

# P.H.S.S.A.M

Pembina Hills Small School Athletic Meet

Pembina North Community School

**May 28, 2026**

There are a total of 12 events, including the relays. They include: skipping, 50 metre dash, high jump, running long jump, ball throw, basketball shoot, long distance run, soccer slalom, soccer kick, target toss, and hurdles. Parents and students from junior high school will be running the events.

Students will compete with their gender and grade. There are 12 groups with **11 to 19** students per group. Each group was made up of students from each of the schools: Busby, Dunstable, Eleanor Hall, and Pembina North. Participation bracelets will be handed out to all students at the beginning of the day, and then bracelets for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for every event (Make sure to break all ties for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> or you will run out of bracelets). Group leaders are responsible for keeping track of results throughout the day.

Rules:

1. Running shoes must be worn. No flip-flops or bare feet permitted in any events due to safety reasons, no metal cleats, and rubber cleats are up to individual schools.
2. **No Ties for bracelets.** Please break all ties for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> at the event, or else you will run out of bracelets.
3. Each leader will determine the first, second, and third place finish and hand out the bracelets immediately following the completion of the event.

## Events

### Relays

Relays will be held at 2:00 or so. This is the only event that is school vs. school. Each school needs to have 4 boys and 4 girls for each grade to run in the race. The relay will be run on the same track as the 50m Dash. The first runner takes the baton and passes it to the teammate at the far end behind the starting/finish line. After the exchange, the new runner can start back to exchange with the next runner at the far end of the soccer field. Continue until all 4 runners have competed. Bracelets will be handed out afterwards.

**Rules:** Each school has a team in each race. Four runners per team, schools may enter 2 teams per grade (1 boys, 1 girls)

There will need to be adults at the finish line to confirm 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers.

## 50 Metre Dash

As there are 13 – 19 students per group, please run two or 3 heats and have the top two or three runners from each heat compete in a final heat against one another.

## 50 Metre Hurdles

The hurdles will be set out with 4 sets of hurdles 10m apart (50 m total). Have 1 competitor run, and then you write down the times as they finish. Add a 2-second penalty for each hurdle knocked down. Determine 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> by the times. There is no final heat.

## Skipping (# of repetitions/minute)

Partner up participants. One partner jumps while the other partner counts jumps, records scores, and switches jobs when the time is up. Skipper may use one or two-foot jumps and may go forwards or backwards. Count the total number of successful repetitions: if the rope gets caught, continue counting from where they left off. **Don't** go back to zero.

## High Jump

**Rules:** Only 1-foot take-offs are acceptable (DIVE ROLLS AND 2-FOOT TAKE-OFFS WILL COUNT AS A MISS)

Grade Four: bar will start at 70cm

Grade Five: bar will start at 75cm

Grade Six: bar will start at 80cm

Please raise the bar by increments of 5cm 2 misses at any height is an elimination. Continue until there is only 1 student left. Use your discretion at raising the bar more if you need to speed up the process. There are 2 time slots on each team's schedule and 2 mats running at once for this so you should have enough time.

## Running Long Jump

No part of the feet may exceed the front edge of the board. Coach students to fall forward, as the measure is taken from the body part that is closest to the board. Each student will get three attempts with their best being recorded. (Or 2 if you're short on time)

## Distance Run

This will take place on our running track. Students will all line up at a designated starting line. On "Go," the students will run as far as they can for 5 minutes. While there are no lanes, students must stay on the track at all times, and any "cutting off" on purpose will result in disqualification. Encourage "walkers" to move to the outside.

## Ball Throw

The area is indicated with pylons and is equivalent to a softball field in width. The lines would run from home base to first and home base to third as a boundary.

Rules: No part of the thrower's feet may pass the line. Each student gets three throws and records their best attempt. The ball must fall within the boundary markers. Where the ball **lands** will be marked, not where it stops.

## Basketball Shoot

The grade 4/5's will stand about 1.5 metres away from the hoop, and the 6's will stand about 3 metres away. Each student will receive 10 shots and receive 1 point for each basket scored. In the case of a tie, there will be a shoot-off: Students will shoot one shot each until one student sinks it and the other(s) miss; the student who sinks it is the winner.

## Soccer Slalom

Competitors will weave through the pylons, go around the last pylon and then weave around the pylons back to the start/finish line. There are generally 4 pylons to weave around that are 5 m apart and at the last pylon, they turn around and weave back until they cross the start/finish line. The time stops when the ball **and competitor** cross the start/finish line. A

five-second penalty is added every time the competitor touches the ball with his/her hand or if they miss a pylon.

## **Soccer Kick**

Each competitor will get 3 kicks at the target. If the ball goes through the first set of pylons, it is worth 1 point, through the second set, 3 points, and through the 3<sup>rd</sup> set, 5 points. The competitor with the most points after combining their 3 kicks gets 1<sup>st</sup>, etc. If there is a tie between 2 competitors there will be a shoot-out. One shot each until a winner is found. Generally, there is 5 m separating each set of pylons. The first set is about 8 m part, the second about 4 m, and the third about 1.5 m.

## **Target Toss**

Each competitor gets 3 throws. 5 points are awarded if the ball hits inside the tire/ hula-hoop, and 3 points if the ball hits the tire. First, second, and third place are determined by the total score of all 3 throws. In the event of a tie for any of the top 3 places, a "shoot-out" will decide the placings. The competitors that are tied throw 1 ball each until 1 competitor beats the other. There will be a line for grade 4s, 5s, and 6s.