

# 2022 Track & Field – Metro Athletics

## INFORMATION PACKAGE

**Foote Field**  
11601 68 Avenue

**Metro Contact:**  
Michelle Ross  
780-989-3005  
michelle@metroathletics.ca

**ASAA REGISTRATION:** All schools entering a track team must register online on the ASAA's SRS by May 15. At least one student must be registered by that date. Schools will be able to add students to their registration until the end of the day on May 25, 2021, following our City Championship meet.

Questions regarding registration should be directed to your AD.

**TRACK ENTRIES FOR CHAMPIONSHIP COMPETITION:** Schools are required to submit their Divisional entries using *Hy-Tek Track & Field Team Manager/Team Manager Lite* software by 4:00 pm on Thursday, May 12, 2022. Email to [ESQ@telus.net](mailto:ESQ@telus.net).

**HY-TEK REFRESHER COURSE:** Any coach who is responsible for their team's entries into Hy-Tek, and who is not already comfortable and familiar with the software should attend a Hy-Tek Refresher Course:

**Tuesday April 12 4:15-6:15 pm @ Michael Phair JHS 9407-211 str**  
**Wednesday April 13 4:15-6:15 pm @ Edm Christian HS 14304-109 Ave**

***MUST BRING OWN LAPTOP with Hy-Tek Team Manager program loaded on it***

<https://hytek.active.com/downloads.html>

*Please RSVP to [john.ioannides@epsb.ca](mailto:john.ioannides@epsb.ca) by no later than April 8.*

### 2022 SEASON SCHEDULE (all events at Foote Field)

- Tuesday, May 10 – Blue Division Mini-Meet (8:30 am – 4:00 pm)
- Wednesday, May 11 – Grey Division Mini-Meet (8:30 am – 4:00 pm)
  
- Monday, May 16 – Blue Divisional Meet (8:30 am – 4:00 pm)
- Tuesday, May 17 – Grey Divisional Meet (8:30 am – 4:00 pm)
  
- Thursday, May 26 – City Championship (8:45 am – 4:00 pm)
  
- Friday/Saturday June 3-4 – Provincial Championships in Medicine Hat

### USING THIS GUIDE

- Mini-Meets – page 3
- Divisionals – page 11
- Mini-Meet and Divisional Officiating Assignments – page 16
- City Championships – page 17



### **COACHES CODE OF ETHICS**

An ethical coach:

1. attempts to prepare the athlete to the best of the athlete's mental and physical ability
2. recognizes differences in athletes' abilities
3. is honest with athletes
4. is responsible and fulfills all meet assignments
5. is responsible for the physical welfare of athletes (injuries, too many events)
6. does not coach during the competitors' event
7. is courteous, accepts decision of officials, goes through proper routes of appeal
8. provides a positive role model for the athletes
9. ensures that his/her athletes understand and follow an appropriate level of conduct

### **ATHLETE'S CODE**

Coaches are requested to inform athletes of the following expectations:

An athlete is expected to represent the school and community to the best of their ability.

A model athlete:

1. prepares well in order to perform at his highest level
2. participates by the rules
3. treats teammates, opponents, and officials with respect
4. applauds a good performance regardless of who performed
5. shows class and not "hot dog"
6. is loyal
7. attends practices
8. wears school colours (city meets and provincial meet)
9. is on time for events
10. notifies the coach well in advance if unable to compete
11. does not scratch from an event without first obtaining permission from the coach

## **SPECTATOR CODE OF CONDUCT**

Attendance at this event entitles you to enjoy an exhibition of skills developed by athletes in an educational setting.

Please be respectful and encouraging in your approach to ALL athletes, officials, coaches and fellow spectators.



**BE LOUD BE PROUD BE POSITIVE**

## TRACK & FIELD GROUPINGS

BLUE DIVISION	GREY DIVISION
Mini-Meet - Tuesday, May 10 Divisionals - Monday, May 16	Mini-Meet - Wednesday, May 11 Divisionals - Tuesday, May 17
<ul style="list-style-type: none"> <li>• Alexandre Tache</li> <li>• Amiskwaciy</li> <li>• Beaumont</li> <li>• Edmonton Christian</li> <li>• Holy Trinity</li> <li>• JH Picard</li> <li>• Leduc</li> <li>• Maurice Lavallee</li> <li>• McNally</li> <li>• Old Scona</li> <li>• Parkland Immanuel</li> <li>• Paul Kane</li> <li>• Queen Elizabeth</li> <li>• Ross Sheppard</li> <li>• Spruce Grove</li> <li>• St. Albert</li> <li>• St. Francis Xavier</li> <li>• St. Joseph</li> <li>• St. Oscar Romero</li> <li>• St. Peter the Apostle</li> <li>• Strathcona</li> <li>• Strathcona Christian</li> <li>• Sturgeon</li> <li>• Victoria</li> <li>• Vimy Ridge</li> <li>• WP Wagner</li> </ul>	<ul style="list-style-type: none"> <li>• Alberta School for the Deaf</li> <li>• Archbishop Jordan</li> <li>• Archbishop MacDonald</li> <li>• Archbishop O'Leary</li> <li>• Ardrossan</li> <li>• Austin O'Brien</li> <li>• Bellerose</li> <li>• Bev Facey</li> <li>• Christ the King</li> <li>• Dr. Anne Anderson</li> <li>• Eastglen</li> <li>• Edmonton Islamic</li> <li>• Fort Saskatchewan</li> <li>• Harry Ainlay</li> <li>• J Percy Page</li> <li>• Jasper Place</li> <li>• Lillian Osborne</li> <li>• Louis St. Laurent</li> <li>• LY Cairns</li> <li>• ME Lazerte</li> <li>• Memorial</li> <li>• Michaelle-Jean</li> <li>• Millwoods Christian</li> <li>• Mother Margaret Mary</li> <li>• Salisbury</li> <li>• St. Andre Bessette</li> <li>• Tempo</li> </ul>

**PLEASE NOTE:** athletes and coaches must arrive on time and are expected to be ready for events in a timely manner, as well as fulfil their officiating/volunteer duties without being solicited.

If you have any uncertainty regarding event order or process, or school duties and responsibilities, after reading this package, please contact the Metro Office.

**MINI-MEET REGULATIONS**

1. Teams may enter a maximum of four (4) competitors per event per classification.
2. Competitors may enter a maximum of four (4) events on any day.
3. Heats only will be run to determine a time for all competitors. Best distance or height will be recorded in other events. No team points or awards will be given.
4. A maximum of three (3) jumps or throws will be given a competitor (excluding high jump where starting heights and increments will follow as per city final meet).
5. Competitors must compete in their respective category - (exception: 4 x 400 m relay).

Age: Provincial age under 19 before September 1st of that school year.  
3 years of eligibility from year of entry in Grade 10.

Senior: Under the age of 19 years before September 1st of that school year.

Intermediate: Under the age of 17 years before September 1st of that school year.

Junior: Under the age of 16 before September 1st of that school year.

6. Track entries will occur at the start line for each track event. Track athletes must be wearing nametags for each event. **Labels should be no larger than 4" long by 1/2" high.**

<b>BETTY REYNOLDS</b>	<b>BELLEROSE</b>
<b>INT. GIRLS</b>	<b>200 M</b>

7. Field event entries will take place at the event site. Labels not necessary for field events.
8. Athletes should compete in one mini-meet. Coaches should make the final decision on which athletes move on to Divisionals.
9. **Please note that for the 200M events – times at the mini-meets will be used as your seeding times for Divisionals; there will be NO 200M heats at Divisionals – ONLY Timed Finals.**
10. New events from 2016: Pentathlon and 300M Hurdles
  - Pentathlon events include: 100m-SP-LJ-HJ-800m
  - Pentathlon is an open event; a student athlete participating in the Pentathlon may compete in one other event (individual or relay)
  - Scoring of Pentathlon is listed below in the meet schedules
  - **TWO** competitors from the Metro zone (in each gender) will move on to provincials
  - 300M Hurdle standards are listed below
11. New events from 2018: 4x400m Mixed Relay; Unified Triathlon (400 m; Long Jump; Turbo Javelin)  
Metro still to decide on how/where to fit into schedule; details TBA



## TRACK & FIELD INFORMATION PACKAGE PAGE 5 of 24

### MINI-MEET SCHEDULE

Starting times are approximate. Events could be moved up. All track events will be heats with no final. No points awarded.

<i>TRACK</i>		<i>FIELD</i>	
8:30 a.m.	4x400m Mixed Relays	9:00 a.m.	Int. Girls High Jump Jr. Boys Triple Jump Int. Boys Javelin Sr. Boys Shot Sr. Girls Long Jump Jr. Girls Discus
8:45 a.m.	*Girls 3000 *Boys 3000  *Junior, Intermediate, Senior will be combined.		
9:50 a.m.	Jr. Girls Hurdles Int. Girls Hurdles Sr. Girls Hurdles  Jr. Boys Hurdles Int. Boys Hurdles Sr. Boys Hurdles	10:00 a.m.	Jr. Girls High Jump Sr. Girls Discus Int. Boys Triple Jump Jr. Boys Shot Int. Girls Long Jump Sr. Boys Javelin
10:20 a.m.	Jr. Girls 800 m Int. Girls 800 m Sr. Girls 800 m  Jr. Boys 800 m Int. Boys 800 m Sr. Boys 800 m	11:00 a.m.	Jr. Boys Javelin Int. Girls Discus Sr. Girls High Jump Sr. Boys Triple Jump Int. Boys Shot Jr. Girls Long Jump Jr./Int./Sr. Boys Pole Vault Jr./Int./Sr. Girls Pole Vault
11:20 a.m.**	Jr. Girls 200 m Int. Girls 200 m Sr. Girls 200 m  Jr. Boys 200 m Int. Boys 200 m Sr. Boys 200 m	<hr/> <p><b><i>ALL COMPETITORS ARE ALLOWED A MAXIMUM OF THREE ATTEMPTS IN THE FIELD EVENTS. THE TOP 6 DO NOT GET AN ADDITIONAL THREE ATTEMPTS AT MINI MEETS.</i></b></p>	
<p>**Please note that for the 200M events – times at the mini-meets will be used as your seeding times for Divisionals; there will be NO 200M heats at Divisionals only Timed Finals</p>			



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<i>TRACK</i>	<i>FIELD</i>
<p>12:20 p.m. Jr. Girls 400 m Int. Girls 400 m Sr. Girls 400 m</p> <p>Jr. Boys 400 m Int. Boys 400 m Sr. Boys 400 m</p> <p>12:50 p.m. Jr. Girls 100m Int. Girls 100 m Sr. Girls 100 m</p> <p>Jr. Boys 100 m Int. Boys 100 m Sr. Boys 100m</p> <p>1:35 p.m. Jr. Girls 1500 m Int. Girls 1500 m Sr. Girls 1500 m</p> <p>Jr. Boys 1500 m Int. Boys 1500 m Sr. Boys 1500m</p> <p>2:20 p.m. Jr. Girls 4 x 100 m Int. Girls 4x 100 m Sr. Girls 4 x 100 m</p> <p>Jr. Boys 4 X 100 m Int. Boys 4 x 100 m Sr. Boys 4 x 100m</p> <p>2:50 p.m. Open Girls 4 x 400 m Open Boys 4 x 400 m</p>	<p>12:00 p.m. Jr. Girls Javelin Sr. Girls Shot Jr. Boys High Jump Int. Boys Long Jump Int. Girls Triple Sr. Boys Discus</p> <p>1:00 p.m. Jr. Girls Shot Jr. Boys Long Jump Sr. Boys High Jump Sr. Girls Triple Int. Boys Discus Int. Girls Javelin</p> <p>2:00 p.m. Jr. Girls Triple Int. Girls Shot Sr. Boys Long Jump Sr. Girls Javelin Jr. Boys Discus Int. Boys High Jump</p> <hr style="width: 25%; margin-left: 0;"/> <p><b><i>ALL COMPETITORS ARE ALLOWED A MAXIMUM OF THREE ATTEMPTS IN THE FIELD EVENTS. THE TOP 6 DO NOT GET AN ADDITIONAL THREE ATTEMPTS AT MINI MEETS.</i></b></p>



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### MINI-MEET FIELD ENTRY FORMS – A.M. (for Coach’s Use Only)

School: \_\_\_\_\_

<b>Event</b>	<b>Junior</b> <i>(under 16 before Sept. 1)</i>	<b>Intermediate</b> <i>(under 17 before Sept. 1)</i>	<b>Senior</b> <i>(under 19 before Sept. 1)</i>
High Jump (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Long Jump (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Discus (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Triple Jump (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Shot Put (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Javelin (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.



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### MINI-MEET TRACK ENTRY FORM – A.M.

#### FOR COACH'S USE ONLY

School: \_\_\_\_\_

<b>Event</b>	<b>Junior</b> <i>(under 16 before Sept. 1)</i>	<b>Intermediate</b> <i>(under 17 before Sept. 1)</i>	<b>Senior</b> <i>(under 19 before Sept. 1)</i>
Hurdles	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
200 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
800 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
3000 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.





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### MINI-MEET FIELD ENTRY FORM – P.M.

#### FOR COACH'S USE ONLY

School: \_\_\_\_\_

<b>Event</b>	<b>Junior</b> <i>(under 16 before Sept. 1)</i>	<b>Intermediate</b> <i>(under 17 before Sept. 1)</i>	<b>Senior</b> <i>(under 19 before Sept. 1)</i>
High Jump (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Long Jump (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Discus (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Triple Jump (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Shot Put (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Javelin (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Pole Vault (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Pole Vault (Open Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.



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## MINI-MEET TRACK ENTRY FORM – P.M.

### FOR COACH'S USE ONLY

School: \_\_\_\_\_

<b>Event</b>	<b>Junior</b> <i>(under 16 before Sept. 1)</i>	<b>Intermediate</b> <i>(under 17 before Sept. 1)</i>	<b>Senior</b> <i>(under 19 before Sept. 1)</i>
100 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
400 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
1500 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
4 x 100 Relay	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
4 x 400 Relay	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.



**DIVISIONAL REGULATIONS**

1. The IAAF Rule Book will be followed unless exceptions have been listed.
2. Each school may enter up to four (4) competitors per event per class in all events.
3. Each competitor may enter four (4) events.
4. Competitors must remain in their classification (Jr./Int./Sr.) for all events except the open 4 x 400 m relay; 300MH; 800M Pent. A competitor may compete at a higher classification but must compete at that classification in all other events.
5. Events not requiring heats will be run as finals at the designated time of the heats.
  - (a) Heats to finals (100):
    - 2 Heats – 1<sup>st</sup> place finisher from each heat, and the next 6 fastest times qualify for the final
    - 3 Heats – 1<sup>st</sup> place finisher from each heat, and the next 5 fastest times qualify for the final
    - 4 heats – 1<sup>st</sup> place finisher from each heat, and the next 4 fastest times qualify for the final
    - 5 heats – 1<sup>st</sup> place finisher from each heat, and the next 3 fastest times qualify for the final
6. The following will qualify for City finals.
  - (a) All track events - top 4 in each class in each division (exception: 800m, 1500m, 3000m, - top 6 in each class in each division).
  - (b) All field events - top 6 in each class in each division
7. Relay teams: All students must be from the same school.
8. Record performances will be recorded at Divisionals.
9. Minimum Standards Discus/Shot/Javelin  
Listed below are minimum standards for athletes to have as a set guideline. This allows you as the coach to make decisions on an athlete if they should be entered. At meets, if the athlete does not make the minimum standard, the distance will not be measured.

Shot Put	- Girls - 4.0 m	Boys – 7.0 m
Javelin	- Girls - 17.0 m	Boys – 27.0m
Discus	- Girls - 17.0 m	Boys – 24.0m
Long Jump	- Girls –3.5 m	Boys – 4.5 m
Triple Jump	- Girls – 7 m	Boys – 8 m

10. Starting heights for pole vault and high jump are as follows. High jump officials are allowed to use their discretion in setting starting heights in inclement weather.

<u>Category</u>	<u>Starting Height</u>	<u>Increments</u>
Jr. Girls High Jump	1.25 m	5 cm to 1.50 m 3 cm and 2 cm to end of event
Int. Girls High Jump	1.25 m	5 cm to 1.50 m 3 cm and 2 cm to end of event
Sr. Girls High Jump	1.25 m	5 cm to 1.55 m 3 cm and 2 cm to end of event
Jr. Boys High Jump	1.50 m	5 cm to 1.75 m 3 cm and 2 cm to end of event
Int. Boys High Jump	1.55 m	5 cm to 1.80 m 3 cm and 2 cm to end of event
Sr. Boys High Jump	1.55 m	5 cm to 1.85 m 3 cm and 2 cm to end of event
Jr. Boys Pole Vault	2.45 m	15 cm to 3.05 m 10 cm to end of event
Int. Boys Pole Vault	2.60 m	15 cm to 3.35 m 10 cm to end of event
Sr. Boys Pole Vault	2.60 m	15 cm to 3.50 m 10 cm to end of event
Jr./Int./Sr. Girls Pole Vault	1.60 m	10 cm to 240 m 5 cm to end of event



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### 11. Hurdles Standards and Markings

Category	Distance of Race	Height of Hurdle	Distance from start line to first hurdle	Distance between hurdles	# of Hurdles
Jr. Girls	80 m	76 cm (30 in.)	12 m	8 m	8
Int. Girls	80 m	76 cm (30 in.)	12 m	8 m	8
Sr. Girls	80 m	84 cm (33 in.)	12 m	8 m	8
Girls	300 m	76 cm (30 in.)	50 m	35 m	7
Jr. Boys	100 m	84 cm (33 in.)	13 m	8.5 m	10
Int. Boys	100 m	84 cm (33 in.)	13 m	8.5 m	10
Sr. Boys	100 m	91 cm (36 in.)	13 m	8.5 m	10
Boys	300 m	84 cm (33 in.)	50 m	35 m	7

Track Markings for Hurdles

80 m – White

100 m – Black

### 12. Standards

Discus

- All girls use 1 kg
- Junior and Intermediate boys use 1.5 kg
- Senior boys use 1.75 kg

Shot Put

- Junior and Intermediate girls use 3 kg
- Senior girls use 4 kg
- Female para athletes use 3 kg
- Female Pentathlon athletes use 3 kg
- Junior and Intermediate boys use 5 kg
- Senior boys use 6 kg
- Male para athletes use 4 kg
- Male Pentathlon athletes use 5 kg

Javelin

- Junior and Intermediate girls use 500 g - 220-230 cm long
- Senior girls use 600 g - 220-230 cm long
- Junior and Intermediate boys use 700 g - 260-270 cm long
- Senior boys use 800 g - 260-270 cm long

### OFFICIATING ASSIGNMENTS

1. The head official for each venue must be a teacher/adult.
2. Schools assigned to an event are responsible for getting out and putting away required equipment.
3. Schools are responsible for the student helpers required to run the event and for supplying a tape measure if required for assignment.
4. Head official is responsible for sending event score sheet to the announcer immediately at the conclusion of the event; i.e., Junior Girls Long Jump, Senior Boys Discus, etc.
5. Head official at a field event should notify announcer when the next event is ready to be called at that pit or throwing area.



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### DIVISIONALS SCHEDULE

- All officials and students should arrive by 8:15 a.m.
- Athletes' must wear assigned numbers for all track events.

<b>8:30 a.m.</b>	<b>4 x 400 Mixed Relay – Timed Final</b> Open	<b>1:15 p.m.</b>	<b>400 m Timed Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
<b>8:45 a.m.</b>	<b>3000 M Final</b> (heats may be combined) Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	<b>1:45 p.m.</b>	<b>200 m Heats (para events)</b> Wheelchair Ambulatory Intellectually Impaired **boys and girls races may be separated or combined based on # of participants**
<b>9:45 a.m.</b>	<b>300 m Hurdles</b> Open Girls Open Boys	<b>1:55 p.m.</b>	<b>100 m Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
<b>10:05 a.m.</b>	<b>200 m Timed Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	<b>2:20 p.m.</b>	<b>1500 m Final</b> (heats may be combined) Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
<b>10:40 a.m.</b>	<b>800 m Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	<b>3:20 p.m.</b>	<b>4 X 100 M Relay – Timed Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
<b>11:35 a.m.</b>	<b>Hurdles – Time Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	<b>**3:50 p.m.</b>	<b>4 x 400 m Relay- Timed Final</b> Open Girls Open Boys
<b>12:10 a.m.</b>	<b>100 m Final</b> Pentathlon Girls Pentathlon Boys Wheelchair Ambulatory Intellectually Impaired	<b>Immediately following</b>	<b>800 M Pentathlon</b> Open Girls Open Boys
<b>12:25 p.m.</b>	<b>100 m Heats</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	<i>** Times may be moved up approx. 1/2 hour. If heats are not required in a certain track event, the final will be run at the heat time. 1500 m and 3000 m events may be combined.</i>	

**Field Events Schedule**

Time	High Jump	Long Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault
9:00 a.m.	SG	SB	JG	JB	IG	IB	
10:00 a.m.	JB	SG	IB	JG	SB	IG	JG/IG/SG
11:00 a.m.	JG	JB	IG	IB	SG	SB	
12:00 p.m.	IB	JG	SB	IG	JB	SG	
1:00 p.m.	IG	IB	SG	SB Wheelchair***, Ambulatory, Intellectually Impaired	JG	JB	JB/IB/SB
2:00 p.m.	SB	IG	JB	SG	IB	JG	

Notes for Field Events:

- Pentathletes will perform their jumps/throws as part of the field schedule that is already in place, with the age group they are most comfortable with
- If a pentathlete is also entered in the same field event separately, their first three throws or long jumps will count for both, and their high jump attempts/failures will count for both; the Official will note the distance/height/failure on both result sheets). If the athlete qualifies for a final three throws/jumps, the results achieved in the 'final three' will not count for the Pentathlon competition.
- Pentathlon Points Scoring will be: 14-10-8-6-4-2
- \*\*\*If appropriate officials can be arranged and the second shot put circle is available, Wheelchair Shot Put will occur at 1:00 pm; otherwise it will occur after the Senior Girls Shot Put competition

**Para Event Clinic**

Para Event coaches and athletes are invited to attend a clinic put on by Athletics Alberta, date and time for 2022 TBD. The Para Events are all scheduled for 12 NOON or later to allow for coaches and athletes to participate in the clinic and then compete in events they are interested in.

**Entry Deadline**

Deadline for submitting entries is Thursday, May 12 at 12:00 pm.  
Hy-Tek entries must be emailed to Vernon Schmid at Ellis Timing

[vernon@ellistiming.ca](mailto:vernon@ellistiming.ca)

### MINI-MEET AND DIVISIONALS OFFICIATING ASSIGNMENTS

ASSIGNMENT	BLUE DIVISION	GREY DIVISION
ANNOUNCER (1 adult or student)	Metro	Metro
RESULTS STUDENT RUNNERS (4 students)	A.M. Old Scona/Ross Sheppard P.M. Beaumont/Edmonton Christian	A.M. – Eastglen/Dr. Anne Anderson P.M. – Mother Margaret Mary
JUDGES AT FINISH LINE (head & 8 students)	Strathcona	Bev Facey/Salisbury
TIMERS (head & 8 students)	St. Francis Xavier	Jasper Place
START LINE MARSHALL	Metro Office	Metro Office
STARTER (1 adult)	ATFA	ATFA
ASSISTANT STARTER	ATFA	ATFA
HURDLE MOVERS (students/coaches)	Parkland Imm. Strathcona All Schools	Harry Ainlay MacDonald All Schools
RELAY EXCHANGES (2 adults)	Zone 1	Louis St. Laurent MacDonald
	Zone 2	Harry Ainlay Memorial
	Zone 3	Bellerose Austin O'Brien
SHOT PUT - A.M. (head & students)	McNally	ME Lazerte
SHOT PUT - P.M. (head & 2 students)	Paul Kane	Ardrossan/ Ft. Saskatchewan
LONG JUMP (S) - A.M. (head & 2 students)	St. Joseph	MacDonald
LONG JUMP (N) - P.M. (head & 2 students)	WP Wagner/ St. Peter the Apostle	AB Jordan/ MW Christian
TRIPLE JUMP (S) – A.M. (Head & 2 students)	Sturgeon	Louis St. Laurent
TRIPLE JUMP (S) – P.M. (Head & 2 students)	Oscar Romero	Lillian Osborne
DISCUS - A.M. (head & 2 students)	Holy Trinity	Austin O'Brien
DISCUS - P.M. (head & 2 students)	Queen Elizabeth	O'Leary
HIGH JUMP - A.M. (head & 2 students)	Spruce Grove	Memorial
HIGH JUMP - P.M. (head & 2 students)	Leduc	Salisbury
JAVELIN – A.M. (head & 4 students)	St. Albert	Bellerose/ St. Andre Bessette
JAVELIN – P.M. (head & 4 students)	Ross Sheppard	J Percy Page
POLE VAULT (head & 3 students)	Competing Vaulters & U of A	Competing Vaulters & U of A
PENTATHLON SUPERVISOR/GUIDE	Spruce Grove	Harry Ainlay
TRACK REFEREE (1 adult)	Metro	Metro
FIELD REFEREE (1 adult)	Strathcona	Bev Facey





## TRACK & FIELD INFORMATION PACKAGE PAGE 17 of 24

**METRO CITY CHAMPIONSHIP SCHEDULE (all students should arrive by 8:00 am and must wear assigned numbers for all track events).**

<b>8:30 a.m.</b>	<b>100 m</b> Pentathlon Girls Pentathlon Boys	<b>12:35 p.m.</b>	<b>100 m Final</b> Wheelchair Girls & Boys Ambulatory/Intellectual Girls Ambulatory/Intellectual Boys Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
<b>8:45 a.m.</b>	<b>4 x 400m Mixed Relay Timed Final</b> Open		
<b>9:00 a.m.</b>	<b>200 m Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys Wheelchair Girls & Boys Ambulatory/Intellectual Girls Ambulatory/Intellectual Boys	<b>1:15 p.m.</b>	<b>400 m Timed Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
<b>9:20 a.m.</b>	<b>3000 m Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	<b>1:45 p.m.</b>	<b>1500 m Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
<b>10:40 a.m.</b>	<b>Hurdles Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	<b>2:30 p.m.</b>	<b>4 X 100 m Relay - Timed Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
<b>11:10 a.m.</b>	<b>800 m Final</b> Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	<b>3:00 p.m.</b>	<b>4 x 400 m Relay Timed Final</b> Open Girls Open Boys
<b>11:40 a.m.</b>	<b>300 m Hurdles Final</b> Open Girls Open Boys	<b>3:15 p.m.</b>	<b>800 m Pentathlon Final</b> Open Girls Open Boys
<b>12:05 p.m.</b>	<b>LUNCH BREAK</b>		

**Field Events Schedule**

<b>Time</b>	<b>High Jump</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Pole Vault</b>
9:00 a.m.	SG	SB	JG	JB	IG	IB	
10:00 a.m.	JB	SG	IB	JG *Wheelchair	SB	IG	JG/IG/SG
11:00 a.m.	JG	JB	IG	IB Ambulatory Intellectual	SG	SB	
12:00 p.m.	IB	JG	SB	IG Ambulatory Intellectual	JB	SG	
1:00 p.m.	IG	IB	SG	SB	JG	JB	JB/IB/SB
2:00 p.m.	SB	IG	JB	SG	IB	JG	

Notes for Field Events:

- \*If appropriate officials can be arranged for the zone event and the second shot put circle is available, Wheelchair Shot Put will occur at 10:00 a.m.; otherwise it will occur immediately following the Senior Girls Shot Put competition
- Pentathlon Points Scoring will be: 14-10-8-6-4-2

**METRO CITY CHAMPIONSHIP SCORING AND PROVINCIAL QUALIFICATION**

Competitors must have qualified at the divisional meet to participate at the city meet.

Provincial representatives are determined as follows:

- Top two competitors/teams in each event advance including relays.
- Events will be scored on the following basis:

1 <sup>st</sup>	7 points
2 <sup>nd</sup>	5 points
3 <sup>rd</sup>	4 points
4 <sup>th</sup>	3 points
5 <sup>th</sup>	2 points
6 <sup>th</sup>	1 point

### METRO CITY CHAMPIONSHIP OFFICIATING ASSIGNMENTS

RESULTS RUNNERS (4 students)		A.M. – Edm. Christian; Mother Margaret P.M. – Millwoods Christian, Vimy Ridge	
AWARDS		Bev Facey/Dr. Anne Anderson	
START LINE MARSHALL		Metro	
ANNOUNCER		Metro	
TIMERS (6 students)	9:00 - 12:20	St. Francis	
	12:20 - 3:15	Jasper Place	
JUDGES/FINISH LINE/AWARDS		Strathcona/Bev Facey/Dr. Anne Anderson	
STARTER		ATFA	
ASSISTANT STARTER		ATFA	
HURDLE MOVERS		Parkland Immanuel/Strathcona/Ainlay	
RELAY EXCHANGES (2 teachers each zone)	Zone 1	Ross Sheppard	MacDonald
	Zone 2	Lillian Osborne	Holy Trinity
	Zone 3	Strathcona	Austin O'Brien
SHOT PUT - A.M.	*	McNally	Ardrossan
SHOT PUT - P.M.	*	Beaumont/ Ft. Sask.	Paul Kane
LONG JUMP (S) - A.M.	*	MacDonald	St. Joseph
LONG JUMP (S) - P.M.	*	J. Percy Page / St. Peter	AB Jordan
TRIPLE JUMP (S) – A.M.	*	Louis St. Laurent	Sturgeon
TRIPLE JUMP (S) – P.M.	*	Lillian Osborne	Oscar Romero
DISCUS - A.M.	*	Holy Trinity	Austin O'Brien
DISCUS - P.M.	*	O'Leary	Queen Elizabeth
HIGH JUMP – A.M.	*	Salisbury	Leduc
HIGH JUMP – P.M.	*	Spruce Grove	Memorial
JAVELIN – A.M.	*	M.E. Lazerte	Harry Ainlay
JAVELIN – P.M.	*	Bellerose	St. Albert
POLE VAULT	*	UofA	
FIELD REFEREE		Strathcona	
TRACK REFEREE		Harry Ainlay	

**Schools with field event assignments are required to supply 3 students and one adult to co-chief the event with the other school.**

**In the event your school is not assigned to work the Metro City Meet and you have students available, please contact the Metro Athletics Office [michelle@metroathletics.ca](mailto:michelle@metroathletics.ca).**

## EDMONTON HIGH SCHOOL ATHLETICS RECORDS (as of 2018)

\*indicates event retired

\*\*All information below is updated with hand times retired/replaced and includes records that were broken at Divisionals

### JUNIOR GIRLS

100 m	:12.11	Hannah Heise	MEM	2018
200 m	:24.07	Morgan Christensen	BELL	2012
400 m	:56.87	Kendra Clarke	HT	2013
800 m	2:10.27	Tanya Wright	BEA	1997
1500 m	4:45.10	R. Bennett	QE	1984
3000 m	10:21.40	Megan Metcalfe	SCN	1998
Hurdles 80 m	:11.43	Elizabeth Iginla	SCN	2004
Hurdles 100 m*	:15.30	Joanna Cooper	PK	1993
4 x 100 m Relay	:50.09	Harry Ainlay	HA	2001
High Jump	1.69 m	Lynda McGargar	MAC	1978
Long Jump	5.68 m	Joanne Otto	SCN	1982
Triple Jump	11.40 m	Kory White	SCN	2014
Shot Put (4kg*)	13.36 m	Toni Kordic (4 kg)	MAC	1980
	12.77 m	Gabrielle Rains (3 kg)	BF	2014
Discus	37.50 m	Sandy Ketterer (1 kg)	SJ	1979
Javelin (600g*)	34.54 m	Lauren Simpson (600 g)	JP	2007
	39.24 m	Cassie Matlock (500 g)	OL	2016
Pole Vault	2.82 m	Lauren Ellis	RS	2015

### INTERMEDIATE GIRLS

100 m	:11.61	Natasha Brown	JHP	2013
200 m	:24.92	Natasha Brown	JHP	2013
400 m	:54.00	Kendra Clarke	HT	2014
800 m	2:13.25	Tanya Wright	BEA	1998
1500 m	4:48.35	Hayley Degaust	RS	2007
3000 m	10:16.46	Tara Struyk	JP	1998
Hurdles 80 m	:11.18	Heather Bergland	SFX	2004
Hurdles 100 m*	:14.38	Senzeni Steingruber	RS	1988
4 x 100 m Relay	:50.40	Harry Ainlay	HA	1984
High Jump	1.66 m	Andrea Donaldson	JPP	1985
Long Jump	5.54 m	Nikki Oudenaarden	PK	2011
Triple Jump	11.32 m	Esosa Iwanegbe	FX	2018
Shot Put (4kg*)	12.86 m	Heather Fairbairn (4 kg)	RS	1987
	12.31 m	Lindsay Kramers (3 kg)	LED	2015
Discus	45.19 m	Gabrielle Rains(1 kg)	BF	2015
Javelin (600g*)	39.68	Lauren Simpson (600 g)	JP	2008
	40.61 m	Cassie Matlock (500 g)	OL	2017
Pole Vault	2.90 m	Haley Dunger	RS	2016

### SENIOR GIRLS

100 m	:12.10	Natasha Brown	JHP	2014
200 m	:25.21	Stephanie Clarke	JPP	2011
400 m	:56.60	Teresa Rich	BD	1987
800 m	2:13.90	Raeleen Hunter	BEA	2005
1500 m	4:44.38	Sophie Trageser	MAC	2005
3000 m	9:55.06	Tara Struyk	JP	1999
Hurdles 80 m	:11.63	Heather Bergland	SCN	2005
Hurdles 100 m*	:13.72	Angela Whyte	RS	1998
4 x 100 m Relay	:47.00	Bonnie Doon	BD	1982
High Jump	1.70 m	Kory White	SCN	2016
Long Jump	5.49m	Eve Kosik	STA	2003
Shot Put	13.62 m	Sandy Ketterer (4 kg)	SJ	1981
Triple Jump	11.90 m	Kory White	SCN	2016
Discus	46.14 m	Gabrielle Rains (1 kg)	BF	2016
Javelin	45.59 m	Niki Oudenaarden (600 g)	PK	2012
Pole Vault	3.25 m	Kirstin Flesher	SCN	2006
4 x 400 m Relay Open	4:04.70	Strathcona	SCN	1980
3000 m Open*	10:36.60	Adrienne Leversedge	McN	1984
Open Medley Relay*	4:40.50	Ardrossan	ARD	1996
Open Pole Vault*	3.00 m	Courtney Ewaschuk	RS	2001
Open 300m Hurdles	:46.79	Tristan Sinnatamb	SCN	2017
Open Pentathlon	2505 pts	Mikaela Boivin	VR	2018

### JUNIOR BOYS

100 m	:10.75	Chubba Hubbard	BF	2015
200 m	:22.27	Ian Harriot	RS	2012
400 m	:50.05	Neil Chomos	OL	1985
800 m	1:58.77	Jason Wesolosky	SCN	1991
1500 m	4:08.04	Jamie Flower	RS	1985
3000 m	9:04.00	Matt Pearce	EG	1992
Hurdles 100 m	:13.64	Lewis Collin	ECS	2015
Hurdles 110 m*	:14.50	G. Fuller (30")	SCN	1977
Hurdles 110 m*	:14.40	Jeff Begg (33")	SCN	1990
4 x 100 m Relay	:42.12	Strathcona	SCN	2002
High Jump	2.02 m	Ajou Ajou	HA	2018
Long Jump	6.58 m	Victor Jereniuk	VIC	1972
Triple Jump	13.35 m	Isaac Alic	OL	2018
Pole Vault	3.90 m	Darcy Molstad	SCN	1994
Shot Put (4kg*)	16.10 m	D. Styles (4.0 kg)	SCN	1967
	13.33 m	Jakob Brinkhof (5.0 kg)	BELL	2014
	16.10 m	J. Samoilo (5.44 k)*	SCN	1979
Discus	45.77 m	Paul Rains (1.614 kg)*	SCN	1983
	36.63 m	Brandon Jillings (1.5 kg)	STA	2014
Javelin	50.10 m	Kimo Perry (700g)	LO	2017

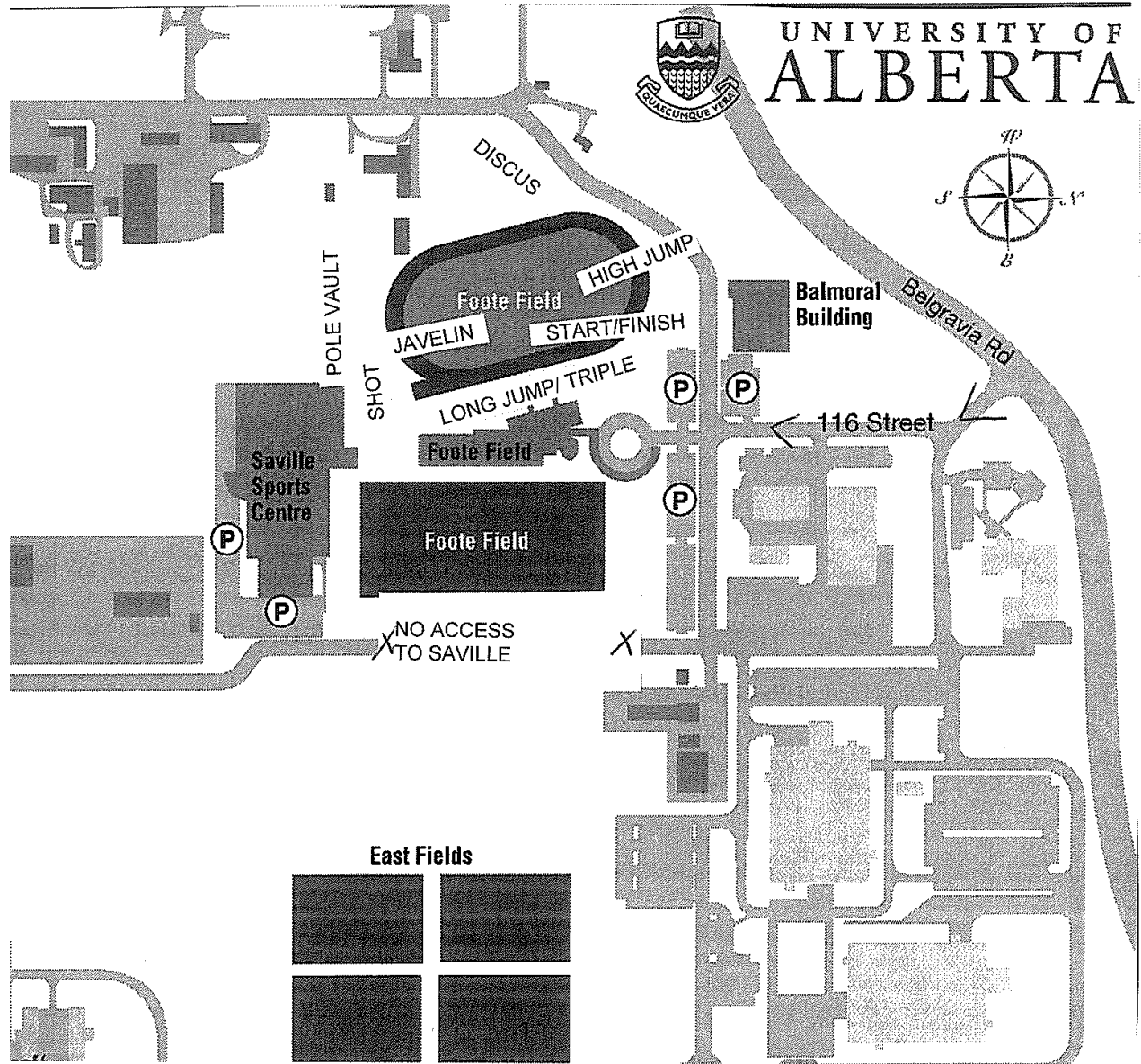
### INTERMEDIATE BOYS

100 m	:10.77	Kuda Murasirawnwa	HT	2015
200 m	:21.79	Austin Cole	SAL	2016
400 m	:49.10	Jason Wesolosky	SCN	1993
800 m	1:53.54	Karl Robertson	LED	2009
1500 m	4:03.10	Chris Judge	SCN	1980
3000 m	8:52.94	Brandon Vail	HA	2016
Hurdles 100 m	:13.22	Colin Amsbaugh	HA	2001
Hurdles 110 m*	:14.03	John Kistenkas	MCN	1991
4 x 100 m Relay	:43.34	Jasper Place	JP	1980
High Jump	2.00 m	Isaac Tyler	EG	2007
Long Jump	6.86 m	Lewis Collin	EC	2016
Triple Jump	13.81 m	Dewayne Douglas	RS	1994
Pole Vault	4.40 m	Deryk Theodore	SCN	2006
Shot Put	14.41 m*	George Samaha (5.44 kg)	JP	1986
	14.41 m*	Greg Whelan (5.44 kg)	HT	2001
	14.44 m	Alex McAra (5 kg)	VR	2015
Discus	46.48 m*	Paul Rains (1.614 kg)	SCN	1984
	39.50 m	Owen Bessette (1.5 kg)	BF	2014
Javelin	52.73 m	Marko Nikolic (700 g)	SCN	2014

### SENIOR BOYS

100 m	:10.49	Malachi Murray	FX	2018
200 m	:21.82	Malachi Murray	FX	2018
400 m	:48.10	Khane Bolster	JP	1987
800 m	1:53.40	Isaac Penner	SCN	2014
1500 m	3:59.70	Blair Rosser	SCN	1980
3000 m	8:33.43	Aaron Robson	HA	2004
Hurdles 110 m*	:13.87	Yves McDavid	HA	1986
Hurdles 100 m	:13.02	Callum Macnab	SCN	2015
4 x 100 m Relay	:42.80	Harry Ainlay	HA	1987
High Jump	2.12 m	Jesse Lipscombe	STA	1998
Long Jump	7.10 m	Selwyn Taylor	HA	1987
Triple Jump	14.31 m	Oral Ogilvie	HA	1987
Pole Vault	4.45 m	Brad Young	SCN	1995
Shot Put	17.04 m*	Ron Lundquist (5.44 kg)	VIC	1971
	13.37 m	Spencer Unrau (6 kg)	BELL	2015
Discus	46.46 m*	Paul Rains (1.614 kg)	SCN	1985
	35.00 m	Brandon Jillings (1.75 kg)	PK	2015
Javelin	52.30 m	Rick Magdziasz (800 g)	SCN	1979
4 x 400 m Relay	3:24.70	Strathcona	SCN	1988
3000 m Open*	8:46.90	Chris Judge	SCN	1980
Open Medley Relay*	3:43.20	Beaumont	BEA	1994
Open 300m Hurdles	:42.74	Scott Dixon	SCN	2016
Open Pentathlon	2713 pts	Kurt Soderstrom	HA	2017

# Faculty of Physical Education and Recreation Foote Field and Saville Sports Centre





**Protest Procedure**

Protests of results or conduct within an event (at divisional and championship meets), will follow IAAF rules and must be made within 30 minutes of being posted or announced.

Note: the designated time that an event is posted is listed on the results sheet

The protest must be given to the Meet Director/Metro Manager who will refer the matter to the appropriate event judge and the appropriate referee. A referee's decision may be appealed to the Jury of Appeal whose decision is final. Protest forms will be available at the registration/check-in desk.

Note: video or digital pictures will not be considered

**Jury of Appeals**

A jury of appeals will consist of:

- a) The Meet Director/Metro Manager
- b) The appropriate referee
- c) Three (3) head coaches as selected randomly and not in conflict of interest