Northland Games

Please note winning metals will be given out all day long and during lunchtime as well, and at the end of the day when all events are finished, the podium will be available for any schools interested in taking pictures of students with their metals.

TRACK EVEVTS

Athletes are expected to be at their events about 10 minutes prior to the beginning of the event. Once they have registered, they will be told in which heat they will be running. During the running of the heats and finals, the Marshal will call the athlete by school name twice. It is the responsibility of the athlete to present him/herself to the Marshal. It is the responsibility of each athlete who finishes in the top three of each heat to find out whether or not their time is good enough for them to be in the final. Failure to do this will result in immediate disqualification from the heat and/or final. NO EXCEPTIONS!

FOR FURTHER INFORMATION ABOUT EVENTS PLEASE FEEL FREE TO CONTACT ME ANTTIME OR ONE OF THE OTHERS LISTED BELOW

Jackie Sander Grouard Northland School 780-751-3772

NORTHLAND GAMES

Elementary Track Events Information – Ages 5 to 10 years

Individual Events

Team Events

40 m Race 80 m Race Ball Throw Standing Long Jump Soccer Kick
Barrel Toss
Sack Race
3 Legged Race

Individual and Team Events - Each school will be permitted to send a maximum of 3 males and 3 female participants per age group per event.

SCHOOL REPRESENTATIVES

Each school must provide a rep. for each age group that is responsible for the students from that school. This rep. must always be with that group, make sure they are at the event on time, and assist in getting their students in order for each event. The names of these people are required on the registration forms. CHECK YOUR EVENT SCHEDULE TO SEE WHAT ORDER YOUR GROUP'S GAMES ARE.

PLRASE KERP YOUR GROUP AT THE EVENT UNTIL THE BLOW HORN SOUNDS, THEN GO TO THE NEXT EVENT.

PLEASE REMEMBER THAT ALL OF THE WORKERS ARE VOLUTEERS AND WILL BE TRYING VERY HARD TO DO THEIR BEST.

SOME STATIONS MAY NEED HELPERS TO LINE ATHLETES UP, RETRIEVE BALLS, ETC. PLEASE HELP OUT IF YOU CAN.

LUNCH WILL BE SERVED UP AT THE MAIN GAMES AREA. THIS WILL ALLOW TIME FOR ALL EVENT EQUIPMENT TO BE CHANGED.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT JACKIE AT GROUARD NORTHLAND SCHOOL.

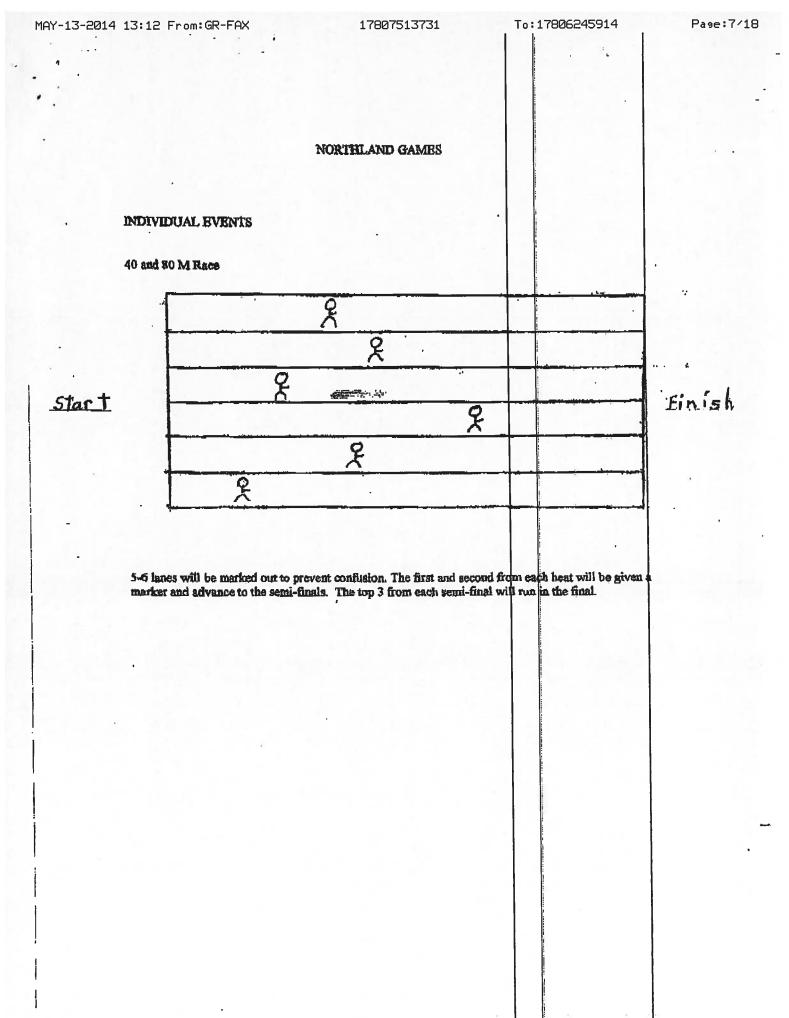
HAVE A WONDERFUL DAY AND REMEMBER THAT THIS IS ALL FOR THE ATHLETES.

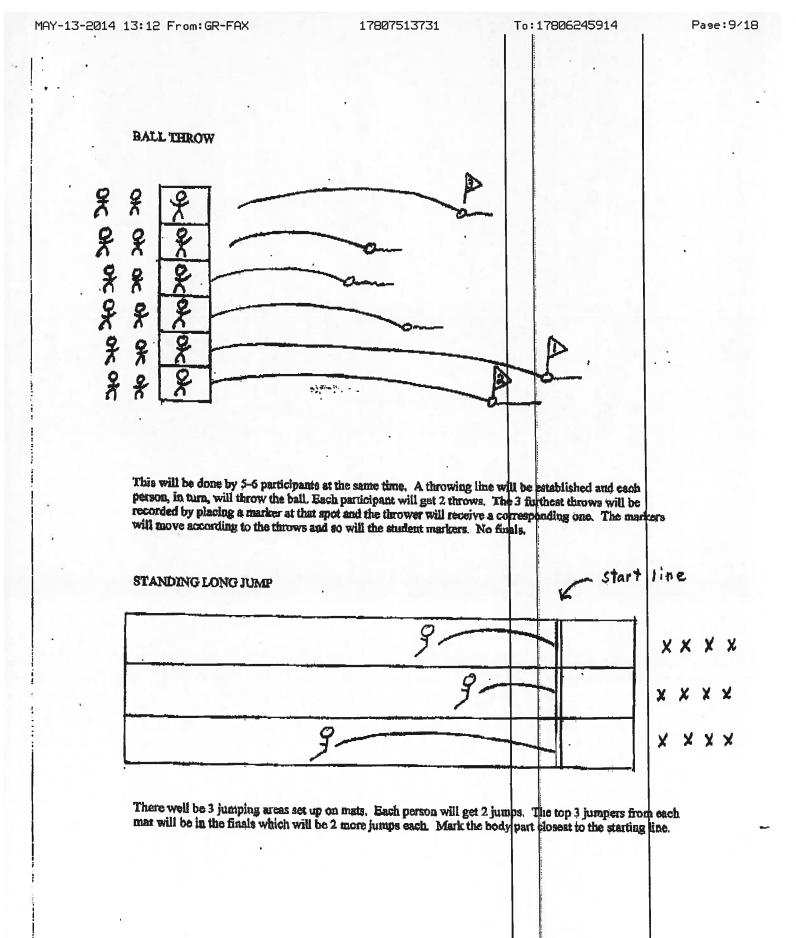
GOOD LUCK EVERYONE.

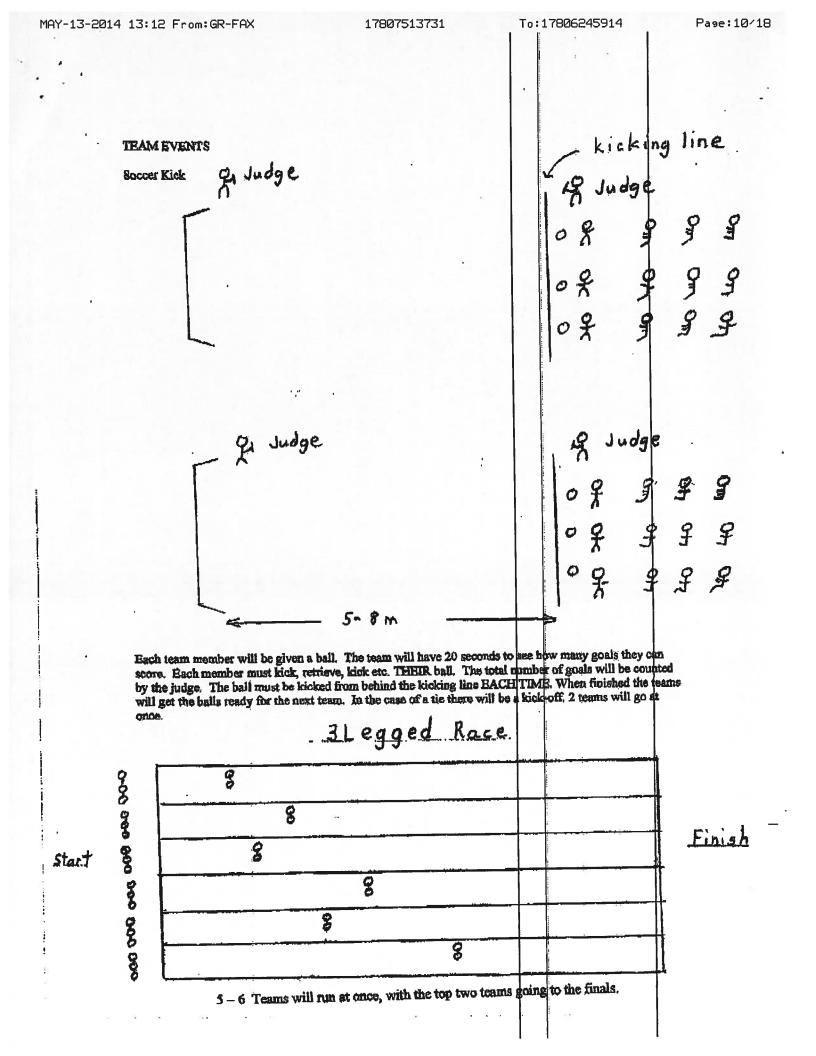
AGES	9:00-9:45	9:45-10:30	10:30-11:15	11:15-12:00
5	40M	Soccer Kick	Standing Long Jump	80 M
6	Standing Long Jump	Sack Race	40 M	Ball Throw
7	Ball Throw	80 M	Barrel Toss	Standing Long Jump
8	80 M	Ball Throw	3-Legged Race	Barrel Toss
9	Sack Race	Standing Long Jump	80 M	Soccer Kick
10	3 Legged Race	40 M	Ball Throw	Sack Race

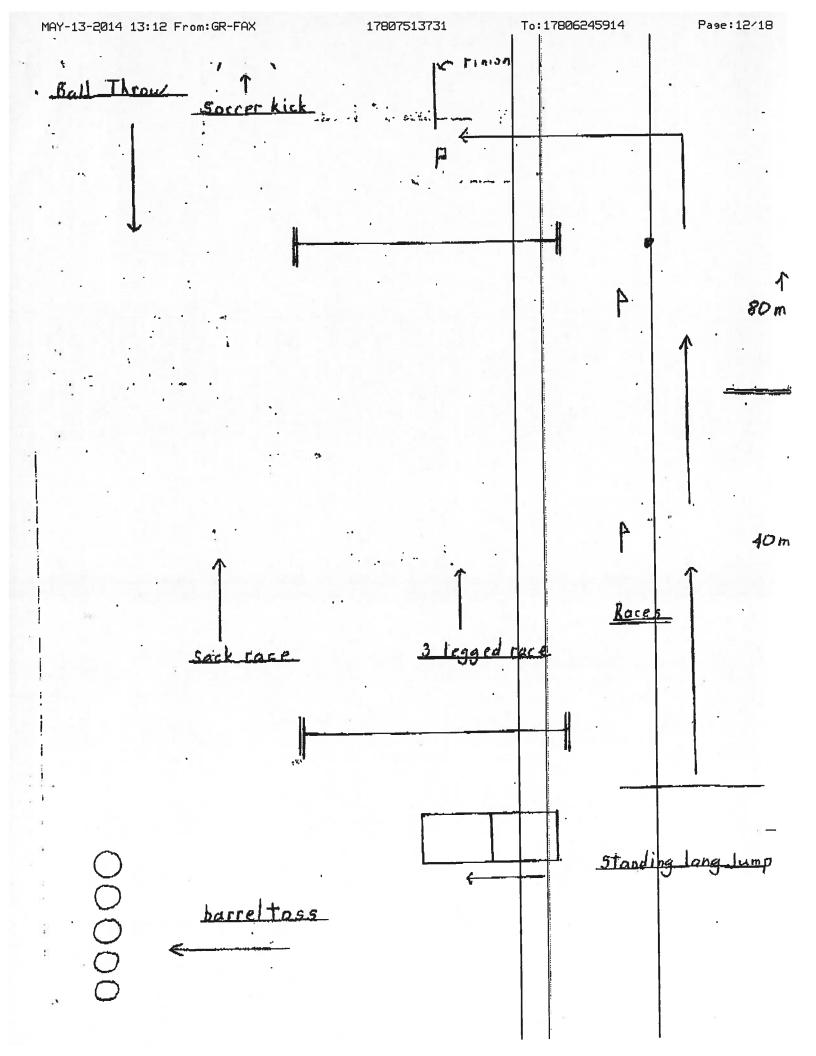
LUNCH BREAK

AGES	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00
5	Ball Throw	Sack Race	3-Legged Race	Barrel Toss
6	3-Legged Race	Barrel Toss	80 M	Soccer Kick
7	40 M	Soccer Kick	Sack Race	3-Legged Race
8	Sack Race	Standing Long Jump	Soccer Kick	40 M
9	Barrel Toss	3-Legged Race	40 M	Ball Throw
10	Soccer Kick	80 M	Barrel Toss	Standing Long Jump









FIELD EVENTS

Marshalling of Field Event Athletes

Athletes are expected to be at their events about 20 minutes prior to the beginning of the event. Once they have registered, they will be told approximately when they will compete. The Marshal will only call the athlete by school name twice to begin the event. It is the responsibility of the athlete to present him/herself to the Marshal. Failure to do this will result in immediate disqualification. NO EXCEPTION!

HIGH JUMP

The only type of take-off allowed for this event will be a one-foot take-off. That is, during take-off, the athlete can only have ONE foot in contact with the ground.

Bach athlete will have two attempts to make the minimum height requirement as set by the organizing committee. In the unlikely event that no one can make this height it will then be lowered. Two consecutive passes at any height will be counted as one missed attempt. Two consecutively missed attempts at any height will disqualify an athlete from the competition.

If a particular height is achieved, the bar will then be raised in two centimeter increments. When there are only three athletes left, the bar will be raised in one centimeter increments until a winner is determined (the event official may at their discretion raise the bar at a greater increment based on the abilities of the participating athletes). In the event that two of the final athletes go out at the same height, the winner will be the athlete with the least amount of previously missed attempts. If there still remains a tie, the bar will be moved down half a centimeter and the athletes will be given two more attempts to make the height

LONG JUMP

Each athlete will be given three attempts at the long jump. Only the furthest three jumps will be marked with a flag. The length of the jump will be determined by the edge of the closest impact mark from the take-off board. If an athlete has one of the three furthest jumps they will be given a flag which corresponds to the flag at their mark. An attempt will be disqualified if the athlete steps over the edge of the take-off board (they can step on the board, they can't step over the edge) or they use anything other than a one-toot take-off. After each athlete has made three attempts, the three longest jump are will be considered the winners.

DISCUS

Each athlete will be given two attenuts at the Discus. In this event the discus will be a regulation size women's (intermediate) discus.

Only the furthest three throws in the competition will be marked. The arhiers who make the throw will be given a marker which corresponds with the fing used to mark their throw. The throw will be marked based on the location of the first impact of the discus.

During the throw, the athlete must not step over the throwing line. If they do, it will be considered a lost attempt and will receive no mark. The thrown discus must also land within the lane as marked by the event officials, if it doesn't, it will be considered a lost attempt.

SHOT PUT

The proper method of Putting the Shot is a very important rule that all must follow. During the Put, no portion of the arm/hand/wrist/fingers may be further shead of the Shot. The Shot must be Put from the athletes shoulder, it cannot be thrown. NO EXCEPTIONS!

Rach athlete will be given two attempts at the Shot-Put. In this event the Shot-Put will be a regulation size women's (intermediate) Shot-Put. Only the furthest three throws in the competition will be marked. The athletes who make the Put will be given a marker which corresponds with the flag used to mark their Put. The Put will be marked based on the location of the first impact of the Shot-Put.

During the Put, the athlete must not step over the curb of the Putting circle. If they do, it will be considered a lost attempt and will receive no mark. The Shot-Put must also land within the lane as marked by the event officials, if it doesn't it will be considered a lost attempt.

100 M

There will be six running lanes of 100 metres each. To save time, males will race on one side of the track and females will race on the opposite side of the track.

The starting command will be: "On your mark, 'set'," then the starting gun will sound. In the event of a false start, the gun will fire a second time. Each athlete is allowed to be charged with only one false start, in the event of a second one they will be automatically disqualified. After a total of two false starts, snyone who commits a false start will be automatically disqualified. Each athlete rouse run in their assigned lane and not interfere in any way with another runner. Heats will be timed with the top three in each heat receiving a time. For the final, the TOP SIX HEAT TIMES will be used to determine who competes in the final. The final for this event will be held after the completion of the other track events.

200 M

There will be six running lanes of 200m each. As the start is staggered, only one gender can run at a time. The starting command and false start rules are the same as in the 100m. Again, each runner must run the entire race in their assigned lane. Heats will be timed with the top three in each heat receiving a time. For the final, the TOP SIX HEAT TIMES will be used to determine who competes in the final. The final for this event will be held after the completion of the other track events.

400 M

There will be six running lanes of 400 m each. As the start is staggered, only one gender can run at a time.

The starting command and fulse start rules are the same as in the 100m. Again, each runner must run the entire race in their assigned lane. Heats will be timed with the top three in each heat receiving a time. The winners of this event will be decided by the fastest three heat times. There will be no final for this event.

1500M

There are no assigned lanes in the 1500m. There are also no heats for the 1500m. There will only be a 1500m final for both the boys and girls. The athletes will be spread out across the starting line. The starting command will be the same as in the other track events. The ethletes are free to run in any lane they wish as long as they do not deliberately interfere with another runner. The first three to cross the finish line will be awarded medals.

Intermediate Event	100 m track #1	100 m track #2	200 meter	400 meter
9:00-9:30	A-Girls (11-12)	A-Boys (11-12)		
9:30-10:00			A-Girls	
10:00-10:30			A-Boys	
10:30-11:00		· · · · · · · · · · · · · · · · · · ·		A-Girls
11:00-11:30				A-Boys
11:30-12:00				1
12:00-12:30				

11:30 - 12:00

1500 Meter

A Girls and A Boys (11-12 year olds)

Intermediate Event Time	High Jump Pit I	High Jump Pit 2	Standing Long Jump Pit 1	Running Long Jump Pit 2	Discus	Shotpu
12:30-1:00	A-Girls	A-Boys				
1:00-1:30	A-Girls	A-Boys				
1:30-2:00	A-Girls	A-Boys	7,1			
2:00-2:30			A-Girls	A-Boys		
2:30-3:30		1.1	A-Girls	A-Boys		
3:30-4:00					A-Boys	A-Girls
4:00-4:30					A-Girls	A-Boys

4:45 - 5:15 100 meter finals

5:15 - 5:45 100 meter relay

Seniors' time	PIT 1	PIT 2	PIT 1	PIT 2	DISCUS	1
EVENT	High Jump	High Jump	Long Jump		DISCUS	SHOT
9:00-9:30	C-girls	C-boys	D-girls	Long Jump		
9:30-10:00	W M	N R	12-8018	D-boys		
10:00-10:30	E 0	a 11	If the state of th	<u> </u>	D-girls	D-boys
10:30-11:00	D-girls	D-boys			D-boys	D-girls
11:00-11:30	1 B	A A	C-girls	C-boys		
11:30-12:00	10 (1	n 9	13 -	- "	C-girls	C-boys
12:00-12:15	See below	 	-	" " "	C-boys	C-girls
		1				·
		 	-			

12:00-12:30

1500 METER RACE

C&D boys and girls

Senior Evenz	100 meter	100 meter	200 meter	400 meter	1 -		1 .	+-
	Track 1	Track 2		- (\$ V IMOLOX				
12:30-1:00	C-girls	C-boys		1	++	-		+
1:00-1:30	D-girls	D-boys		-	╼╂╬╼╍	797.	-	+
1:30-2:00			C-girls/boys	 	-			
2:00-2:30			D-girls/boys		-	111		+
2:30-3:00	1.,		23-BULLY OUYS	Ç-girls/boys			-	
3:00-3:30			-	D-girls/boys				

3:30-4:15

100 METER FINALS

C GROUPS AGE 13,14

4;15-4:45

4 X 100 METER RELAY

D GROUPS AGE 15 PLUS

