

# Calgary Alternative Athletic Association

## Track and Field Technical Package 2023

---

**DATE:** Wednesday, May 31<sup>st</sup>, 2023

**PLACE:** Foothills Athletic Park

**TIME:** 8:30 AM – 4:30 PM

**MEET Directors:** James Frede  
Westmount Charter School  
Cell: 403-383-7927  
Email: [james.frede@westmountcharter.com](mailto:james.frede@westmountcharter.com)

Bonnie Rigel  
Connect Charter School  
Cell: 403-510-7639  
Email: [bonnie.rigel@connectcharter.ca](mailto:bonnie.rigel@connectcharter.ca)

**AGE CATEGORIES:** Junior – Under 13 as of September 1, 2022  
Intermediate – Under 14 as of September 1, 2022  
Senior – Under 17 as of September 1, 2022

<u>EVENTS:</u>	<u>Junior</u>	<u>Intermediate / Senior</u>
	80m	100m
	200m	200m
	400m	400m
	800m	800m
	1500m	1500m
	80mH	80mH
	100mH	100mH
	Long Jump (LJ)	Long Jump (LJ)
	High Jump (HJ)	High Jump (HJ)
	Shot Put (SP)	Shot Put (SP)
	Turbo Javelin Throw (JT)	Javelin (JT)
	Discus (DT)	Discus (DT)
	4x 100m	4x 100m

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

**ENTRIES:**

- Entries this year will be through [www.trackiereg.ca](http://www.trackiereg.ca)
  - o 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 6 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\*\***

- Thursday, May 25 @ 4:00 pm.
- A preliminary entry list to each school on Monday, May 29.
- Edits to the entries is to be completed prior to 4:00 pm on Tuesday, May 30.

---

**Wednesday, May 31<sup>st</sup>, 2023 @ Foothills Athletic Park**

# Calgary Alternative Athletic Association

## Track and Field Technical Package 2023

---

### 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 – James Frede (WCS)

\*Marshal(s) – Bonnie Rigel (CCS) (2)

Starter's assistant – La Source (1)

Finish Judging and Exchanges – EFA (4)

Hurdles and Blocks – Gobind (2-4) – with extra help from available people

\*High Jump– Pit 1 – CGS (3)

\*High Jump – Pit 2 – FFLA (3)

\*Long Jump –ACA (2)

Turbo Javelin / Javelin – ERS (3)

\*Discus – CBB (3)

\*Shot Put – Almadina (3)

Relay set up – La Source

Awards, Lunch – Al-Amal (2-3)

Results – CAA (3)

**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 James Frede. **High Jump pits, standards, hurdles will be provided.**

---

**Wednesday, May 31<sup>st</sup>, 2023 @ Foothills Athletic Park**

# Calgary Alternative Athletic Association

## Track and Field Technical Package 2023

### TENTATIVE TRACK EVENT SCHEDULE

Events run youngest to oldest, all females then all males

Approx. TIME	EVENT
9:00 am	1500m Open Girls & Boys
9:30 am	80m Hurdle Timed Finals
10:15 am	80m and 100m Timed Finals
11:15 am	800m Timed Finals
11:45 pm	200m Timed Finals
12:45 pm	<b>Lunch Break</b>
1:15 pm	400m Timed Finals
2:15 pm	100m Hurdle Timed 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	Long Jump	Turbo Javelin Throw	Discus Throw	High Jump – Pit 2	Shot Put	-----
1:15	-----	Long Jump	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 1 <sup>st</sup> , 7.5m between 8 hurdles	30", 12m to 1 <sup>st</sup> , 7.5m between 8 hurdles	12m to 1 <sup>st</sup> , 7.5m between 8 hurdles
100mH	30", 13m to 1 <sup>st</sup> , 8.5m between 10 hurdles	30", 13m to 1 <sup>st</sup> , 8.5m between 10 hurdles	30", 13m to 1 <sup>st</sup> , 8.5m between 10 hurdles
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	-	500g – Girls, 600g - Boys	500g – Girls, 600g - Boys

**Wednesday, May 31<sup>st</sup>, 2023 @ Foothills Athletic Park**