2022 Grande Prairie Catholic Jr High City Track & Field Championships

Full meet information available at the meet webpage

https://rattlersrunning.ca/gp-catholic-junior-high-track-meet/

WHEN: Friday, May 13th, 2022 from 8:30-2:30 p.m.

WHERE: Legion Field, Grande Prairie

AGE CATEGORIES: - Junior = under the age of 13 as of September 1, 2021

- Intermediate = under the age of 14 as of September 1, 2021

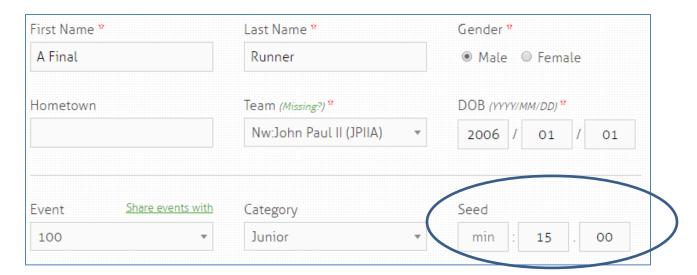
- Senior = under the age of 16 as of September 1, 2021

ENTRY INFO: - Coaches will enter athlete's online at the Trackie website

https://www.trackie.com/online-registration/register/2022-gp-catholic-junior-high-meet/477014/

- Each school is allowed only two athletes per event in each category
- Only enter the athletes in a max of 3 events and a relay.
- 100M, 200M, Hurdles, and 4 x 100 will be run as timed finals. *Coaches-your strongest runners will run in the A final; your other runner will run in the B final.*The A final winner will go to Zones. B final winners will not go to Zones.

 Designate your A final runners by entering a seed time for him or her; leave the seed time blank for B final runners. (See below for example of an A final runner.)



Deadline for entries is Monday, May 9th at 12 noon.

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ENTRY FEE: \$10 for each athlete

Schools will be invoiced by Holy Cross Catholic School based on total entries.

TECHNICAL INFO: - Each school will be responsible for supervising an event

- Participants will be given 3 trials in the throwing and jumping events.

- ALL TRACK EVENTS will take precedence over field event. Go back to field

events to do your trials.

- All timing will be hand-timed without wind gauges.

ZONE QUALIFIER: - The 1st place athlete from each event qualifies for Zone Meet – May 27-28 in

Grande Prairie.

** Please ensure that all athletes know if they can go to <u>Zones</u>. It is imperative that <u>athletes know if they can attend or not</u> as we will be entering the zone finishers as events are completed during the day/evening on Friday May 13th!!

EVENTS OFFERED: 100M Long Jump

200M Triple Jump 400M High Jump

 800M
 Shot Put (3kg – Girls, 4kg – JB, IB, 5 kg – SB)

 1500M
 Discus (750g – JG, IG, 1kg – SG, JB, IB, 1.5kg – SB)

 3000M
 Javelin (500g – Girls, 600g – JB, IB, 700g – SB)

80m Hurdles – Girls, JB 100m Hurdles – IB, SB

4x100M Relay

FIELD SCHEDULE:

Time	JR Girls	JR Boys	INT Girls	INT Boys	SR Girls	SR Boys
9:00 AM	Long Jump		Discus	Triple Jump	High Jump	Javelin
9:30 AM	Shot Put	Long Jump		Discus	Triple Jump	High Jump
10:00 AM	Javelin	Shot Put	Long Jump		Discus	Triple Jump
10:30 AM	High Jump	Javelin	Shot Put	Long Jump		Discus
11:00 AM	Triple Jump	High Jump	Javelin	Shot Put	Long Jump	
11:30 AM	Discus	Triple Jump	High Jump	Javelin	Shot Put	Long Jump
12:00 PM		Discus	Triple Jump	High Jump	Javelin	Shot Put

TRACK SCHEDULE:

Time	Event	Categories
8:30 AM	80M Hurdles	ALL age Categories
9:00 AM	3000M	ALL age Categories
9:30 AM	100M	ALL age Categories
10:30 AM	800M	ALL age Categories
11:15 AM	200M	ALL age Categories
12:30 PM	1500M	ALL age Categories
12:50 PM	400M	ALL age Categories

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1:45 PM 4x100M	ALL age Categories
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