



## 2022 CISAA Junior High Track and Field Package

Coaches Meeting @ 8:00 AM

**Registration** - The registration links for these meets will be forwarded to all schools by the end of April.

### Registration Deadlines:

Red Meet: Tuesday, May 24 Blue: Friday, May 27

- Each school may enter UP TO 2 athletes per event.
- Athletes may only compete in 1 age category.
- 4x 400m and 2000m are open events (age category rules do not apply).
- 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.
- \$15 per athlete. Payable to CISAA

### Athlete changes:

- Changes will be taken up to 8:00am submitted by the team coaches. Athletes may not make changes – it is up to the coach.

### Equipment:

- All equipment is rented to us by the Calgary Track Council.
- Photo timing from the U of C and the Calgary Track Council

### Technical Notes:

<b>Boys &amp; Girls Track Events:</b>	<b>Boys &amp; Girls Field Events:</b>
80 metres (U13) / 100 metres (U14/U17)	Shot Put
150 metres (U13) / 300 metres (U14/U17)	Discus
800 metres	Javelin
1200 metres	High Jump
2000 metres (open)	Long Jump
80 metre hurdles (U13/U14 and U17 girls)	Triple Jump
100m hurdles U17 Boys	
4 x 100 metre relay	
4x 400 metre relay (open)	
Pentathlon (open event – 100m, HJ, LJ, SP, 800m)	

**Technical Specifications for Boys & Girls Hurdles & Field Events:**

	<b>Hurdles</b>	<b>High Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>
<b>U13</b>	27" or 30", 12m to 1 <sup>st</sup> , 7.5m between 8 hurdles	Start height: 80 cm., up by 5 cm.	3Kg	750g	400g
<b>U14 &amp; U17 Girls Hurdles</b>	30", 12m to 1 <sup>st</sup> , 8m between 8 hurdles	Start height: 90 cm., up by 5 cm.	3Kg – girls, 4Kg - boys	1Kg	500g – girls, 600g boys
<b>Senior Boys</b>	Boys Hurdles – 30", 13m to 1 <sup>st</sup> , 8.5m between, 8 hurdles	Start height: 100 cm., up by 5 cm.	3Kg – girls, 4Kg – boys	1Kg	500g – girls, 600g boys

**List of Schools:**

Schools looking to move from either Red or Blue meet to the other date, must contact Jason Lindsay.

<b>Red Meet – Tuesday, May 24</b>	<b>Blue Meet – Friday, May 27</b>
Glenmore Christian Academy	West Island College
Webber Academy	Rundle College
Calgary Christian	Foothills Academy
Menno Simmons Mustangs	FFCA North Middle School
Heritage Christian	Calgary French & International
Rundle Academy	Trinity Christian
Calgary Academy	Calgary Waldorf
Edge School	North Point
Clearwater Academy	Louie Pasteur
Tanbridge Academy	Tyndale
Delta West Academy	Masters College
Bearspaw Christian	

**Advancing athletes:**

- Top four competitors in each category may advance to CISAA League Finals on Thurs, June 2<sup>nd</sup>.\
- Athletes should indicate whether they want to compete in the league finals. Please record on the result sheets.

**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.
- If you have any questions, please contact Jason Lindsay at [jlindsay@calgaryacademy.com](mailto:jlindsay@calgaryacademy.com)

**Blue and Red Meet Officiating Responsibilities:**

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.

<b>RED MEET – May 24</b>	<b>Schools</b>		<b>BLUE MEET – May 27</b>	<b>SCHOOLS</b>
Track Events	UofC + CA		Track Events	UofC + MC (Kelly Ann)
Track Results and Ribbons (3 people)	Menno Simmons		Track Results and Ribbons (3 people)	MC
Registration / Results (2)	UofC + BCS		Registration / Results	UofC
Finish Line + Blocks	Heritage Christian		Finish Line + Blocks	Rundle College
Triple Jump (3)	Delta West Academy		Triple Jump (2)	North Point School
Long Jump (3)	Rundle Academy		Long Jump (2)	Trinity Christian
High Jump (3)	Calgary Christian		High Jump (2)	Tyndale
Discus (3)	Tanbridge Academy		Discus (2)	Calgary Waldorf
Shot Put (3)	Webber		Shot Put (2)	WIC
Javelin (3)	Edge		Javelin (2)	Foothills
Hurdle Crew	Glenmore Christian Academy		Hurdle Crew	CFIS
Relay Exchange Zones	U of C, Heritage Christian		Relay Exchange Zones	U of C, FFCA North Middle
Jury of Appeal	Jason (CA), U of C rep		Jury of Appeal	Kelly Ann (MC), U of C Rep

**Tentative Track Schedule – Blue and Red Meets:**

Final Schedule will be sent out once entries are confirmed.

Start Time: 8:30 am	80m / 100m Heats
	2000m
	80m / 100m Finals
	800m
	Hurdle Heats
	Lunch
	Hurdle Finals
	150m / 300m Timed Finals
	1200m
	4x 100m Relays
	4x 400m Relays

**Tentative Field Event Schedule:**

	<b>U13 Boys</b>	<b>U13 Girls</b>	<b>U14 Boys</b>	<b>U14 Girls</b>	<b>U17 Boys</b>	<b>U17 Girls</b>
<b>8:15am</b>	Shot Put	Triple Jump	Javelin	High Jump	Discus	Long Jump
<b>9:30 am</b>	Long Jump	Shot Put	Triple Jump	Javelin	High Jump	Discus
<b>10:45 am</b>	Discus	Long Jump	Shot Put	Triple Jump	Javelin	High Jump
<b>12:00 pm</b>	High Jump	Discus	Long Jump	Shot Put	Triple Jump	Javelin
<b>1:30 pm</b>	Javelin	High Jump	Discus	Long Jump	Shot Put	Triple Jump
<b>2:15 pm</b>	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 as begun).

The field events will have three rounds **and if time permits**, the top 6 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**

**Thursday, June 2<sup>nd</sup>, 2022**

THE TOP 4 finishers from the RED MEET and the BLUE MEET will qualify for the Jr High Championship Meet.

The Pentathlon! We are encouraging 3 entries for boys and 3 entries for girls per school. This pentathlon will run concurrently with the Championship meet events. This event will count as one of the 4 events individual athletes are allowed. Schools should understand that they may have athletes who qualify for the championships in T&F events that overlap with the pentathlon events.

Note: we plan to run the pentathlon events along with the championship events of the same kind. For example, of Hurdles order: hurdles U13 girls, U14 girls, U17 girls, pentathlon girls, U13 boys, U14 boys, U17 boys, pentathlon boys

COACHES MEETING @ 8:30am Thursday, June 2<sup>nd</sup>, 2022

Cost: \$10 per athlete entered

**CISAA Jr High Championship Tentative Schedule June 2<sup>nd</sup>, 2022**

9:00 am Pentathlon 100m  
800m  
Hurdle Finals  
2000m Finals  
150/300m Finals  
Lunch  
80m/100m Finals  
1200m Finals  
4x100m Relay  
Pentathlon 800m  
4x400m Relay

	<b>U13 Boys</b>	<b>U13 Girls</b>	<b>U14 Boys</b>	<b>U14 Girls</b>	<b>U17 Boys</b>	<b>U17 Girls</b>
<b>9:00 am</b>	HJ	LJ	TJ	SP	DT	JT
<b>10:00 am</b>	JT	HJ	SP	TJ	LJ & Pent LJ	DT
<b>11:00 am</b>	TJ	JT	LJ	DT	SP & Pent SP	HJ & Pent HJ
<b>12:30 pm</b>	DT	TJ	JT	LJ	HJ & Pent HJ	SP & Pent SP
<b>1:30 pm</b>	SP	DT	HJ	JT	TJ	LJ & Pent LJ
<b>2:30 pm</b>	LJ	SP	DT	HJ	JT	TJ

**Championship Meet Officiating Responsibilities:**

	<b>SCHOOLS (AM)</b>	<b>SCHOOLS (PM)</b>
Track Events	UofC + CA	UofC + CA
Track Results and Ribbons (3 people)	Calgary Academy	Menno Simmons
Registration / Results	Calgary Academy & UofC	CA & UofC
Finish Line + Blocks	Webber	Heritage Christian
Triple Jump (2)	Bearspaw Christian School	Delta West Academy
Long Jump (2)	Trinity Christian	Rundle Academy
High Jump (2)	Edge	Calgary Christian
Discus (2)	Calgary Waldorf	Tanbridge Academy
Shot Put (2)	WIC	Rundle College
Javelin (2)	Foothills	North Point School
Hurdle Crew	CFIS Glenmore Christian Academy	
Relay Exchange Zones	UofC, FFCA North Middle, Lycee Louis Pasteur, MC	
Jury of Appeal	Jason (CA), U of C Rep, Kelly Ann (MC)	