



2020 CISAA
High School Track & Field Meet
Tuesday May 12, 2020
@ Foothills Athletic Park

Event details:

- Tuesday May 12 at Foothills Athletic Park
- 8:30 am – 4:00 pm
- Rainout date – May 16
- 8:00 am Coaches Meeting.

Registration:

- Entries are done through trackie.com. The registration link will be forwarded by the end of April.
- The entry deadline is Friday May 8, 2020 at noon.
- Each school may enter UP TO 3 athletes per event.
- Athletes may only compete in 1 age category.
- 300m hurdles and Pentathlon are a new open event to our schedule. Top 2 qualify for Calgary Zone Championships.
- Athletes may do one relay if they participate in the pentathlon.
- 4 x 400m and 3000m are open events (age category rules do not apply).
- Each athlete may enter up to 4 events including relays.
- \$15 per athlete. Payable to CISAA

Athlete changes:

- Changes will be taken up to 8:00am submitted by the team coaches. Athletes are not permitted to make changes.

Equipment and Officiating:

- All equipment is supplied by the Calgary Track Council (CTC)
- Please bring your own relay batons.
- Photo finishing is done by the CTC.
- Officiating is led by University of Calgary Dino athletes and supported by our schools.

Technical Specifications:

| Senior High | Sprint Hurdles | Int. Hurdle | High Jump | Discus | Shot Put | Javelin |
|--------------------|---|---|---|--------|--------------------|---------|
| Junior Girls | 80mH – 30", 12m to 1 st , 8m between 8 hurdles | 300mH – 30", 50m to 1 st , 35m between 7 hurdles | Opening height – 1.10m Progression by 5cm | 1Kg | 3 kg (and pent) | 500g |
| Intermediate Girls | | | | | 4 kg | 600g |
| Senior Girls | 100mH – 30", 13m to 1 st , 8.5m between 10 hurdles | | | | | |
| Para Girls | - | - | - | - | 3Kg | - |
| Junior Boys | 100mH – 33", 13m to 1 st , 8.5m between 10 hurdles | 300mH – 33", 50m to 1 st , 35m between 7 hurdles | Opening height – 1.20m Progression by 5cm | 1.5Kg | 5Kg (and pent) | 700g |
| Intermediate Boys | | | | | | |
| Senior Boys | 100mH – 36", 13m to 1 st , 8.5m between 10 hurdles | | | 1.75Kg | 6Kg | 800g |
| Para Boys | - | - | - | - | 4Kg | - |

Event notes:

- After 3 attempts, the top 8 competitors receive three more attempts in throwing and horizontal jumping events.
- Track events take priority; therefore an athlete can jump or throw at the beginning or end of a flight if they need to go to a track event; but after the flight rotation has been completed without the athlete present for that round, the athlete will be given a fault.
- Athletes that miss events will not be allowed to rerun events without approval from U of C marshal.
- Top 2 athletes from the CISAA automatically qualify for the Calgary Zone Championships – May 23, 2020
- The 300m hurdles and pentathlon are now included into the City Championships and we will advance two from our CISAA HS meet to the City Championships.

Appeals:

- There is an Appeals Committee. You have 30 minutes to appeal an event after the results are posted. The committee consists of: Jason Lindsay, Brian Bridal and a U of C rep.

Meet Officiating Responsibilities are assigned as follows:

- Please arrive at your station by 8:15am to ensure an 8:30am start.
- Each school has been assigned to an event to assist the U of C marshal.
- Please let Jason know if there is an issue with your event.

| EVENT RESPONSIBILITY | SCHOOL |
|--------------------------------------|---|
| Track Events | U of C + Edge |
| Track Results and Ribbons (3 people) | Calgary French & International School |
| Registration / Results | Calgary Academy |
| Finish Line + Blocks | Edge + HCA |
| Triple Jump (3) | Rundle Academy + FFCA |
| Long Jump (3) | Webber + Rundle College |
| High Jump (3) | WIC + Tyndale |
| Discus (3) | Bearspaw + Ecole De la Rose |
| Shot Put (3) | Westmount |
| Javelin (3) | Foothills + Masters |
| Hurdle Crew (3) | Webber |
| Relay Exchange Zones | U of C |
| Jury of Appeal | Jason (CA), Brian (Bearspaw) U of C Rep |

Advancing athletes:

- Top two competitors in each category may advance to Calgary Zone Championships on May 23. The top 2 athletes in each event and age category at the CHSAA event will qualify to attend Provincials (June 5-6 in Medicine Hat).
- The top 2 athletes should indicate whether they want to compete at Calgary Zones. Please record on the result sheets at the awards table.

Awards:

1st through 3rd 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.

Tentative Schedule

The final schedule will be forwarded once all entries are finalized.

| Time | Event |
|----------|----------------------|
| 8:30 am | 300mH |
| 8:45 am | 200m Heats |
| 9:45 am | 800m |
| 10:15 am | 200m Finals |
| 10:45 am | 3000m |
| 11:15 am | 100m Heats |
| 12:00 pm | Sprint Hurdle Heats |
| 12:30 pm | Lunch |
| 1:00 pm | Sprint Hurdle Finals |
| 1:30 pm | 100m Finals |
| 2:00 pm | 1500m |
| 2:30 pm | 400m Timed Finals |
| 3:00 pm | 4x 100m Relays |