**2023 CISAA Junior High Track and Field Package**

Coaches Meeting @ 8:00 AM

# Meet Days: Red: Tuesday, May 23 Blue: Friday, May 26 Junior High Champs: Thursday, June 1

# Registration Deadlines: Red Meet: Thursday, May 18 Blue: Tuesday, May 23 Registration - The registration links for these meets will be forwarded to all schools by the end of April. Age Groups: U13: under 13 as of September 1 of the school year and in grade 7. U14: under 14 as of September 1 of the school year and in grade 7 or 8. U17: under 17 as of September 1 of the school year and in grade 7,8 or 9.

**Notes:**   
- Each school may enter UP TO 3 athletes per event.

* Athletes may only compete in 1 age category except for the 2000m and 4x400m which are open/U17 events - Age category rules do not apply. Awards are only for then open/U17 category.
* 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.
* Max 2 entries for boys and 2 entries for girls per school for the pentathlon. The athletes may either compete in individual events or the pentathlon – not both. Athletes in the pentathlon may participate in one relay only.
* $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. As well, the athlete must already be registered to compete in the competition and provided they do not exceed the competition maximums.

# Event notes:

* After 3 attempts, the top 8 competitors receive three more attempts in throwing and horizontal jumping events.
* Track events take priority; therefore, an athlete can jump or throw at the beginning or end of a flight if they need to go to a track event; but after the flight rotation has been completed without the athlete present for that round, the athlete will be given a fault.
* Athletes that miss events will not be allowed to rerun events without approval from U of C marshal.

# Equipment:

* All equipment is rented to CISAA by the Calgary Track Council.
* Photo timing and results from the U of C and the Calgary Track Council.

**Technical Notes:**

|  |  |
| --- | --- |
| **Boys & Girls Track 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) | **Boys & Girls Field Events:**  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 1st,  7.5m between 8 hurdles | Start height: 80 cm., up by 5 cm. | 3Kg | 750g | 400g |
| **U14 & U17 Girls Hurdles** | 30”,  12m to 1st,  8m between  8 hurdles | Start height: 90 cm., up by 5 cm. | 3Kg – girls,  4Kg - boys | 1Kg | 500g – girls, 600g boys |
| **U17 Boys** | Boys Hurdles – 30”, 13m to 1st,  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:**

|  |  |
| --- | --- |
| **Red Meet – Tuesday, May 23** | **Blue Meet – Friday, May 26** |
| Webber Academy | Calgary Christian |
| National Sports School | FFCA North Middle School |
| Tyndale Christian School | Calgary French & International |
| Edge School | Trinity Christian |
| Clear Water Academy | North Point |
| Tanbridge Academy | Masters College |
| Delta West Academy | Menno Simmons Mustangs |
| Bearspaw Christian | Rundle Academy |
| Foothills Academy | FFCA South Middle School |
| Rundle College | Heritage Christian Academy |
| Glenmore Christian Academy | Renert |
| STEM | Westmount Charter School |
| Calgary Waldorf |  |
| Calgary Jewish Academy |  |
| West Island College |  |
| Calgary Islamic School |  |
| Calgary Academy |  |
|  |  |

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# Advancing athletes:

# Top four competitors in each category may advance to CISAA League Finals on Thurs, June 1st.

# Athletes should indicate whether they want to compete in the league finals. Please record on the result sheets.

* THE TOP 4 finishers from the RED MEET and the BLUE MEET will qualify for the Jr High Championship Meet on. Thursday, June 1st.

# Awards:

* 1st through 4th 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.
* At the Junior Champs meet, the top three aggregate score for everyone in each age category will receive medals.
* If you have any questions, please contact Jason Lindsay at [jlindsay@calgaryacademy.com.](mailto:jlindsay@calgaryacademy.com.%20)
* Team Aggregate Scores for Banners and trophies for top points accumulation for J, JJ, and JJJ schools at the championship meet (Jr. High). Top 8 in each event will garner team points for their schools.

**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 23** | **Schools** |  | **BLUE MEET – May 26** | **SCHOOLS** |
| Meet Director | UofC & CA (Jason) |  | Meet Director | UofC + Masters (Kelly Ann) |
| Track Results and Ribbons (3 people) | Tyndale  & STEM |  | Track Results and Ribbons (3 people) | Menno Simmons & |
| Registration / Results (2) | UofC & Bearspaw Christian School |  | Registration / Results | UofC & HCA |
| Finish Line + Blocks | Edge |  | Finish Line + Blocks | Rundle Academy |
| Triple Jump (3) | Delta West Academy |  | Triple Jump (3) | Calgary Christian |
| Long Jump (3) | Rundle College & WIC |  | Long Jump (3) | Trinity Christian |
| High Jump (3)  2 Pits | National Sport School & Tanbridge Academy |  | High Jump (3 each)  2 pits | FFCA South North Point School |
| Discus (3) | Waldorf / CIS |  | Discus (3) | Renert |
| Shot Put (3) | Webber / Calgary Jewish Academy |  | Shot Put (3) | FFCA North Middle |
| Javelin (3) | Clear Water / Foothills |  | Javelin (3) | Westmount |
| Hurdle Crew (3) | Glenmore Christian Academy |  | Hurdle Crew (3) | CFIS |
| Relay Exchange Zones | U of C & CA |  | Relay Exchange Zones | U of C + Masters |
| Jury of Appeal | Jason (CA),  U of C rep |  | Jury of Appeal | Kelly Ann (MC), U of C Rep |

**Tentative Track Schedule – Blue & Red Meets:**

Final Schedule will be sent out once entries are confirmed.

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

**Tentative Field Event Schedule:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **U13**  **Boys** | **U13**  **Girls** | **U14**  **Boys** | **U14**  **Girls** | **U17**  **Boys** | **U17**  **Girls** | **Pent. Boys** | **Pent. 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 | Pent. LJ |  |
| **10:45 am** | Discus | Long Jump | Shot Put | Triple Jump | Javelin | High Jump | Pent. SP | Pent. HJ |
| **12:00 pm** | High Jump | Discus | Long Jump | Shot Put | Triple Jump | Javelin | Pent. HJ | Pent. SP |
| **1:30 pm** | Javelin | High Jump | Discus | Long Jump | Shot Put | Triple Jump |  | Pent. LJ |
| **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 8 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 1st, 2023**

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

COACHES MEETING @ 8:30am

Cost: $10 per athlete entered

# CISAA Jr High Championship Tentative Schedule

|  |  |
| --- | --- |
| Start Time: 9:00 am | Pent. 100m |
|  | 2000m |
|  | 80m / 100m Finals |
|  | 800m |
|  | Hurdle Finals |
|  | Lunch |
|  | 150m / 300m Timed Finals |
|  | 1200m  Pent. 800m |
|  | 4x 100m Relays |
|  | 4x 400m Relays |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **AM** | **Schools** |  | **PM** | **SCHOOLS** |
| Meet Director | UofC & CA |  | Meet Director | UofC + CA |
| Track Results and Ribbons (3 people) | Tyndale  & STEM |  | Track Results and Ribbons (3 people) | Menno Simmons & FFCA South |
| Registration / Results (2) | UofC & Bearspaw Christian School |  | Registration / Results | UofC & HCA |
| Finish Line + Blocks | Edge |  | Finish Line + Blocks | Rundle Academy |
| Triple Jump (3) | Delta West Academy |  | Triple Jump (3) | Calgary Christian |
| Long Jump (3) | Rundle College & Foothills |  | Long Jump (3) | Trinity Christian & North Point School |
| High Jump (3)  2 Pits | National Sport School & Tanbridge Academy |  | High Jump (3 each)  2 pits | Calgary Jewish Academy &  Renert |
| Discus (3) | Westmount |  | Discus (3) | Calgary Waldorf & CIS |
| Shot Put (3) | Webber |  | Shot Put (3) | FFCA North Middle |
| Javelin (3) | Clear Water |  | Javelin (3) | WIC |
| Hurdle Crew (3) | Glenmore Christian Academy |  | Hurdle Crew (3) | CFIS |
| Relay Exchange Zones |  |  | Relay Exchange Zones | U of C + MC |
| Jury of Appeal | Jason (CA),  U of C rep |  | Jury of Appeal | Kelly Ann (MC), U of C Rep |