

# 2026 MARSHALL SPRINGS TRACK & FIELD

**Congratulations,** and thank you for your dedication and effort at Track and Field practices! As we head into the divisional meet, we're looking forward to a great day and are proud to aim to be the most sportsmanlike team at the event.

## INFORMATION THAT IS IMPORTANT TO YOU:

**ACKNOWLEDGMENT OF RISK FORM** is due back to the PE office by **Friday, June 5th, 2026 or, in the last case scenario, the morning of the track meet.**

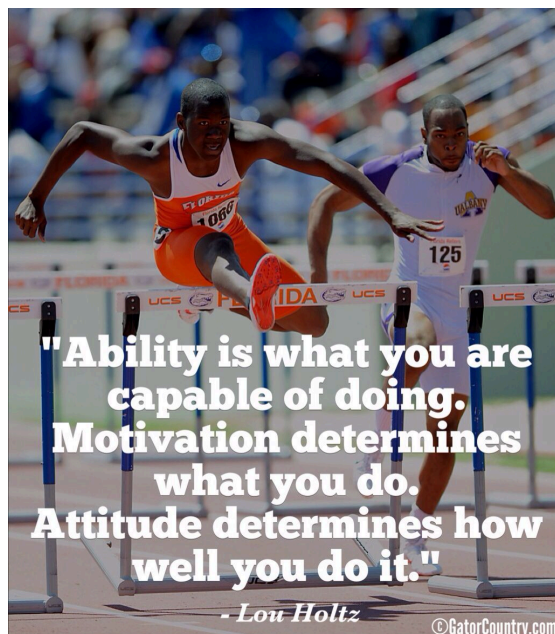
## **DIVISION F MEET: Monday, June 8th at Foothills Athletic Park**

- A tentative schedule for the meet and a map of where events are located are included in this package.
- You must wear an MSS Physical Education shirt/singlet to compete. If you don't have one, we have extras available to borrow. Please speak to any HPE teacher if you need to borrow a shirt.
- Students are responsible for arranging their own transportation to and from the event. One option is to take the LRT. Mr. Shoults will be riding the LRT at the times listed below and can accompany any students who choose this option. If you plan to take the LRT, please ask your parent or guardian to contact Mr. Shoults so we can keep an accurate list of students using this transportation method. **We will depart promptly at the scheduled times with those present.**

To Foothills Athletic Park	From Foothills Athletic Park
North Bound Somerset - Bridlewood LRT Station <b>Departure at 7:29 am</b>	South Bound Banff Trail LRT Station <b>Departure at 4:44 pm</b>
North Bound Banff Trail LRT Station <b>Arriving at am 8:20 am</b>	South Bound Somerset - Bridlewood LRT Station <b>Arriving at 5:30 pm</b>

## **What to Bring Checklist: What to bring with you, check it!**

- Marshall Spring Physical Education Shirt
- Water bottle
- Sunscreen and a hat
- Waterproof and warm clothing
- Mittens and Touque
- Layers of clothing that can be put on or taken off as the weather changes
- Proper footwear
- Food, a bag lunch, and a snack to last the whole day. **No pop, candy, or junk food!**
- Cash, if you wish to purchase food from the food trucks.
- A plastic garbage bag to put belongings in, in case of rain.



## **Marshall Springs Track Team – Event Day Reminders**

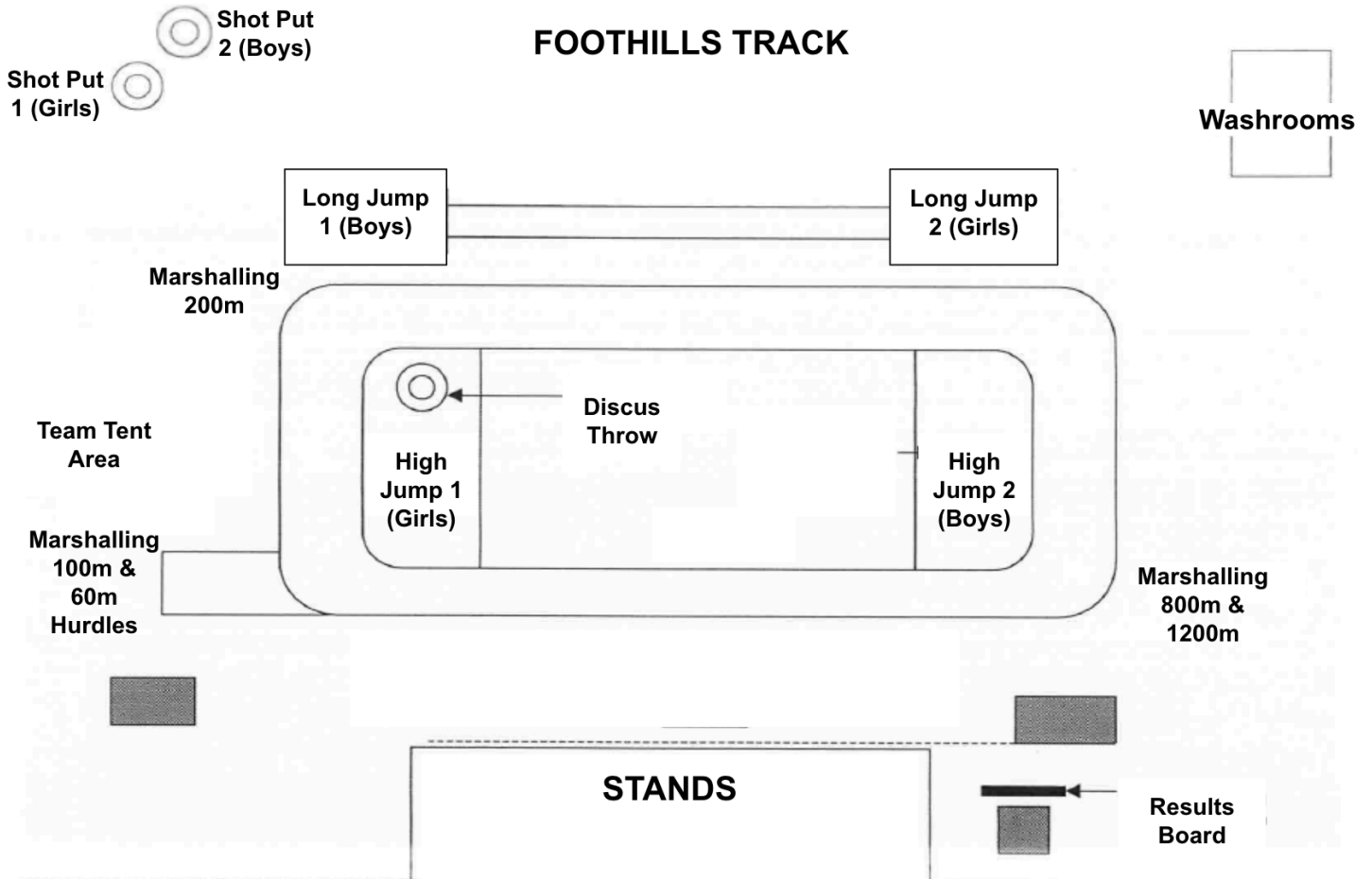
- You **MUST** check in and out for Attendance. This is sent to the office in the morning, so it needs to be accurate.
- Our home base will be in the stands, look for the Marshall Springs section. Please help keep it clean! At the end of the day, there should be no garbage left behind. Let's show pride in our space.
- Only enter the fenced infield if you're competing in an event that takes place there. Otherwise, please stay outside the fence.
- When you're not competing, be an amazing teammate! Cheer loudly, support one another, and show your Marshall Springs spirit. We want our energy to be felt all day long.
- We'll need student helpers during the day. If you have a break and you're not scheduled for an event, please check in at the long jump pit to see if help is needed.
- All Marshall Springs students must stay within the Athletic Park grounds unless they've received permission from Mr. Shoults or Ms. O'Lain.
- Cell phones are allowed for photos and parent communication only. Please be responsible with your device and be present at the track meet. Also, please remember that you must have permission to post or share any photo or video content captured in the media.
- Remember, if in distress at any time, find a friend (don't go anywhere alone) and find an MSS staff member at the meet. You can find MSS teachers in the stands (Admin TBD), at Long Jump 1 (Shoults), at Long Jump 2 (Pincombe), and roaming (O'Lain).

## **Marshalling for Your Event**

- Check into your field events 15 minutes prior to the competition's scheduled start and marshal in the track event with the marshal at the start line for your race 10 minutes before your race.

## **What To Do If You Have Overlapping Events**

- Overlapping/Conflict between events: If an athlete has a Track Event (100m) and a Field Event (High Jump) at the same time, the athlete should do the following:
  - Check in with the field event and tell the event manager that they currently have a track event, but will return to the field event after the track event
  - The athlete competes in the track event
  - The athlete then returns to the field event
  - \*\*\*The field event manager will do their best to allow the athlete the appropriate number of throws and jumps, but time may limit this. It is also possible that the field event may finish while the athlete is away.



## Relay Lanes

Junior Varsity															
LANE 1	West Ridge	LANE 2	Captain Nichola Goddard	LANE 3	Sherwood	LANE 4	Arbour Lake	LANE 5	Prairie Sky School	LANE 6	Griffith Woods	LANE 7	CBE Home Education	LANE 8	Marshall Springs
Junior															
LANE 1	CBE Home Education	LANE 2	Marshall Springs	LANE 3	West Ridge	LANE 4	Captain Nichola Goddard	LANE 5	Sherwood	LANE 6	Arbour Lake	LANE 7	Prairie Sky School	LANE 8	Griffith Woods
Intermediate															
LANE 1	Prairie Sky School	LANE 2	Griffith Woods	LANE 3	CBE Home Education	LANE 4	Marshall Springs	LANE 5	West Ridge	LANE 6	Captain Nichola Goddard	LANE 7	Sherwood	LANE 8	Arbour Lake
Senior															
LANE 1	Sherwood	LANE 2	Arbour Lake	LANE 3	Prairie Sky School	LANE 4	Griffith Woods	LANE 5	CBE Home Education	LANE 6	Marshall Springs	LANE 7	West Ridge	LANE 8	Captain Nichola Goddard

**Tentative Schedule: this may change; please pay attention to the announcements at the track meet for schedule changes.**

	<b>Event</b>	<b>Round</b>
9:00 AM	#73 Girls 100 Meter Dash Junior Varsity	Prelims
9:05 AM	#74 Boys 100 Meter Dash Junior Varsity	Prelims
9:15 AM	#1 Girls 100 Meter Dash Junior	Prelims
9:20 AM	#2 Boys 100 Meter Dash Junior	Prelims
9:30 AM	#3 Girls 100 Meter Dash Intermediate	Prelims
9:35 AM	#4 Boys 100 Meter Dash Intermediate	Prelims
9:45 AM	#5 Girls 100 Meter Dash Senior	Prelims
9:50 AM	#6 Boys 100 Meter Dash Senior	Prelims
10:00 AM	#75 Girls 200 Meter Dash Junior Varsity	Finals
10:05 AM	#76 Boys 200 Meter Dash Junior Varsity	Finals
10:15 AM	#7 Girls 200 Meter Dash Junior	Finals
10:20 AM	#8 Boys 200 Meter Dash Junior	Finals
10:30 AM	#9 Girls 200 Meter Dash Intermediate	Finals
10:35 AM	#10 Boys 200 Meter Dash Intermediate	Finals
10:45 AM	#11 Girls 200 Meter Dash Senior	Finals
10:50 AM	#12 Boys 200 Meter Dash Senior	Finals
11:05 AM	#79 Girls 1200 Meter Run Junior Varsity	Finals
11:10 AM	#80 Boys 1200 Meter Run Junior Varsity	Finals
11:15 AM	#19 Girls 1200 Meter Run Junior	Finals
11:20 AM	#20 Boys 1200 Meter Run Junior	Finals
11:25 AM	#21 Girls 1200 Meter Run Intermediate	Finals
11:30 AM	#22 Boys 1200 Meter Run Intermediate	Finals
11:35 AM	#23 Girls 1200 Meter Run Senior	Finals
11:40 AM	#24 Boys 1200 Meter Run Senior	Finals
11:55 AM	#31 Girls 60 Meter Hurdles Junior	Finals
12:00 PM	#32 Boys 60 Meter Hurdles Junior	Finals
12:10 PM	#33 Girls 60 Meter Hurdles Intermediate	Finals
12:15 PM	#34 Boys 60 Meter Hurdles Intermediate	Finals
12:25 PM	#35 Girls 60 Meter Hurdles Senior	Finals
12:30 PM	#36 Boys 60 Meter Hurdles Senior	Finals

	<b>Event</b>	<b>Round</b>
1:15 PM	#73 Girls 100 Meter Dash Junior Varsity	Finals
1:17 PM	#74 Boys 100 Meter Dash Junior Varsity	Finals
1:20 PM	#1 Girls 100 Meter Dash Junior	Finals
1:22 PM	#2 Boys 100 Meter Dash Junior	Finals
1:25 PM	#3 Girls 100 Meter Dash Intermediate	Finals
1:27 PM	#4 Boys 100 Meter Dash Intermediate	Finals
1:30 PM	#5 Girls 100 Meter Dash Senior	Finals
1:32 PM	#6 Boys 100 Meter Dash Senior	Finals
1:45 PM	#77 Girls 800 Meter Run Junior Varsity	Finals
1:50 PM	#78 Boys 800 Meter Run Junior Varsity	Finals
2:00 PM	#13 Girls 800 Meter Run Junior	Finals
2:05 PM	#14 Boys 800 Meter Run Junior	Finals
2:15 PM	#15 Girls 800 Meter Run Intermediate	Finals
2:20 PM	#16 Boys 800 Meter Run Intermediate	Finals
2:30 PM	#17 Girls 800 Meter Run Senior	Finals
2:35 PM	#18 Boys 800 Meter Run Senior	Finals
3:00 PM	#67 Girls 4x100 Meter Relay Junior Varsity	Finals
3:05 PM	#69 Mixed 4x100 Meter Relay Junior Varsity	Finals
3:15 PM	#68 Boys 4x100 Meter Relay Junior Varsity	Finals
3:20 PM	#61 Girls 4x100 Meter Relay Junior	Finals
3:30 PM	#70 Mixed 4x100 Meter Relay Junior	Finals
3:35 PM	#62 Boys 4x100 Meter Relay Junior	Finals
3:45 PM	#63 Girls 4x100 Meter Relay Intermediate	Finals
3:50 PM	#71 Mixed 4x100 Meter Relay Intermediate	Finals
4:00 PM	#64 Boys 4x100 Meter Relay Intermediate	Finals
4:05 PM	#65 Girls 4x100 Meter Relay Senior	Finals
4:15 PM	#72 Mixed 4x100 Meter Relay Senior	Finals
4:20 PM	#66 Boys 4x100 Meter Relay Senior	Finals

	<b>Event</b>	<b>Round</b>
	<b>PIT #1</b>	
9:10 AM	#48 Boys Long Jump Senior	Finals
10:40 AM	#46 Boys Long Jump Intermediate	Finals
12:10 PM	#44 Boys Long Jump Junior	Finals
2:15 PM	#86 Boys Long Jump Junior Varsity	Finals
	<b>PIT #2</b>	
9:15 AM	#47 Girls Long Jump Senior	Finals
10:30 AM	#45 Girls Long Jump Intermediate	Finals
12:10 PM	#85 Girls Long Jump Junior Varsity	Finals
2:15 PM	#43 Girls Long Jump Junior	Finals
	<b>PIT #1</b>	
9:10 AM	#83 Girls High Jump Junior Varsity Starting height - 0.90m Up by 5cm to 1.00, then by 3cm	Finals
10:30 AM	#37 Girls High Jump Junior Starting height - 1.00m Up by 5cm to 1.10, then by 3cm	Finals
12:00 PM	#39 Girls High Jump Intermediate Starting height - 1.07m Up by 5cm to 1.17m, then up by 3cm	Finals
2:15 PM	#41 Girls High Jump Senior Starting Height - 1.12m Up by 5cm to 1.22m, then up by 3cm	Finals
	<b>PIT #2</b>	
9:15 AM	#38 Boys High Jump Junior Starting height - 1.12m Up by 5cm to 1.22m, then up by 3cm	Finals
10:45 AM	#84 Boys High Jump Junior Varsity Starting height - 1.00m Up by 5cm to 1.10, then by 3cm	Finals
12:30 PM	#40 Boys High Jump Intermediate Starting height - 1.25m Up by 5cm to 1.35m, then up by 3cm	Finals
2:30 PM	#42 Boys High Jump Senior Starting height - 1.32m Up by 5cm to 1.42m, then up by 3cm	Finals
	<b>CIRCLE #1</b>	
9:00 AM	#51 Girls Shot Put 3 KG Intermediate	Finals
10:30 AM	#87 Girls Shot Put 3 KG Junior Varsity	Finals
12:00 PM	#49 Girls Shot Put 3 KG Junior	Finals
2:10 PM	#53 Girls Shot Put 3 KG Senior	Finals
	<b>CIRCLE #2</b>	
9:10 AM	#54 Boys Shot Put 4kg Senior	Finals
10:25 AM	#50 Boys Shot Put 3 KG Junior	Finals
11:55 AM	#88 Boys Shot Put 3 KG Junior Varsity	Finals
2:10 PM	#52 Boys Shot Put 4 kg Intermediate	Finals
9:00 AM	#55 Girls Discus Throw 750g Junior	Finals
10:15 AM	#59 Girls Discus Throw 750g Senior	Finals
11:30 AM	#58 Boys Discus Throw 1 kg Intermediate	Finals
1:00 PM	#56 Boys Discus Throw 750g Junior	Finals
2:15 PM	#60 Boys Discus Throw 1 kg Senior	Finals
3:15 PM	#57 Girls Discus Throw 750g Intermediate	Finals