**DATE:** Wednesday, May 28th, 2025

**PLACE:** Foothills Athletic Park

**TIME:** 8:30 AM – 4:30 PM

**MEET Director:** Danelle Bohnet

Airdrie Christian Academy

Cell: 403-581-8770

Email: [danellebohnet@airdriechristian.com](mailto:danellebohnet@gmail.com)

**AGE**

**CATEGORIES: Junior – Under 13 as of September 1, 2024**

**Intermediate – Under 14 as of September 1, 2024**

**Senior – Under 17 as of September 1, 2024**

| **EVENTS:** **Junior**  80m  200m  400m  800m  1500m  80mH  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  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.trackie.com](http://www.trackie.com) 
  + 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 **4** 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 22 @ 4:00 pm.
* A preliminary entry list to each school on Monday, May 26.
* Edits to the entries are to be completed prior to 4:00 pm on Tuesday, May 27.

**Track Events:**

* Athletes must present themselves at the start line 10 minutes before the start of their event.
* Heats will be divided 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.
* There is a **1500m Time cap of 12 minutes** - please ensure that your athletes can complete the race in 12 minutes or less prior to entering them in this event.
* Relay teams must declare their teams at the time of entry.

**Field Events: Please see the end of this document for rules for field events!**

* Athletes must check in 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 (JT) and Turbo Javelin Throw (TJT) each athlete will get 3 attempts. After the 3 attempts the event judge will identify the top 6 competitors. All other athletes will be dismissed and the top 6 will receive 3 more attempts.
* For HJ, starting heights are as follows: Jr. Girls: 1.00m, Int. Girls: 1.15m, Sr. Girls: 1.15m;

Jr. Boys: 1.15m, Int. Boys: 1.25m, Sr. Boys: 1.35m

* Turns missed in a field event will not be returned to the athlete if they leave for a track event or arrive late.
* It is the responsibility of the athlete to notify the field event judge that they must leave for a track event.
* The high jump 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 – ACA (1)

Marshal(s) – Chief Big Belly

Starter’s assistant – LS (2)

Finish Judging and Exchanges – EFA (4)

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

High Jump– Pit 1 – CGCS (3)

High Jump – Pit 2 – FLCA (3)

Long Jump – NDV (3)

Turbo Javelin / Javelin – ERS (3)

Discus – Beausoleil(3)

Shot Put – Almadina (3)

Relay set up – EHP

Awards, Lunch – Connect & Al-Amal(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 Girls & Boys |
| **10:15 am** | 80m Hurdle Timed Finals |
| **11:15 am** | 80m and 100m Timed Finals |
| **12:15 pm** | 800m Timed Finals |
| **1:00 pm** | 200m Timed Finals |
| **1:45 pm** | 400m Timed Finals |
| **2:45 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 |
| 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 |

**Outline of rules / event - taken from** [**https://worldathletics.org/**](https://worldathletics.org/)

**The high jump competition rules state:**

* Each competitor has a maximum of three attempts per height
* A jump is considered successful if the athlete clears the bar without dislodging it after taking off from ONE foot. TWO foot jumps are not permitted in high jump and will be counted as a failed attempt
* The height of the bar is raised in increments after each round of trials
* Athletes may ‘pass’ an attempt and progress to a higher height without clearing the current one
* Three consecutive failures at the same height, leads to elimination
* Athletes are ranked based on the highest height cleared
* Ties are broken based on the fewest failed attempts at the highest height cleared
* If competitors remain tied, the athlete with the fewest failures across the competition is awarded the higher place

**Key javelin rules include:**

* The athlete must begin the run-up within the designated runway, which is at least 30 metres long
* The athlete must not turn his or her back to the landing area at any stage during their approach and throw
* The athlete must not touch with any part of his or her body the lines which mark the runway or the ground outside
* The javelin must be thrown over the shoulder or upper part of their throwing arm
* The javelin must strike the ground with the metal head before any other part of the javelin and within the throwing sector, which is approximately 29 degrees
* The distance is measured from the nearest mark made in contacting the ground when it first lands by the head of the javelin to the inside edge of the throwing arc, along a line to the centre of the circle of which the arc is part.
* A failure occurs if the athlete doesn’t start his or her attempt within the time allowed, touches with any part of his or her body the lines which mark the runway or the ground outside, the javelin lands outside the landing sector, the metal head doesn’t strike the ground before any other part of the javelin, until the javelin has been thrown the athlete turns completely around so that his or her back is towards the throwing arc, the athlete fails to hold the javelin by the grip, or the athlete leaves the runway before the javelin has landed
* The athlete cannot wear gloves on their throwing hand

**Here are the main shot put rules:**

* The athlete normally must commence their attempt within 60 seconds of the official having indicated to the athlete that all is ready for the trial to begin.
* The shot shall be put from the shoulder with one hand only.  At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.During the trial, the competitor must stand within the throwing circle; they must not touch the top of the stop board, the top of the rim or the ground outside the circle
* The shot must land inside the throwing sector, which is approximately 35 degrees
* The athlete must not leave the circle before the shot has landed
* After completing their put, the competitor must exit from the back half of the circle
* The use of gloves is not allowed

**Discus rules- There are several rules that athletes must abide by to ensure safety and fairness.**

* The use of gloves is not allowed
* The athlete must only grip the discus using one hand and it must not touch any other part of the body or clothing.
* The discus must land within the marked landing area, which is at a 34.92-degree angle.

It’s considered a foul throw if:

* The athlete leaves the throwing circle before the discus lands
* The discus lands outside the landing area
* The athlete touches the top of the rim of the throwing circle during delivery
* The athlete fails to throw the discus within 60 seconds of being called to the circle
* Each athlete shall be allowed three trials and the 6 athletes with the best valid performances shall be allowed three additional trials.

**Long jump rules:**

* Long jump rules state that a foul is committed – and the jump is not measured – if an athlete steps beyond the board and crosses the take-off (foul) line.
* Competitors may initiate their jump from any point behind the take-off line. However, the distance of the jump will always be measured from the take-off line to the nearest break in the sand.
* If an athlete falls backwards when they hit the long jump sand, the distance measured will be reduced to the nearest point of contact to the take off line.
* Participants will be given three attempts to reach a qualification distance. The top 6 competitors will be identified, then complete their final three jumps.