



# Lindsay DeMone

## Memorial Series

She would be in High School by now, carrying excellence with honours in all of her classes and playing on the basketball team. She would most likely also have secured a position on the local elite ladies hockey team. Regardless of what she chose to do it would have been approached with the same determination that Lindsay tackled all situations, including the awful cancer that took her from us on October 2nd, 2013 . As a member of our Leduc Track Club, the positive qualities she exhibited of attitude and effort along with her almost permanent smile were an inspiration to all of her teammates. We are so pleased to dedicate this Elementary Track and Field Meet to the memory of Lindsay DeMone.

**These track meets will begin at 4:30pm and end at approximately 7:30pm each evening.**

<b>Wednesday, May 3, 2017</b>	<b>Wednesday, May 17, 2017</b>	<b>Wednesday, May 31, 2017</b>
Registration Deadline April 25, 2017	Registration Deadline May 9, 2017	Registration Deadline May 23, 2017
100m	60m	100m
200m	400m	300m
800m	1000m	600m
Shuttle Relay	4x200m Relay	Shuttle Relay
Long Jump	High Jump (Gr. 5-6) 2 entries per grade, per school	Long Jump
Shot Put	Turbo Javelin	Discus (Gr. 5-6)

<b>AGE GROUPS</b>		
Grade 4 (Born 2007 or later)	Grade 5 (Born 2006)	Grade 6 (Born 2005 or earlier)

<b>ENTRY FEES</b>
\$5.00 per athlete regardless of the number of events entered in. Cheque or cash will be accepted, make cheques payable to LEDUC TRACK. Late or day of race entries \$12.

<b>REGISTRATION</b>
Please pick-up your registration package at the registration table on the east side of the Kinsmen building. Stickers will be provided for the athletes please do not create your own. Registration forms can be found at <a href="http://www.leductrack.ca">www.leductrack.ca</a> under the "MEETS" tab. Please email all registrations to <a href="mailto:katelder@me.com">katelder@me.com</a> . All late registrations may incur a late fee.
<b>REGISTRATION OPENS AT 3:45pm</b>

### SCHEDULE

More detailed schedules will be sent out the Monday before the meet. All running events will start with Grade 4, and girls will go first. Running events will run in the order listed while field events will run concurrently. If there are conflicts with running and field event please make the field event official aware (Running events have priority, field event officials will do their best to allow athletes to take missed throws or jumps upon returning from their running event).

### RELAY RULES

MIXED SHUTTLE	<ul style="list-style-type: none"><li>• Each Team must have four (4) girls and four (4) boys</li><li>• Girls line up at the finish line and the boys line up in the lanes at the beginning of the straightaway</li><li>• All runners keep to the left of their lane</li><li>• Runners can start only after their team mate has crossed the line (touch hands only, NO baton will be used)</li><li>• As each runner finishes they are to sit down</li></ul>
4x200 M	Each runner runs $\frac{1}{2}$ (200m) a lap. The first and 2 <sup>nd</sup> runner must remain in their assigned lane; the 3 <sup>rd</sup> runner can cut in when it is safe to do so.

### EVENT CHECK-IN

Please have all athletes at the start-line of their race 10 minutes before scheduled start time. All athletes should be checked in to their field events 10 minutes prior to the event starting.

### AWARDS

Ribbons will be awarded to the top ten finishers. The awards table will be beside the registration table.

### RESULTS

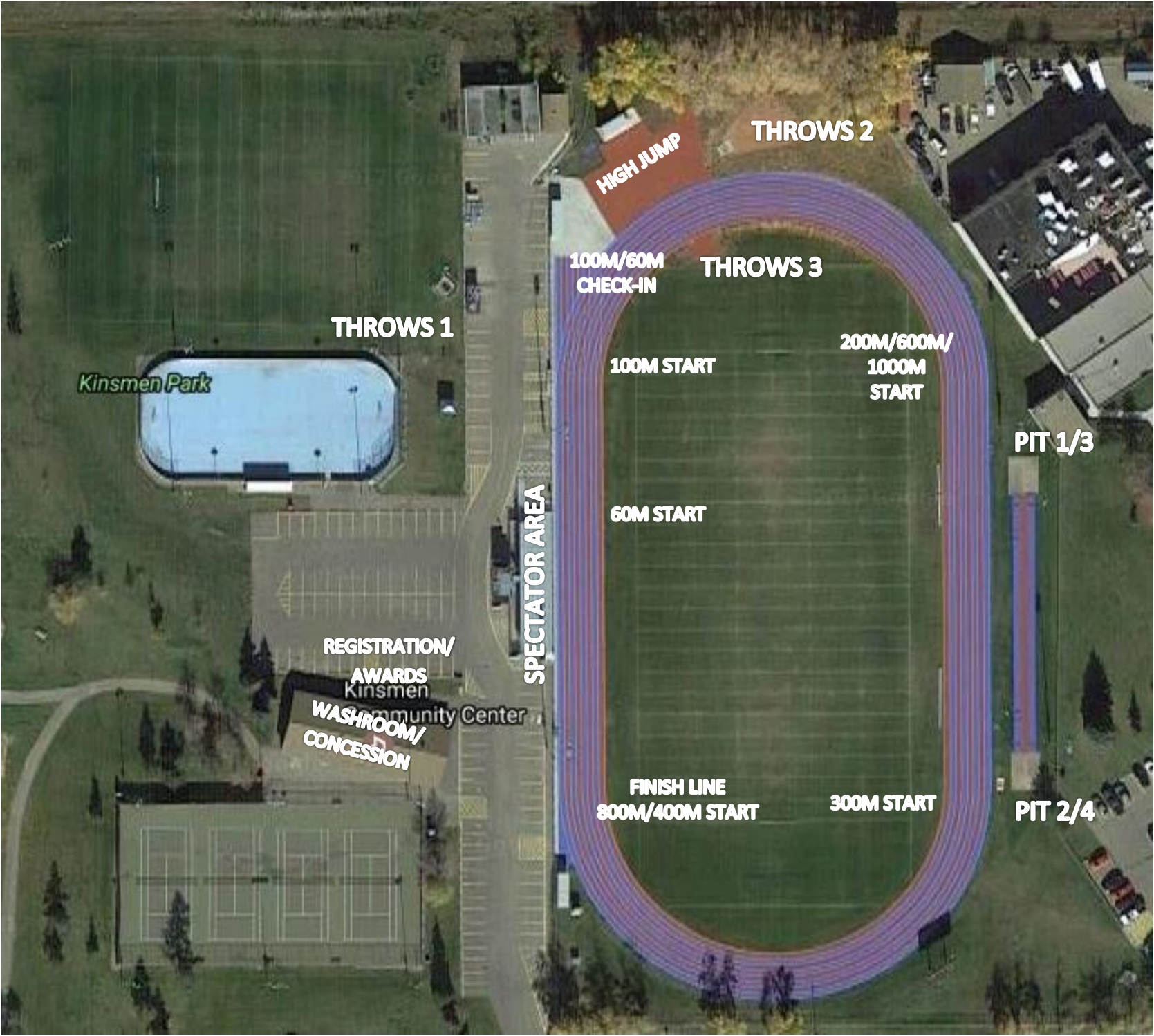
Results will be posted at [www.leductrack.ca](http://www.leductrack.ca) under the "MEETS" tab.

### PARKING/FACILITY

We would like to have all parents and spectators park at the Leduc Composite High School Parking lot (4308 50 St, Leduc) which is directly east of the track, and a very short walk to the spectator stands. This will help to minimize the vehicle traffic with the athletes and spectators walking around the event area. For schools or teams taking a bus, there is a bus drop off area directly south of the track. There will be a concession, and washrooms on site.

Event will take place at the John Bole Athletic Park (6K8, 50 Corinthia Dr, Leduc).

IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE VISIT [WWW.LEDUCTRACK.CA](http://WWW.LEDUCTRACK.CA) , GO TO THE "MEETS" TAB, AND SEND YOUR QUESTION THROUGH THE MESSAGE BOX.



Kinsmen Park

THROWS 1

HIGH JUMP

THROWS 2

100M/60M  
CHECK-IN

THROWS 3

200M/600M/  
1000M  
START

100M START

PIT 1/3

60M START

SPECTATOR AREA

REGISTRATION/  
AWARDS  
Kinsmen

Community Center

WASHROOM/  
CONCESSION

FINISH LINE  
800M/400M START

300M START

PIT 2/4