



2025 City of Grande Prairie Jr. High Track and Field Championship

Hosted by: Peace Country Wolves Athletics Club (PCWAC)

Meet Day: Wednesday, May 14, 2025
Alternate day is Wednesday May 21st, 2025

Location: Legion Track is located at 114th Avenue and 105 Street

Registration Deadline: Friday May 9th, 2024 @ 8:00pm

Eligibility:

- Each school is allowed two competitors per event, per age category, and gender classification
- Each athlete is restricted to a maximum of four events
 - Relays are considered an event
 - Each school is permitted **only 1 relay team per category**
- Competitors should be wearing a top that distinguishes their school and wear appropriate footwear (Crocs, slides, flip flops etc. will not be permitted)

Age Classes:

- Junior under 13 (As of September 1st, 2024)
- Intermediate under 14 (As of September 1st, 2024)
- Senior under 16 (As of September 1st, 2024)

Fee:

- \$20.00 per athlete for first event; \$5 for additional events. Maximum of \$30
- School districts will be invoiced based on the number of registrants at the registration deadline. Friday May 9th.
 - Injured athletes can be exchanged as of Monday, May 12th at 5:00 p.m.

Registration

- Designated school coaches must enter participating athletes online through the software program called TrackieReg. Follow the link below:
 - <https://trackie.com/event/2025gpcitydistricts>
 - You will need your athletes' birthdays to register
 - Be aware of seeding for 100m and 200m as identified below
- If you are having issues with registration, please check online tutorial <https://vimeo.com/159645006/98e6ec3f02>
- If you need additional assistance, contact Chris Nelissen at PCWAC coachchris.wolvesathletics@gmail.com
- *If an athlete so chooses, they can participate in a higher age group, but they must then compete all their events in that age group including relays.*

FOIP: Because we will be using the Trackie program, the names of athletes will be on that site. Please ensure to create a pseudonym name for any athlete that has not signed a FOIP form in your school.

Information such as technical package, registrations, and results will be posted on the PCWAC website. Follow the link below www.wolvesac.com

Events:

- Running: 100M, 200M, 400M, 800M, 1500M, 3000M, 80m hurdles, 4x100 relay
- Jumping: High Jump, Long Jump, Triple Jump,
- Throwing: Shot Put, Discuss, Javelin

Zones Entries for Junior High:

- Should athletes qualify by finishing 1st or 2nd in their respective event they must inform the results table when picking up their medal. Athletes who finish 3rd or 4th should also inform the results table if they are willing to attend in case a spot opens up.
- It is imperative that coaches talk to their athletes and athletes talk to their parents and determine prior to the meet whether they intend to compete at Zones on Friday, May 30th and Saturday May 31st in Grande Prairie, AB

Canteen: *To Be Determined*

Warm-ups for Hurdles	7:30am	The meet will be held over one day. Track meets are rarely cancelled unless there is significant weather i.e. lightning, smoke alerts. Make sure athletes dress accordingly.
All Hurdles	8:00 AM	
Warm Up	8:30 AM	
Coaches Meeting	8:45 AM	
Meet Start Time	9:00 AM	

Running Events:

- All events will be hand timed with a plunger system. Finish line will be recorded.
- It is very important that all coaches remind their athletes that track events take preference over field events. It is the responsibility of the athlete to inform the field event judge that he/she must leave and then RETURN as soon as possible after their event is run. If for some reason the track event is delayed or rescheduled, the athlete MUST return to the field event as soon as possible.
 - While the athlete is absent from the field event, the field event competition will continue to run. If the event concludes prior to the athlete's return, they will forfeit the remaining attempts and the results will stand as is. If possible ask the official of the event to allow them to do an attempt quickly prior to going to the track to race. Officials will be as accommodating as possible.
 - If this is a concern, coaches should consult the meet schedule when entering athletes and anticipate any potential event overlaps. If any athlete's primary event is the field event, it may be prudent not to enter a track event which is scheduled at the same time.
- Starting blocks will be available for all competitors. Note: Junior Highs are not required to use starting blocks.

- **100M and 200M will be run as finals.**
 - It is essential for coaches to identify athletes they believe are medal contenders.
 - *We are hoping to make the first heat our fastest. If you have a participant that you are certain is a medal contender and has a chance to qualify for zones; **we would like you to seed the entry when registering the athlete in the Trackie software.** Please contact us if you are unable to seed.*
- **400M will not be run in lanes.** All athletes will be using a waterfall start (like a 1500). Again it is important to seed your better athletes. The number of heats per category will be dependent on registrations.
- **800M, 1500M will be one heat per category**
- **3000M If possible there will only be two heats.** All girls will run together and all boys. Pennies will be provided so athletes are aware of who they are competing against. Popsicle sticks will be used at the finish line.
- **Cut-off times for the 1500M and 3000M**
 - To keep to the schedule we have implemented a cut-off time for the 1500m and the 3000m. The cut-off times are based on the winning time in 2022 for the Junior category with approximately 1:45.00 added in the 1500m races and 3:30.00 added in the 3000m races. If an athlete is not able to complete the race before the cut-off times (or be within 200m of the finish) the race will be declared complete, and athletes' results recorded as DNF (Did Not Finish)
 - **Girls - 1500M: 7:30.00 3000M: 16:30.00**
 - **Boys - 1500M: 6:45 3000M: 15:30.00**
- **80M and 100M Hurdles. Your athletes need to be ready to race at 8:00 a.m. (hurdles will be set up by 7:30 a.m.)**
 - Heats will be dependent on the number of participants.
 - Please ensure athletes are seeded.
- **4 X 100M relays.**
 - Heats will be dependent on the number of participants.
 - Please ensure teams are seeded.
 - It is possible to borrow an athlete from another school from the same district to form a relay team, provided they are all competing in the same category.

Field Events:

- Throwing: Shot Put and Discus circles are cement. Javelin has a rubberized surface
- Jumping: Long Jump, Triple Jump and High Jump have a rubberized surface
- All athletes will be provided with 3 attempts for each event.

Appeals:

Appeals must have proper form filled out, accompanied by a \$20.00 fee to the jury of appeal. If the appeal is successful, the cheque will be returned to the team. Appeals will be heard by the Meet Director Chris Nelissen, PCWAC board member Louis Chabot, Catholic District representative (Curtis Hodge), and Public District representative (Maren Roberts).

Scratches/Deletions:

Scratches and deletions can only be made by coaches prior to or at the beginning of the meet on Wednesday. Please let us know (in written form) so we are not looking for athletes!

Inquiries to Meet Director: Chris Nelissen
EMAIL: coachchris.wolvesathletics@gmail.com

PHONE: (780) 518-7467

