Track Field

#### Wednesday, May 31st

1:30 p.m. - 1500 meters 13U Girls FINAL

- 1500 meters 13U Boys FINAL

2:15 p.m. - 1000 meters 11U Girls FINAL

- 1000 meters 11U Boys FINAL

2:50 p.m. - 3000 meters 15U Girls FINAL - 3000 meters 15U Boys FINAL

3:50 p.m. – 3000 meters 17U/19U/20-34/35+ Women FINAL

4:15 p.m. - 5000 meters 17U/19U/20-34/35+ Men FINAL

- 5000 meters 17U/19U/20-34/35+ Women FINAL

#### Wednesday, May 31st

\*1:00pm-15U Boys Javelin

- 15U Girls Shot Put

- 13U Boys - 17U Girls High Jump Long Jump

- 20-34/35+Men Discus

\*These are the starting field events for Wednesday.

\*Based off our numbers, there will be addition field events for 13U,15U,17U,19U, 20-34 & 35+ categories scheduled during this afternoon. Please be prepared to compete on Wednesday afternoon.

## **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

# Įtł'ò TRACK & FIELD TEAM **STUDENT EVENT REGISTRATION FORM**

Student's name Date of Birth (mm/dd/yyyy) Grade/Teacher									Parent's name Email Cell *Cell number to communicate with you while in Hay River								
	All students who want to be on a <b>Relay Team</b> will participate in this event. Coaches will randomly create the teams. Please check this box if your child wants to be on a Relay Team.																
7U GIRLS (Born in 2016)									7U BOYS (Born in 2016)								
50m		100m		:	Standing Long Jump			Softball Throw		50m		100m		Standing Long Jump		Softball Throw	
9U GIRLS (Born in 2014-2015)																	
50m		100m		200m		400m		800m		Long Jump			o Lo		anding ng mp		oftball nrow
9U BOYS (Born in 2014-2015)																	
50m		100m		200m		400m		800m		Long Jump		High Jump		Standing Long Jump			oftball row
11U GIRLS (Born in 2012-2013)																	
100m 20		200m 400r		)m	m 800m		1000m	Triple Jump		Long Jump	High Jump		Softl Thro		II Shot Put		Discus
11U BOYS (Born in 2012-2013)																	
100m	Om 200n		0m 400m		800m		1000m	Triple Jump		Long Jump		High Jump		oall w	Shot Put		Discus

# Įtł'ò TRACK & FIELD TEAM ADULT EVENT REGISTRATION FORM

Name # Date of	±1 Birth (mi	m/dd/yy	уу)		Name #2 Date of Birth (mm/dd/yyyy)									
	20-34 WOMEN (BORN 1989-2003)													
100m	200m	400m	800m	1500m	3000m	Triple Jump	Long Jump	High Jump	Shot Put	Discus	Javelin			
	20-34 MEN (BORN 1989-2003)													
100m	200m	400m	800m	1500m	5000m	Triple Jump	Long Jump	High Jump	Shot Put	Discus	Javelin			
35 + WOMEN (BORN 1988 AND EARLIER)														
100m	200m	200m 400m		1500m	3000m	Triple Jump	Long Jump	High Jump	Shot Put	Discus	Javelin			
35 + MEN (BORN 1988 AND EARLIER)														
100m	200m	400m 800m 1500m 500		5000m	Triple Jump	Long Jump	High Jump	Shot Put	Discus	Javelin				