



2022 CISAA Junior High Track and Field Package

Coaches Meeting @ 8:00 AM

Registration - The registration links for these meets will be forwarded to all schools by the end of April.

Registration Deadlines:

Red Meet: Tuesday, May 24 Blue: Friday, May 27

- Each school may enter UP TO 2 athletes per event.
- Athletes may only compete in 1 age category.
- 4x 400m and 2000m are open events (age category rules do not apply).
- A competitor may enter a maximum of 4 events plus a relay. An athlete may enter 3 track events which do not include the relay.
- \$15 per athlete. Payable to CISAA

Athlete changes:

- Changes will be taken up to 8:00am submitted by the team coaches. Athletes may not make changes – it is up to the coach.

Equipment:

- All equipment is rented to us by the Calgary Track Council.
- Photo timing from the U of C and the Calgary Track Council

Technical Notes:

| Boys & Girls Track Events: | Boys & Girls Field Events: |
|---|--|
| 80 metres (U13) / 100 metres (U14/U17) 150 metres (U13) / 300 metres (U14/U17) 800 metres 1200 metres 2000 metres (open) 80 metre hurdles (U13/U14 and U17 girls) 100m hurdles U17 Boys 4 x 100 metre relay 4x 400 metre relay (open) Pentathlon (open event – 100m, HJ, LJ, SP, 800m) | Shot Put Discus Javelin High Jump Long Jump Triple Jump |

Technical Specifications for Boys & Girls Hurdles & Field Events:

| | Hurdles | High Jump | Shot Put | Discus | Javelin |
|--|---|--|----------------------------|---------------|----------------------------|
| U13 | 27" or 30", 12m to 1 st , 7.5m between 8 hurdles | Start height: 80 cm., up by 5 cm. | 3Kg | 750g | 400g |
| U14 & U17 Girls Hurdles | 30", 12m to 1 st , 8m between 8 hurdles | Start height: 90 cm., up by 5 cm. | 3Kg – girls, 4Kg - boys | 1Kg | 500g – girls, 600g boys |
| Senior Boys | Boys Hurdles – 30", 13m to 1 st , 8.5m between, 8 hurdles | Start height: 100 cm., up by 5 cm. | 3Kg – girls, 4Kg – boys | 1Kg | 500g – girls, 600g boys |

List of Schools:

Schools looking to move from either Red or Blue meet to the other date, must contact Jason Lindsay.

| Red Meet – Tuesday, May 24 | Blue Meet – Friday, May 27 |
|-----------------------------------|-----------------------------------|
| Glenmore Christian Academy | Calgary Jewish Academy |
| Webber Academy | Rundle College |
| Calgary Christian | Foothills Academy |
| Tyndale Christian School | FFCA North Middle School |
| Heritage Christian | Calgary French & International |
| Rundle Academy | Trinity Christian |
| Calgary Academy | Calgary Waldorf |
| Edge School | North Point |
| Clearwater Academy | Louie Pasteur |
| Tanbridge Academy | Masters College |
| Delta West Academy | Menno Simmons Mustangs |
| Bearspaw Christian | |
| West Island College | |

Advancing athletes:

- Top four competitors in each category may advance to CISAA League Finals on Thurs, June 2nd.
- Athletes should indicate whether they want to compete in the league finals. Please record on the result sheets.

Awards:

- 1st through 3rd place in each event will receive ribbons. Ribbons can be picked up in the results area. Top 8 athletes in each event will receive points for top school overall.

- If you have any questions, please contact Jason Lindsay at jlindsay@calgaryacademy.com

Blue and Red Meet Officiating Responsibilities:

The UC Dino athletes will be leading the officiating at the events, it is up to the schools to provide appropriate personnel to ensure the events are conducted efficiently and effectively. Please double check your commitment prior to the day's commencement.

| RED MEET – May 24 | Schools | | BLUE MEET – May 27 | SCHOOLS |
|--------------------------------------|--------------------------------|--|--------------------------------------|----------------------------|
| Track Events | UofC + CA | | Track Events | UofC + MC (Kelly Ann) |
| Track Results and Ribbons (3 people) | Tyndale Christian School + WIC | | Track Results and Ribbons (3 people) | Menno Simmons |
| Registration / Results (2) | UofC + BCS | | Registration / Results | UofC + |
| Finish Line + Blocks | Heritage Christian | | Finish Line + Blocks | Rundle College |
| Triple Jump (3) | Delta West Academy | | Triple Jump (2) | North Point School |
| Long Jump (3) | Rundle Academy | | Long Jump (2) | Trinity Christian |
| High Jump (3) | Calgary Christian | | High Jump (2) | Calgary Jewish Academy |
| Discus (3) | Tanbridge Academy | | Discus (2) | Calgary Waldorf |
| Shot Put (3) | Webber | | Shot Put (2) | FFCA North Middle |
| Javelin (3) | Edge | | Javelin (2) | Foothills |
| Hurdle Crew | Glenmore Christian Academy | | Hurdle Crew | CFIS |
| Relay Exchange Zones | U of C, Heritage Christian | | Relay Exchange Zones | U of C |
| Jury of Appeal | Jason (CA), U of C rep | | Jury of Appeal | Kelly Ann (MC), U of C Rep |

Tentative Track Schedule – Blue and Red Meets:

Final Schedule will be sent out once entries are confirmed.

| | |
|---------------------|-----------------------------|
| Start Time: 8:30 am | 80m / 100m Heats |
| | 2000m |
| | 80m / 100m Finals |
| | 800m |
| | Hurdle Heats |
| | Lunch |
| | Hurdle Finals |
| | 150m / 300m Timed Finals |
| | 1200m |
| | 4x 100m Relays |
| | 4x 400m Relays |

Tentative Field Event Schedule:

| | U13 Boys | U13 Girls | U14 Boys | U14 Girls | U17 Boys | U17 Girls |
|-----------------|---------------------|----------------------|---------------------|----------------------|---------------------|----------------------|
| 8:15am | Shot Put | Triple Jump | Javelin | High Jump | Discus | Long Jump |
| 9:30 am | Long Jump | Shot Put | Triple Jump | Javelin | High Jump | Discus |
| 10:45 am | Discus | Long Jump | Shot Put | Triple Jump | Javelin | High Jump |
| 12:00 pm | High Jump | Discus | Long Jump | Shot Put | Triple Jump | Javelin |
| 1:30 pm | Javelin | High Jump | Discus | Long Jump | Shot Put | Triple Jump |
| 2:15 pm | Triple Jump | Javelin | High Jump | Discus | Long Jump | Shot Put |

Field Event Note:

If there are conflicts with an athlete's field events and track events, the track events take priority. Please make sure your athlete checks into the field events and completes an attempt (or more) before going to the track event. If the athlete does not return before the first three rounds are completed, they will not be able to complete any missing throws/jumps (high jump is the exception as the bar will not be lowered once the competition as begun).

The field events will have three rounds **and if time permits**, the top 6 athletes will have an additional 3 attempts. High jump is the exception as once the athlete has three successive misses, their competition is complete.

****Junior High Championship**

Thursday, June 2nd, 2022

THE TOP 4 finishers from the RED MEET and the BLUE MEET will qualify for the Jr High Championship Meet.

The Pentathlon! We are encouraging 3 entries for boys and 3 entries for girls per school. This pentathlon will run concurrently with the Championship meet events. This event will count as one of the 4 events individual athletes are allowed. Schools should understand that they may have athletes who qualify for the championships in T&F events that overlap with the pentathlon events.

Note: we plan to run the pentathlon events along with the championship events of the same kind. For example, of Hurdles order: hurdles U13 girls, U14 girls, U17 girls, pentathlon girls, U13 boys, U14 boys, U17 boys, pentathlon boys

COACHES MEETING @ 8:30am Thursday, June 2nd, 2022

Cost: \$10 per athlete entered

CISAA Jr High Championship Tentative Schedule June 2nd, 2022

9:00 am Pentathlon 100m
800m
Hurdle Finals
2000m Finals
150/300m Finals
Lunch
80m/100m Finals
1200m Finals
4x100m Relay
Pentathlon 800m
4x400m Relay

| | U13 Boys | U13 Girls | U14 Boys | U14 Girls | U17 Boys | U17 Girls |
|-----------------|-----------------|------------------|-----------------|------------------|-----------------|------------------|
| 9:00 am | HJ | LJ | TJ | SP | DT | JT |
| 10:00 am | JT | HJ | SP | TJ | LJ & Pent LJ | DT |
| 11:00 am | TJ | JT | LJ | DT | SP & Pent SP | HJ & Pent HJ |
| 12:30 pm | DT | TJ | JT | LJ | HJ & Pent HJ | SP & Pent SP |
| 1:30 pm | SP | DT | HJ | JT | TJ | LJ & Pent LJ |
| 2:30 pm | LJ | SP | DT | HJ | JT | TJ |

Championship Meet Officiating Responsibilities:

| | SCHOOLS (AM) | SCHOOLS (PM) |
|--------------------------------------|--|---------------------|
| Track Events | UofC + CA | UofC + CA |
| Track Results and Ribbons (3 people) | Calgary Academy | Menno Simmons |
| Registration / Results | Calgary Academy & UofC | CA & UofC |
| Finish Line + Blocks | Webber | Heritage Christian |
| Triple Jump (2) | Bearspaw Christian School | Delta West Academy |
| Long Jump (2) | Trinity Christian | Rundle Academy |
| High Jump (2) | Edge | Calgary Christian |
| Discus (2) | Calgary Waldorf | Tanbridge Academy |
| Shot Put (2) | WIC | Rundle College |
| Javelin (2) | Foothills | North Point School |
| Hurdle Crew | CFIS Glenmore Christian Academy | |
| Relay Exchange Zones | UofC, FFCA North Middle, Lycee Louis Pasteur, MC | |
| Jury of Appeal | Jason (CA), U of C Rep, Kelly Ann (MC) | |