

2015 HUGH B. NOLAN MEMORIAL TRACK & FIELD MEET

~ MIDDLE SCHOOL ~

Oakdale High School
Wednesday, May 20, 2015
 (Rain Date: Wednesday, May 27, 2015)

All start times are approximate and depend on participation.
In some cases, girls and boys races will be combined but scored separately.
 ****This could move the starting times of the later events up to an hour earlier.****

TRACK SCHEDULE

TIME	Running Events		ORDER OF EACH RUNNING EVENT
4:45 p.m.	100m Unified 100m Dash	⇒	6 th grade girls 6 th grade boys 7 th grade girls 7 th grade boys 8 th grade girls 8 th grade boys
5:25 p.m.	4x100m Relays		
6:00 p.m.	400m Dash		
6:35 p.m.	100m Dash		
7:05 p.m.	800m Run		
7:50 p.m.	200m Dash		
8:20 p.m.	4x400m Relays		

FIELD SCHEDULE

TIME	LONG JUMP	HIGH JUMP	SHOT PUT	DISCUS
5:00 p.m.	6 th grade boys	8 th grade girls	7 th grade boys	6 th grade girls
5:30 p.m.			Modified Shot Put	
5:40 p.m.	6 th grade girls	8 th grade boys	7 th grade girls	6 th grade boys
6:15 p.m.	7 th grade boys	6 th grade girls	8 th grade boys	7 th grade girls
6:50 p.m.	7 th grade girls	6 th grade boys	8 th grade girls	7 th grade boys
7:25 p.m.	8 th grade boys	7 th grade girls	6 th grade boys	8 th grade girls
8:00 p.m.	8 th grade girls	7 th grade boys	6 th grade girls	8 th grade boys

INFORMATION SHEET

GENERAL GUIDELINES

- All spectators and participants **MUST** remain in the stands. Only officials and active participants are permitted on the track.
- Violators will be subject to disqualification and/or removal from the premises.
- The concession stand will be open.
- Restrooms are located on the premises.
- Ribbons will be awarded for first through sixth place. Ribbon recipients will receive their awards at their respective schools.
- Each participant will receive a certificate at their school.
- Every attempt will be made to keep this meet as close to the time schedule as possible. It will be most helpful if your athletes are familiar with procedures at track meets.
- Later events may not run as scheduled and it is the participant's responsibility to be ready.
- **NO DOGS ARE ALLOWED ON SCHOOL PROPERTY.**

TRACK AND FIELD RULES

- Participants are restricted to two (2) running events and one (1) field event or one (1) running event and two (2) field events (relays are considered running events).
- Each school is restricted to two entries per event, per gender (male/female).
For example, two 6th grade girls in each event, two 6th grade boys in each event, etc.
- **NO SPIKES! NO EXCEPTIONS!**
- Teachers: **PLEASE** print athlete's first and last names on the stickers.
Relay teams – just print last names. Only the anchor (4th runner) wears a sticker.
- Students are to wear school colors, please! No Running Club singlets!
- Relay teams: Two relay teams per event. (i.e. two 6th grade girls teams and two 6th grade boys teams, etc.)
- Opening Heights for High Jump:

6 th grade Girls and Boys	3'6"
7 th grade Girls	3'9"
7 th grade Boys	4'3"
8 th grade Girls	4'0"
8 th grade Boys	4'6"

THE BAR WILL BE RAISED IN 3 INCH INCREMENTS.

- ***Field Events: Each participant will have 2 attempts.**
- All athletes will throw the small 1k discus.
- All 6th graders and 7th grade girls will use a 6# shot put.
7th grade boys and all 8th graders will use an 8# shot put.
- No student may compete more than one (1) year in any event.

This will be the first year that FCPS will introduce Unified events into our track meet. Unified events join students with and without intellectual disabilities together on the same team. If you have students who would benefit from this event, we are encouraging you to have them participate in the 100 m dash Unified event and the modified shot put. This does not mean that you cannot enter any student with or without an intellectual disability in any of the events; however, these specific events will be for students who would not be able to participate without the support of another student helping them complete the event.

How do you know if you have a student who would benefit from being in this race?

1. Determine if the student has a disability.
2. **If 'YES', THINK ABOUT ALL BELOW THAT APPLY:**
 - AUTISM ASPERGERS SYNDROME ORTHOPEDIC IMPAIRMENT
 - DEAF – BLINDNESS DEAF OTHER HEALTH IMPAIRMENT
 - DEVELOPMENTAL DELAY EMOTIONAL DISTURBANCE SPEECH OR LANGUAGE IMPAIRMENT
 - INTELLECTUAL DISABILITY HEARING IMPAIRMENT VISUAL IMPAIRMENT
 - SPECIFIC LEARNING DISABILITY MULTIPLE DISABILITIES, SENSORY
 - TRAUMATIC BRAIN INJURY MULTIPLE DISABILITIES, PHYSICAL
 - MULTIPLE DISABILITIES, COGNITIVE
3. Determine if the student would be able to adapt to the track meet environment independently (stand at the start line, responding to the start gun, and completing the event, etc.). If your student for the most part can follow these directions without additional support, then NO they are not someone who would benefit from these events. They can participate in any of the other events. If you do NOT think your student can adapt and participate appropriately without additional support, then your student in question would benefit from this unified opportunity.

We are encouraging your PE department to elect 2 students per event (100m dash and modified shot put) who would qualify for the Unified events.

Being that these are Unified events, you must also have a student without an intellectual disability participate with the student who has the intellectual disability. They should practice together and understand they are participating together as a team. They may not run out in front of their teammate, and they must cross the finish line together. We encourage you to choose a student who is participating in another event and WILL BE at the track meet. *It will not count against the 3 event limit per student if they also run in this race.*