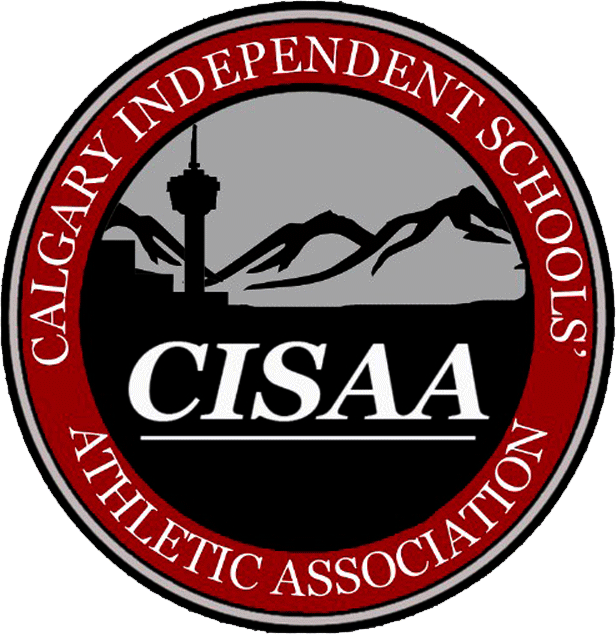
**2025 CISAA Junior High Track and Field Package**

# Meet Days:

# Red: Tuesday, May 20 (registration due Thursday May 15)

# Blue: Friday, May 23 (registration due Tuesday May 20)

# Junior High Championship: Thursday, May 29

# Coaches Meeting @ 8:00 AM on meet days.

# Registration links through Trackie 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 per category**, except relays where one entry is allowed per school
* 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 awarded for the open 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:

* After the registration deadline, changes will only be accepted in the case of an injury or illness. Changes must be made by the coach and approved by the meet director **prior** to the start of the meet.
* If an injury or illness occurs **during** the meet, the meet director may approve the switch.
* Each school is responsible for following the entry rules (e.g. an athlete may not be entered in more than 4 events plus relay)

# Event notes:

* After 3 attempts, the top 8 competitors receive three more attempts in throwing and horizontal jumping events.
* Track events take priority! If athletes are competing in both a track and field event at the same time they should check in for both. Athletes should try to get a jump or throw in at the beginning or end of a flight if they can before running their track event. If an entire flight rotation has been completed without the athlete present for that round they may be given a fault for that round, in order to keep the meet on time.
* \*\*Communicate with the event official and they will help instruct athletes on timing with their events

# Equipment:

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

**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 Championship meet, the top three aggregate scores for everyone in each age category will receive medals.
* 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.
* If you have any questions, please contact Jason Lindsay at [jlindsay@calgaryacademy.com.](about:blank)

# Advancing athletes:

* The TOP 4 finishers in each category from both the RED and the BLUE MEET will qualify for the Jr Championship Meet on **Thursday, May 29th**
* Athletes should indicate whether they want to compete in the league finals. Please record on the result sheets.

**List of Schools and Meet Dates**

**(please email** [**hbaynham@clearwateracademy.com**](mailto:hbaynham@clearwateracademy.com) **if you need to change your date)**

| **Red Meet – Tuesday, May 20** | **Blue Meet – Friday, May 23** |
| --- | --- |
| **Webber Academy** | **Calgary Jewish Academy** |
| **National Sports School** | **Calgary Christian** |
| **Rundle Academy** | **Tanbridge Academy** |
| **Edge School** | **Calgary Academy** |
| **Clear Water Academy** | **Calgary French & International** |
| **Master’s College** | **Trinity Christian** |
| **Delta West Academy** | **Calgary Waldorf** |
| **Bearspaw Christian** | **North Point** |
| **Foothills Academy** | **Louie Pasteur (Lycee)** |
| **Rundle College** | **Renert** |
| **Glenmore Christian Academy** | **Menno Simons Christian School** |
| **STEM** | **Heritage Christian Academy** |
| **West Island College** | **FFCA North Middle School (7/8)** |
| **Chinook Winds** | **FFCA South Middle School (7/8)** |
| **Gobind Sarvar** | **FFCA South High School (gr. 9)** |
| **BCS @ Home** | **FFCA North High School (gr. 9)** |

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**Technical Notes:**

| **Boys & Girls Track Events:**   * 80 meters (U13) / 100 meters (U14/U17) * 150 meters (U13) / 300 meters (U14/U17) * 800 meters * 1200 meters * 2000 meters (open) * 80 meter hurdles (U13/U14 and U17 girls) * 100m hurdles U17 Boys * 4 x 100 meter relay * 4x 400 meter 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 |

**2025 Lists to be updated once school meet dates are confirmed\*\*\*please be prepared to bring a few volunteers**

* 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.

**Blue and Red Meet Officiating Responsibilities:**

| **RED MEET – May 20** | **Schools** |  | **BLUE MEET – May 23** | **SCHOOLS** |
| --- | --- | --- | --- | --- |
| Meet Director | CTC & CWA (Heather) |  | Meet Director | CTC & CA (Jason) |
| Track Results and Ribbons (3 people) | STEM |  | Track Results and Ribbons (3 people) | FFCA South Middle/HS (2) & Louis Pasteur (1) |
| Registration / Results (2) | CTC & Bearspaw Christian School |  | Registration / Results | CTC & Tanbridge |
| Finish Line + Blocks | Edge |  | Finish Line + Blocks | Menno Simmons |
| Triple Jump (3) | National Sport School |  | Triple Jump (3) | Calgary Christian |
| Long Jump (3) | Rundle College & Delta West Academy |  | Long Jump (3) | Trinity Christian |
| High Jump (3)  2 Pits | Clear Water Academy & Rundle Academy |  | High Jump (3 each)  2 pits | Calgary Jewish Academy &  North Point |
| Discus (3) | WIC |  | Discus (3) | Calgary Waldorf |
| Shot Put (3) | Webber |  | Shot Put (3) | FFCA North Middle/HS |
| Javelin (3) | Foothills |  | Javelin (3) | HCA |
| Hurdle Crew (3) | Glenmore Christian Academy |  | Hurdle Crew (3) | CFIS |
| Relay Exchange Zones | CTC & MC |  | Relay Exchange Zones | CTC & CA |
| Jury of Appeal | Heather (CWA), CTC Rep |  | Jury of Appeal | Jason (CA), CTC Rep |

**Championship Meet Officiating Responsibilities:**

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

**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 |
| **1:15 pm** | Javelin | High Jump | Discus | Long Jump | Shot Put | Triple Jump |  | Pent. LJ |
| **2:30 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 has 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 Meet**

**Thursday May 29, 2025**

* THE TOP 4 finishers from the RED MEET and the BLUE MEET will qualify for the Jr High Championship Meet.
* A performance list will be sent out prior to the meet
* COACHES MEETING @ 10:30 am
* Cost: $10 per athlete entered
* The top three aggregate scores for everyone in each age category will receive medals.

# CISAA Jr High Championship Tentative Schedule \*\*U13 and U14 go first with U17 after.

| **U13 / U 14**  Start Time: 11:00 am  End Time: 3:00 | **U17**  Start Time: 3:30 pm  End Time: 7:00pm |
| --- | --- |
|  |  |
| 80m / 100m Finals | Pent. 100m |
| 800m | 2000m |
| Hurdle Finals | 100m Finals |
|  | 800m |
| 150m / 300m Timed Finals | Hurdle Finals |
| 1200m | 300m Finals |
| 4x 100m Relays | 1200m  Pent. 800m |
|  | 4x 100m Relays |
|  | 4x 400m Relays |
|  |  |

| **TIME** | **U13**  **Boys** | **U13**  **Girls** | **U14**  **Boys** | **U14**  **Girls** | **TIME** | **U17**  **Boys** | **U17**  **Girls** | **U17 Pent Boys** | **U17 Pent Girls** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **11:00** | HJ / DT | LJ / JT | TJ | SP | **3:30** | DT | SP |  |  |
| **11:30** |  |  |  |  | **4:00** | LJ | JT / HJ | LJ | HJ |
| **12:00** | SP | HJ / DT | LJ / JT | TJ | **4:30** | TJ / SP | DT |  |  |
| **12:30 pm** |  |  |  |  | **5:00** |  |  | SP |  |
| **1:00 pm** | TJ | SP | HJ / DT | LJ /JT | **5:30** | JT | TJ |  | SP |
| **1:30 pm** |  |  |  |  | **6:00** | HJ | LJ | HJ | LJ |
| **2:00** | LJ / JT | TJ | SP | HJ / DT | **6:30** |  |  |  |  |
| **2:30** |  |  |  |  |  |  |  |  |  |