Zone 7 Track & Field Meet

# Neepawa, MB

Friday, May 23rd, 2025

**Time:** The meet starts at 9:30 am

 Concludes at approximately 2:30 pm

**Entries:** Online via *Direct Athletics* - under Zone 7 Track and Field Meet

 **Due: Tuesday, May 16th, 2025 at 4:00pm**

Email: pkoshel@pcsdonline.ca with questions

-Late entries will be fined.

 -A school may have unlimited entries per event.

 -An athlete may enter up to 4 events as long as one of their events is a

relay . Athletes can enter more than one relay, but for each relay added,

they must eliminate one individual event if they are planning on competing in 4 events.

-Pentathlon athletes may run 1 individual event and one relay if they choose to.

**Changes:** All entries are final unless there is illness or injury. Due to time limits please try and not have any changes the day of the meet.

Check your entries on Direct Athletics prior to the meet and print your team's summaries. Print your entries and post them so that athletes can check their events. **Make sure gender and JV or V are correct!**

**Eligibility:** All athletes must be entered to the MHSAA website on your team and

this is to be done by the spring sport roster eligibility deadline on May 16.

**Provincials:** The top 3 finishers from each event plus any who make the provincial standard will advance. Athletes must compete in the event at the Zone Championships to advance with a standard.

**Uniforms:** All athletes must wear their school uniform tops, and hats are not allowed to be worn during each event.

**Canteen:** A canteen will be available throughout the day at the track for Snacks and drinks. Athletes are encouraged to bring personal H20 bottles as H20 is only available on a tap and hose. The Yellowhead canteen will be open to serve hot food such as burgers and fries as well as drinks and snacks.

**Parking:** Parking for vehicles is at the sportsplex. School buses will have to park off site due to the lack of space available. Washrooms will be available in the main lobby of the Sportsplex.

#### **Zone 7 Track Meet** 2025

Order of events will run:

JrG, SrG, JrB, SrB

**9:30**  Medley

 3000m

 200m timed finals

 800m

 100m Pentathlon

 100m Heats (final if there is only one heat)

 400m

 Lunch Break (ABOUT 15-30 min FOR TIMERS TO EAT/DRINK)

 100m finals (if necessary)

 1500m Girls

Hurdles JV Girls, SR Girls, JV Boys, SR Boys

1500m Boys

 4 X 100m

 4 X 400m

 800m Pentathlon

 **9:30 10:45 12:00 1:15**

**Long Jump** JrB/Pent SrB JrG/Pent SrG SrG/Pent JrG SrB/Pent JrB

**High Jump** JrG/Pen SrG SrG/Pent JrG SrB/Pent Jr B JrB/Pent SrB

**Triple Jump** SrB JrB JrG SrG

**Shot Put** SrG/Pen JrG SrB/Pent JrB JrG/Pen SrB JrB/Pent SrG

**Discus**  JrB SrG SrB JrG

**Javelin** SrB JrG JrB SrG

**\*Please make copies of this schedule for your athletes\***

**Depending on numbers, some of the track categories may be combined**

**Zone 7 Track Meet**

**Event Jobs**

\* Please make sure an **adult** and at least 2 helpers are available from your school to run the event!! Adults must be at the event at all times.

Convenor – WMCI – Paul Koshel

Starter/Marshall –Rivers - Jeff Maxwell/ Paul Koshel

Finish Line Supervision/Timers – WMCI – Cam Watson

Shot Put –Erickson

High Jump – Carberry + Ecole La Source if attending

Discus – Elton

Javelin – MacGregor

Long Jump – Neepawa

Triple Jump – Minnedosa

Computer – WMCI

Results table/ribbons and announcement - WMCI

**Please review the procedures to run your event before the day of the meet.**

**Please remind all of your athletes and coaches that the results booth just enters the results and hands out ribbons. We are not able to overturn any calls or change results. Too many athletes and sometimes coaches complain at the results table and we don’t see the events.** This is why it is essential to have an adult supervising and judging each event at all times!