

Dear School Principals ... it is that again in the Spring for the **Run Jump Throw T&F Meet!!**

RUN JUMP THROW Track and Field Meet

- Date: **Friday, June 13th**, from 4:00PM – 9:00PM
- Location: **Medicine Hat Rotary Track**, 1501 Division Ave North (Behind Crescent Heights High School)
- **Ages: 7 to 14** (age as of their birthday in 2025)

I would appreciate your continued support for this Kiwanis sponsored event.

- Advertise this event in your School Newsletter. You can link here for the [RJT Registration Form](#) and [RJT Schedule](#) if that makes it easier for you to add to a Newsletter.
- Send forms home with your students OR parents can email me for the form and schedule.
mderb@shaw.ca
- This is a free event . There will be NO entries accepted on June 13th (day of the Meet).
- **Encourage parents to email their child's entry to me** , mderb@shaw.ca (I will respond to parent emails that their child's entry is confirmed) OR ask your Secretary to scan and email forms to me from your School Office. In this case, I truly appreciate Secretaries scanning the entry forms to me as they receive them. I am better able to keep up with the entries if I get them a few at a time.

Thank-you so much! The kids really enjoy this event and many would not be entered without the efforts of their school!

Marg Derbyshire

mderb@shaw.ca

403-548-1784

KIWANIS RUN JUMP THROW T&F MEET

Medicine Hat Rotary Track – **Friday, June 13th, 2025**

4:00 p.m. – 9:00 p.m.

Location: 1501 Division Ave N – behind Crescent Heights High School

Please note: ENTRY DEADLINE is WED, June 11, 2025

Email entry to Meet Director, Marg Derbyshire at mderb@shaw.ca

No prior track experience required – entry is Free!

REGISTRATIONS WILL NOT BE ACCEPTED ON THE DAY OF THE MEET

This is a grass-roots track meet. Starting blocks and shoes with spikes are not allowed.
Concession will be available. Please bring your own water bottles, fill-up stations available.

Last Name _____ First Name _____

Address _____ City _____

Phone _____ Parent Email _____

Birthdate: Yr _____ Mo. _____ Day _____ ☐ Male ☐ Female

School _____ Age this year (as of Dec 31, 2025) _____

Participants can enter either “two track and one field” or “two field and one track event”.

Register in the category for your age on THIS YEAR'S BIRTHDAY

CIRCLE THE EVENT NUMBERS

Boys / Girls 7- 8 years old (Born in 2017-2018)

1. 50 Metre Dash
2. 100 Metre Dash
3. 200 Metre Dash
4. 400 Metre Dash
5. Standing Long Jump
6. Softball Throw

Boys / Girls 9-10 years old (Born in 2015-2016)

1. 50 Metre Dash
2. 100 Metre Dash
3. 200 Metre Dash
4. 400 Metre Dash
5. Standing Long Jump
6. Softball Throw

Boys / Girls 11-12 years old (Born in 2013-2014)

1. 100 Metre Dash
2. 200 Metre Dash
3. 400 Metre Dash
4. 800 Metre Dash
5. Running Long Jump
6. Softball Throw

Boys / Girls 13-14 years old (Born in 2011-2012)

1. 100 Metre Dash
2. 200 Metre Dash
3. 800 Metre Dash
4. 1600 Metre Dash
5. Running Long Jump
6. Softball Throw

NOTE: If time permits, RELAYS will be held at the end of the Meet. Registration for Relay teams will happen the day of the Meet. Teams must register by 7:00 pm.

Emergency Information: Please indicate any medical conditions / contact #'s

Run Jump Throw T&F SCHEDULE 2025

TIME AGE TRACK EVENT

4:00 Girls 13-14 1600 M Run
4:10 Boys 13-14 1600 M Run

4:15 Girls 7-8 50 M Dash
4:25 Boys 7-8 50 M Dash
4:30 Girls 9-10 50 M Dash
4:35 Boys 9-10 50 M Dash

4:45 Girls 7-8 400 M Dash
4:55 Boys 7-8 400 M Dash
5:05 Girls 9-10 400 M Dash
5:15 Boys 9-10 400 M Dash
5:25 Girls 11-12 400 M Dash
5:35 Boys 11-12 400 M Dash

5:45 Girls 7-8 100 M Dash
5:50 Boys 7-8 100 M Dash
6:00 Girls 9-10 100 M Dash
6:05 Boys 9-10 100 M Dash
6:15 Girls 11-12 100 M Dash
6:20 Boys 11-12 100 M Dash
6:30 Girls 13-14 100 M Dash
6:35 Boys 13-14 100 M Dash

6:45 TRACK SUPPER BREAK

7:15 Girls 11-12 800 M Run
7:20 Boys 11-12 800 M Run
7:25 Girls 13-14 800 M Run
7:30 Boys 13-14 800 M Run

7:40 Girls 7-8 200 M Dash
7:45 Boys 7-8 200 M Dash
7:50 Girls 9-10 200 M Dash
7:55 Boys 9-10 200 M Dash
8:00 Girls 11-12 200 M Dash
8:05 Boys 11-12 200 M Dash
8:15 Girls 13-14 200 M Dash
8:20 Boys 13-14 200 M Dash

If time permits Relays

TIME AGE FIELD EVENT AGE FIELD EVENT

Conflicting times of Field event with Track event: check in at your field event and tell the official there you have a track event. Ask for one throw or jump. Return immediately after your track event. If the field event is finished, you will NOT get additional throws or jumps.

4:00	Boys 9-10	Standing Long Jump Pit #1 South end	Girls 9-10	Ball Throw Area #1
4:30	Boys 11-12	Running Long Jump Pit #2 North end	Girls 11-12	Ball Throw Area #2
5:00	Boys 13-14	Running Long Jump Pit #1 South end	Girls 13-14	Ball Throw Area #1
5:30	Boys 7-8	Standing Long Jump Pit #2 North end	Girls 7-8	Ball Throw Area #2

6:00 FIELD SUPPER BREAK

6:30	Girls 9-10	Standing Long Jump Pit #1 South end	Boys 9-10	Ball Throw Area #1
7:00	Girls 7-8	Standing Long Jump Pit #2 North end	Boys 7-8	Ball Throw Area #2
7:30	Girls 11-12	Running Long Jump Pit #1 South end	Boys 11-12	Ball Throw Area #1
8:00	Girls 13-14	Running Long Jump #2 North end	Boys 13-14	Ball Throw Area #2