**STUDENT Package 2024**

**Track & Field**

**Diagram

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**2024 Surrey High Schools Track & Field Mini Meets**

**Week 1   
Thurs April 4th at North Surrey Sec (host North Surrey & Kwantlen)**

|  |  |
| --- | --- |
| TRACK | FIELD |
| 1500m  100m(boys) -*marshal during 1500m*  4X100m (boys) | Shot put (boys)  Long Jump (girls)  Javelin (girls) |

**Week 2   
Wed April 10th at South Surrey (host Elgin Park & Earl Marriot)**

|  |  |
| --- | --- |
| TRACK- 3:30 start | FIELD 3:45 start |
| 800m racewalk  Distance hurdles  800m  200m (boys) | Shot Put (girls)  Long Jump (boys)  Discus(boys)  High Jump (girls) |

**Week 3  
Thurs April 18 – North Surrey (Host Pacific Academy)**

|  |  |
| --- | --- |
| TRACK | FIELD |
| 3000m  100m (girls)-*marshall during 3000m*  4x100m (girls) | Shot put (girls)  Triple Jump  Javelin (boys) |

**Week 4   
Wednesday Apr 24 at SSAP- (Host Semi)**

|  |  |
| --- | --- |
| TRACK | FIELD |
| 1500m/2000m steeplechase  Sprint Hurdles  400m  200m (girls) | Hammer (girls first)  High jump (boys)  Discus (girls)  Long Jump (boys & girls) |

**Surrey Championships: Tues April 30, Wed May 1, Fri May 3, 2024**

**South Fraser Championships: May 15 & 16, 2024 @ North Delta**

**Provincial Championships: June 6-8, 2024 @ Nanaimo, B.C.**

PRACTICES: Tuesdays!

* Distances: Tuesday (3-4:00pm) - Meet outside weight room
* Sprints: Tuesdays (3:30-4:30pm) - Meet William Watson Elementary
* Throwing: Tuesdays (3-4:00pm) - meet outside equipment room cage (parking lot side)
  + Practices take place lower field (Diamond #4)
* Jumping: Tuesdays (3:30-4:30pm) - Meet William Watson Elementary

COACHES:

* Sprints Coach: Mr. Fournier & Mr. Poole
* Jumping Coach: Mr Fournier
* Distance Coach: Mr. Dalhuisen, Ms. Kemp
* Throwing Coach: Nate Thiessen (Alumni) & Ms Kemp
* Administrative Coach: Ms. Forsythe

Contact Information:

|  |  |  |
| --- | --- | --- |
| Mr Fournier | Available on TEAMS | Fournier\_d@surreyschools.ca |
| Ms. Forsythe | Available on TEAMS | Forsythe\_a@surreyschools.ca |
| Mr Dalhuisen | Available on TEAMS | Dalhuisen\_c@surreyschools.ca |
| Ms. Kemp | Available on TEAMS | Kemp\_f@surreyschools.ca |
| Mr Gabel | Available on TEAMS | Gabel\_v@surreyschools.ca |
| Mr. Jon Poole |  | jon@poole.business |

**MEET STANDARDS and EVENT SPECIFICATIONS**

1. Starting heights for high jump will be:

* Grade 8 Girls 1.10m
* Grade 8 Boys 1.20m
* Junior Girls 1.20m
* Junior Boys 1.30m
* Senior Girls 1.30m
* Senior Boys 1.40m

**2. Starting height for pole vault will be:**

* Girls & Grade 8 Boys 1.60 + 20 cm
* Jr. Boys & Sr. Boys 2.20 + 20 cm

**3. Hurdles:**

* Grade 8 Girls, Junior Girls, 80mH @ 30”/ 76.2 cm
* Grade 8 Boys, Senior Girls 100mH@33”/83.6cm
* Junior Boys 100mH @ 36” / 91.5 cm
* Senior Boys 110mH @ 36” / 99.06 cm
* Open Girls 400mH 30” / 76.2 cm
* Open Boys 400mH 36” / 91.5 cm
* Junior Girls 300mH 30”/ 76.2 cm
* Junior Boys 300mH 33” / 83.8 cm
* Gr 8 boys and girls 200mH 30”/ 76.2 cm

(We will be using the same heights as the ones listed for the BC Track and Field Championships)

**Throwing Implement Weights**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| GIRLS | Shot | Hammer | Discus | Javelin |
| Senior | 4 kg | 4 kg | 1kg | 600 g |
| Junior | 3 kg | 3 kg | 1 kg | 500g |
| Grade 8 & Special O/para | 3 kg  3kg | 3 kg | 1 kg | 500g |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| BOYS | Shot | Hammer | Discus | Javelin |
| Senior | 6 kg | 6 kg | 1.75kg | 800 g |
| Junior | 5 kg | 5 kg | 1.5kg | 700g |
| Grade 8 & Special O/para | 5 kg  5kg | 4 kg | 1 kg | 600g |

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ANNUAL VOLUNTEER DRIVER REGISTRATION

Secondary School

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Driver Name: |  | | | | | | | |
| Address: |  | | | | | | | |
|  | | | | | | | |
| Contact #: | Home: |  | | | | Cell: | |  |
| **\*Please ensure the information in the section below is verified by a school staff member** | | | | | | | | |
| BC Driver’s License #: | Staff Initials: | | | | | | | |
| BC Vehicle License Plate #: | Staff Initials: | | | | | | | |
| Insurance Documents: | (please show to staff for verification of license plate) Staff Initials: | | | | | | | |
| Driver is: | Parent | | Staff | | Student | | Other: | |
|  | | | | | | | | |
| Vehicle Owner: | Driver | | | Other: | | | | |
| Vehicle Owner Address: | As Above | | | Other: | | | | |
| Vehicle Make/Model/Year: |  | | | | | | | |
| Max. # of Passengers: | (excluding the driver) | | | | | | | |

DRIVER’S STATEMENT: I agree to:

* Keep the safety of students as the highest priority;
* Follow instructions by the Educator-in-Charge of the field study;
* Provide a safe, roadworthy vehicle licensed in British Columbia;
* Operate the vehicle in a safe manner and as required by law;
* Maintain a zero blood alcohol level while transporting students;
* Provide a non-smoking environment while transporting students;
* Refrain from using a cellular device while transporting students.

Driver’s Signature Date

STUDENT VOLUNTEER DRIVER:

I AUTHORIZE MY SON/DAUGHTER, , TO BE A

Parent/Guardian Signature

Date

PRINCIPAL OR DESIGNATE’S APPROVAL:

Signature Position Date

Form 11150.8 Approved: 2006-04-12; Revised: 2013-04-12 Reference Policy 10313, Regulation 10313.1

Logo

Description automatically generated **FLEETWOOD PARK SECONDARY SCHOOL**

**7940 – 156 Street, Surrey, British Columbia V3S 3R3 Ph: 604-597-2301 Fax: 604-597-6481 www.sd36.bc.ca/fltsec**

2023-2024

Dear Parent / Guardian:

Your child has been selected to participate on a school team this year. In order to cover costs of tournaments, transportation, officials and registration fees, students must pay an Athletic Fee.

* **Grade 8-10 Junior Sports:** $100.00
* Exception Grade 8 Basketball: $150.00 / Junior Basketball: $250.00 (pay an additional $150.00)
* Exception: hockey (pay as you go – year by year basis)
* **Senior (Grade 11 & 12) Sports:** $100.00
* Exception: Volleyball & Soccer $150.00 (pay an additional $50.00)
* Exception: Basketball: $300.00 (pay an additional $200.00)
* Exception: hockey (pay as you go – year by year basis)

A junior student is to pay a maximum of $100.00 for the year and can compete in as many sports as they choose throughout the year (exception: basketball). A senior student is to pay $100.00 with the exception of volleyball, soccer & basketball (see above for additional fees). Fees can be paid using cash online. This can be found at: www.schoolcashonline.com.

Note: If an athlete fails to complete the season for any reason, the athletic fee is non-refundable.

Any parents who are able to assist with transportation to and from games after school or on weekends, can notify coaches through your son/daughter. Please fill in the “Volunteer Driver Registration” form if you will be helping drive during the 2023-2024 season. Forms can be found on our athletics website.

Please visit Fleetwood Park’s Athletics website to review the Student-Athlete Code of Conduct and must complete the Medical and Student Information form. This form must be completed before your child can begin competition.

All athletics information can be found at:

[**www.fleetwoodparkathletics.com**](http://www.fleetwoodparkathletics.com)

Information includes Daily updates, medical waivers, schedules, coaches, Athletic Directors, Sport & Fees. If you have any questions or concerns about the information above or on the school’s Athletics website, please contact your child’s coach or one of our Athletic Directors: Amber Forsythe or Betty Tran. Good luck and thank you for allowing your son/daughter to participate in the Athletic Program at Fleetwood Park.

Yours truly,

Ms. Forsythe / Ms. Tran (Athletic Directors)