**DATE:** Wednesday, May 30th, 2018

**PLACE:** Foothills Athletic Park

**TIME:** 8:30 AM – 4:30 PM

**MEET Directors:** Jason Lindsay

 Calgary Arts Academy

 Ph: 403-532-3020 ext. 0

 Email: jlindsay@caaschool.com

**AGE**

**CATEGORIES: Junior – Under 13 as of September 1, 2017**

 **Intermediate – Under 14 as of September 1, 2017**

 **Senior – Over 14 as of September 1, 2017**

|  |  |
| --- | --- |
| **Junior**80m150m600m1200m2000m80mH200mHStanding Long Jump (SLJ)High Jump (HJ)Shot Put (SP)Turbo Javelin Throw (JT)Discus (DT)4x 100m | **Intermediate / Senior**100m300m600m1200m2000m80mH200mHLong Jump (LJ)High Jump (HJ)Shot Put (SP)Javelin (JT)Discus (DT)4x 100m |

**EVENTS:**

**COST: There is no additional cost for this meet.**

**ENTRIES:**

* Entries this year will be through www.trackiereg.ca.
	+ All coaches will be notified when the site is available for inputting entries.
* An athlete may enter up to 4 individual events (relays are not included in this number).
* A school may enter up to 8 athletes in a particular event. Do not enter kids if you think they will not compete!
* Only one relay team per school per age group.

**\*\*Meet ENTRY Deadline\*\***

* Friday, May 25 @ 4:00 pm.
* Doug Lamont will send out a preliminary entry list to each school on Monday, May 28.
* Edits to the entries is to be completed prior to 4:00 pm on Tuesday, May 29.

**Track Events:**

* Athletes must present themselves at the start line 10 minutes before the start of their event.
* Heats will be divided evenly based on schools first and then overall numbers. Heats will be drawn up ahead of time.
* Track events take priority over field events. Athletes must notify the field event judge that they must leave for a field event.
* Relay teams must declare their teams at the time of entry.

**Field Events:**

* Athletes must present themselves at their event 10 minutes prior to the official start time of their event.
* For long throws, we will only measure the longest throw. Markers will be used to represent the distance of each person’s attempts.
* For Long Jump (LJ), Shot Put (SP), Discus Throw (DT), Javelin and Turbo Javelin Throw (JT) each athlete will get 3 attempts.
* For HJ, each athlete will receive a maximum of 7 attempts.
* Turns missed in a field event will not be returned to the athlete if they leave for a track event or arrive late for an event.
* It is the responsibility of the athlete to notify the field event judge that they must leave for a track event.
* The exception to this is the high jump where the bar will not be lowered once it has been raised.

**POINTS:** For each event: 10 points - First

 8 points - Second

 6 points - Third

 4 points – Fourth

 2 points – Fifth

 1 point – Sixth and up

 Relays count double points for the school.

**AWARDS:**

* Ribbons for first to fifth. To be picked up before the end of the event.
* Aggregate medals for the top 3 age class boys and girls to be awarded at the end of the meet.

**OFFICIALS:**

Track and Field Referee – Jason Lindsay (CAA)

\*Marshals – FFCA (2)

Starter’s assistant – CAA (1)

Finish Judging and Exchanges – Khalsa & EFA (4)

Hurdles and Blocks – CCS to coordinate (2)

\*High Jump– Pit 1 – CGS (3)

\* High Jump – Pit 2 – FFLA (3)

\*Long Jump / Standing Long Jump – Westmount (3)

Turbo Javelin / Javelin – ERS (3)

\*Discus – TTHS (3)

\*Shot Put – Almadina (3)

Relay set up: CCS (Schmeichel)

Awards, Lunch – La Source

Results – AKCS (2)

**EQUIPMENT:** Each school will supply the necessary equipment for their event (i.e. tape measure, marking flags, shot, discus, and javelin): If you are unsure as to what you need to bring please contact Jason Lindsay. **High Jump pits, standards, hurdles will be provided.**

 **TENTATIVE TRACK EVENT SCHEDULE**

Events run youngest to oldest, all females then all males.

|  |  |
| --- | --- |
| **Approx. TIME** | **EVENT** |
| **9:00 am** | 2000m Open Girls & Boys  |
| **9:30 am** | 80m Hurdle Finals  |
| **10:15 am** | 80m and 100m Heats |
| **11:15 am** | 1200m Timed Finals |
| **11:45 pm** | 150m Timed Finals |
| **12:15 pm** | 300m Timed Final |
| **12:45 pm** | **Lunch Break** |
| **1:15 pm** | 200mH |
| **2:00 pm** | 80m and 100m Finals |
| **2:15 pm** | 600m Finals |
| **3:00 pm** | 4x100 Relays |
| **4:00 pm** | Presentations |

**FIELD EVENTS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **Junior Girls** | **Junior Boys** | **Intermediate Girls** | **Intermediate Boys** | **Senior Girls** | **Senior Boys** |
| **8:45** | High Jump – Pit 1 | Shot Put | --------- | Long Jump  | Javelin | Discus Throw |
| **10:15** | Discus Throw | High Jump – Pit 2 | Shot Put | --------- | Long Jump  | Javelin |
| **11:15** | Turbo Javelin Throw | Discus Throw | High Jump – Pit 1 | Shot Put | --------- | Long Jump  |
| **12:15** | Standing LJ  | Turbo Javelin Throw | Discus Throw | High Jump – Pit 2 | Shot Put | --------- |
| **1:15** | --------- | Standing LJ | Javelin | Discus Throw | High Jump – Pit 1 | Shot Put |
| **2:15** | Shot Put | --------- | Long Jump  | Javelin | Discus Throw | High Jump – Pit 2 |

**TECHNICAL SPECS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Junior** | **Intermediate** | **Senior** |
| 80mH | 30”, 12m to 1st, 7.5m between | 30”, 12m to 1st, 8m between | 12m to 1st, 8m between |
| 200mH | 30”, 20m to 1st, 35m between | 30”, 20m to 1st, 35m between | 30”, 20m to 1st, 35m between |
| High Jump | Start height: 80 cm., up by 5 cm. | Start height: 90 cm., up by 5 cm. | Start height: 100 cm., up by 5 cm. |
| Shot Put | 3Kg | 3Kg – girls, 4Kg - boys | 3Kg – girls, 4Kg – boys |
| Discus | 750g | 1Kg | 1Kg |
| Turbo Javelin | 500g | - | - |
| Javelin | - | 600g | 600g |