**DATE:** Wednesday, May 29th, 2024

**PLACE:** Foothills Athletic Park

**TIME:** 8:30 AM – 4:30 PM

**MEET Directors:** James Frede Danelle Bohnet

Westmount Charter School Airdrie Christian Academy

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**AGE**

**CATEGORIES: Junior – Under 13 as of September 1, 2023**

**Intermediate – Under 14 as of September 1, 2023**

**Senior – Under 17 as of September 1, 2023**

| **EVENTS:** **Junior**  80m  200m  400m  800m  1500m  80mH  200mH  Long Jump (LJ)  High Jump (HJ)  Shot Put (SP)  Turbo Javelin Throw (TJT)  Discus (DT)  4x 100m | **Intermediate / Senior**  100m  200m  400m  800m  1500m  80mH  200mH  Long Jump (LJ)  High Jump (HJ)  Shot Put (SP)  Javelin (JT)  Discus (DT)  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)
  + 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 **5** 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\*\***

* Friday, May 24 @ 4:00 pm.
* A preliminary entry list to each school on Monday, May 27.
* Edits to the entries are to be completed prior to 4:00 pm on Tuesday, May 28.

**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) – Danelle +1? (2)

Starter’s assistant – La Source/CCA (2)

Finish Judging and Exchanges – EFA (4)

Hurdles and Blocks – CCS (2-4) – with extra help as needed

\*High Jump– Pit 1 – CGS (3)

\*High Jump – Pit 2 – FFLA (3)

\*Long Jump – EBS (3)

Turbo Javelin / Javelin – ERS (3)

\*Discus – CBB (3)

\*Shot Put – Almadina (3)

Relay set up – La Source

Awards, Lunch – Al-Amal/Khalsa (2-4)

Results – CAA (3)

**EQUIPMENT: Foothills will be providing most of the equipment for the meet** (i.e. tape measure, marking flags, shot, discus, and javelin). The only exception to this is turbo javelins, which we will need to provide. ERS please let us know if you need us to bring extra turbo javelins. **High Jump pits, standards and hurdles will also be provided.** Schools must bring their own relay batons.

**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** | **Lunch Break** |
| **1:15 pm** | 400m Timed Finals |
| **2:15 pm** | 200m 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 1st, 7.5m between 8 hurdles | 30”, 12m to 1st, 7.5m between 8 hurdles | 12m to 1st, 7.5m between 8 hurdles |
| 200mH | 30”, 20m to 1st, 35m between 5 hurdles | 30”, 20m to 1st, 35m between 5 hurdles | 30”, 20m to 1st, 35m between 5 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 |