

# Calgary Alternative Athletic Association

## Track and Field Technical Package 2015

---

**DATE:** Thursday, May 28<sup>th</sup>, 2015

**PLACE:** Foothills Athletic Park

**TIME:** 8:30 AM – 4:30 PM

**MEET Directors:** Jason Lindsay  
Calgary Arts Academy  
Ph: 403-229-3010 ext. 0  
Email: jlindsay@calgaryartsacademy.com

**AGE CATEGORIES:** **Junior – Under 13 as of September 1, 2014**  
**Intermediate – Under 14 as of September 1, 2014**  
**Senior – Over 14 as of September 1, 2014**

<b>EVENTS:</b>	<b><u>Junior</u></b>	<b><u>Intermediate / Senior</u></b>
	80m	100m
	150m	300m
	800m	800m
	1200m	1200m
	2000m	2000m
	80mH	80mH
	200mH	200mH
	Standing Long Jump (SLJ)	Long Jump (LJ)
	High Jump (HJ)	High Jump (HJ)
	Shot Put (SP)	Shot Put (SP)
	Turbo Javelin Throw (JT)	Javelin (JT)
	Discus (DT)	Discus (DT)
	4x 100m	4x 100m

**COST:** There is no additional cost for this meet.

**ENTRIES:**

- Entries this year will be through [www.trackiereg.ca](http://www.trackiereg.ca).
  - o 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 8 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\*\***

- Friday, May 22 @ 4:00 pm.
- Doug Lamont will send out a preliminary entry list to each school on Monday, May 25.
- Edits to the entries is to be completed prior to 4:00 pm on Tuesday, May 26.

---

**Thursday, May 28<sup>th</sup>, 2015 @ Foothills Athletic Park**

# Calgary Alternative Athletic Association

## Track and Field Technical Package 2015

---

### Track Events:

- Athletes must present themselves at the start line 10 minutes before the start of their event.
- Heats will be divided evenly 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.

### Field Events:

- Athletes must present themselves 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 and Turbo Javelin Throw (JT) each athlete will get 3 attempts.
- For HJ, each athlete will receive a maximum of 7 attempts.
- Turns missed in a field event will not be returned to the athlete if they leave for a track event or arrive late for an event.
- It is the responsibility of the athlete to notify the field event judge that they must leave for a track event.
- The exception to this is the high jump where the 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  
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 – Jason Lindsay (CAA)  
\*Marshals – FFCA (2)  
Starter – CAA (1)  
Finish Judging – Khalsa (2)  
Hurdles and Blocks – CSS to coordinate (2)  
\*High Jump– Pit 1 – CGS (3)  
\*Long Jump / Standing Long Jump – Westmount (3)  
Turbo Javelin / Javelin – ERS (3) – Eric Koo to coordinate.  
\*Discus – TTHS (3)  
\*Shot Put – Almadina (3)  
Relay set up: CSS (Schmeichel): Exchanges – EFA  
Awards, Lunch – La Source  
Results – AKCS (2)

**EQUIPMENT:** Each school will supply the necessary equipment for their event (i.e. tape measure, marking flags, shot, discus, and javelin): If you are unsure as to what you need to bring please contact Jason Lindsay. **High Jump pits, standards, hurdles will be provided. We need to provide the HJ bars.**

---

**Thursday, May 28<sup>th</sup>, 2015 @ Foothills Athletic Park**

# Calgary Alternative Athletic Association

## Track and Field Technical Package 2015

---

### TENTATIVE TRACK EVENT SCHEDULE

Events run youngest to oldest, all females then all males.

Approx. TIME	EVENT
9:00 am	2000m Open Girls & Boys
9:30 am	80m Hurdle Finals
10:15 am	80m and 100m Heats
11:15 am	1200m Timed Finals
11:45 pm	150m Timed Finals
12:15 pm	300m Timed Final
12:45 pm	<b>Lunch Break</b>
1:15 pm	200mH
2:00 pm	80m and 100m Finals
2:15 pm	800m Finals
3:00 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	Shot Put	-----	Long Jump	Javelin	Discus Throw
10:15	Discus Throw	High Jump	Shot Put	-----	Long Jump	Javelin
11:15	Turbo Javelin Throw	Discus Throw	High Jump	Shot Put	-----	Long Jump
12:15	Standing LJ	Turbo Javelin Throw	Discus Throw	High Jump	Shot Put	-----
1:15	-----	Standing LJ	Javelin	Discus Throw	High Jump	Shot Put
2:15	Shot Put	-----	Long Jump	Javelin	Discus Throw	High Jump

### TECHNICAL SPECS

Event	Junior	Intermediate	Senior
80mH	30", 12m to 1 <sup>st</sup> , 7.5m between	30", 12m to 1 <sup>st</sup> , 8m between	12m to 1 <sup>st</sup> , 8m between
200mH	30", 20m to 1 <sup>st</sup> , 35m between	30", 20m to 1 <sup>st</sup> , 35m between	30", 20m to 1 <sup>st</sup> , 35m between
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	4Kg	4Kg
Discus	750g	1Kg	1Kg
Turbo Javelin	500g	-	-
Javelin	-	600g	600g

---

**Thursday, May 28<sup>th</sup>, 2015 @ Foothills Athletic Park**