



## 2020 CISAA Junior High Track and Field Package

Coaches Meeting @ 8:00 AM

**Registration** - Is done through trackie.com. The links for these meets will be forwarded to all schools by the end of April.

### Registration Deadlines:

Red Meet: May 15

Blue: May 20

- Each school may enter UP TO 3 athletes per event.
- Athletes may only compete in 1 age category.
- 4x 400m and 2000m are open events (age category rules do not apply).
- Each athlete may enter up to 4 events plus relays.
- \$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 (Junior) / 100 metres (Intermediate/Senior)	Shot Put
150 metres (Junior) / 300 metres (Intermediate/Senior)	Discus
800 metres	Javelin
1200 metres	High Jump
2000 metres (open)	Long Jump
80 metre hurdles (Junior/Intermediate & Sr. girls)	Triple Jump
100m hurdles Senior 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>Junior</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>Intermediate &amp; Sr. 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:**

<b>Red Meet – Tuesday, May 19</b>	<b>Blue Meet – Friday, May 22</b>
Glenmore Christian Academy	West Island College
Webber Academy	Rundle College
Calgary Christian	Foothills Academy
Menno Simmons Mustangs	Calgary Academy
Heritage Christian	FFCA North Middle School
Rundle Academy	Calgary French & International
Masters College	Trinity Christian
Edge School	Calgary Waldorf
Clearwater Academy	North Point
Tanbridge Academy	Louie Pasteur
Delta West Academy	Tyndale
Bearspaw Christian	

**Advancing athletes:**

- Top four competitors in each category may advance to CISAA League Finals on May 28.
- Athletes should indicate whether or not 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 19</b>	<b>Schools</b>	<b>BLUE MEET – May 22</b>	<b>SCHOOLS</b>
Track Events	UofC + BCS (Brian)	Track Events	UofC + CA
Track Results and Ribbons (3 people)	Menno Simmons	Track Results and Ribbons (3 people)	CA
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	Nick (CA), U of C rep	Jury of Appeal	Jason (CA), U of C Rep

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

Final Schedule will be sent out once entries are confirmed.

8:30 am	80m / 100m Heats
9:45 am	2000m
10:45 am	80m / 100m Finals
11:30 am	800m
12:00 pm	Hurdle Heats
12:45 pm	Lunch
1:15 pm	Hurdle Finals
2:00 pm	150m / 300m Timed Finals
2:30 pm	1200m
3:00 pm	4x 100m Relays
3:30 pm	4x 400m Relays

### Tentative Field Event Schedule:

	<b>Junior Boys</b>	<b>Junior Girls</b>	<b>Int. Boys</b>	<b>Int. Girls</b>	<b>Senior Boys</b>	<b>Senior 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 has 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**

**May 28th, 2020**

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

The Pentathlon (Girls and Boys categories) is in its third year! We are allowing 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 bantam girls, midget girls, juvenile girls, pentathlon girls, bantam boys, midget boys, juvenile boys, pentathlon boys

COACHES MEETING @ 8:30am  
When: Thursday, May 28, 2020  
Cost: \$10 per athlete entered

### CISAA Jr High Championship Tentative Schedule May 28, 2020

8:45 am	Pentathlon 100m
9:00 am	800m
9:30 am	
10:00 am	Hurdle Finals
10:30 am	2000m Finals
11:00 am	150/300m Finals
11:30 am	Lunch
12:00 pm	80m/100m Finals
12:30 pm	1200m Finals
1:00 pm	
1:30 pm	4x100m Relay
2:00 pm	Pentathlon 800m
2:30 pm	4x400m Relay

	Junior Boys	Junior Girls	Int. Boys	Int. Girls	Senior Boys	Senior Girls
<b>8:30 am</b>	HJ	LJ	TJ	SP	DT	JT
<b>9:30 am</b>	JT	HJ	SP	TJ	LJ & Pent LJ	DT
<b>10:30 am</b>	TJ	JT	LJ	DT	SP & Pent SP	HJ & Pent HJ
<b>11:30 am</b>	DT	TJ	JT	LJ	HJ & Pent HJ	SP & Pent SP
<b>12:30 pm</b>	SP	DT	HJ	JT	TJ	LJ & Pent LJ
<b>1:30 pm</b>	LJ	SP	DT	HJ	JT	TJ

### Championship Meet Officiating Responsibilities:

	SCHOOLS (AM)	SCHOOLS (PM)
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, Masters	
Jury of Appeal	Jason (CA), U of C Rep, Bonnie (FA), Nick (RC)	