Zone 7 Track & Field Meet

# Brandon, MB

Friday, May 23rd, 2025

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

Concludes at approximately 3:30 pm

**Entries:** Online via *Trackie.com* - under Zone 7 Track Championships

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

Email: [pkoshel@pcsdonline.ca](mailto: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 counts as one event.

- Para athletes may enter up to 3 events.

**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:** There is no canteen available. There is a water bottle filling station in the Sportsplex near the washrooms.

**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 11:00 12:45 2:15**

**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 (Javelin should have two adults)!! Adults must be at the event at all times. Please make note of the field implement weights for all categories and make sure each athlete is throwing the correct weight.

Convenor – WMCI – Paul Koshel

Starter/Marshall –Rivers - Jeff Maxwell/ Paul Koshel

Finish Line Supervision/Timers – WMCI – Cam Watson

Shot Put –Erickson

JV Girls - 3 kg

V Girls & JV Boys - 4 kg

V Boys - 5 kg

Para Girls - 3kg

Para Boys - 4kg

High Jump – Carberry + Ecole La Source if attending

Starting heights

JV & V girls - 1.30m Pent JV & V Girls - 1.20m

JV Boys - 1.40m Pent JV Boys - 1.30m

V Boys - 1.50m Pent V Boys - 1.40m

Discus – Elton

JV & V Girls - 1 kg

JV & V Boys - 1.5 kg

Para Girls & Boys - 1kg

Javelin – MacGregor

JV Girls - 500g

V Girls - 600g

JV & V Boys - 700g

Para Girls - 500g

Para Boys - 600g

Long Jump – Neepawa

Triple Jump – Minnedosa

Computer – WMCI - Taryn Rathwell

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!