



2023 CISAA
High School Track & Field Meet
Monday May 15, 2023
@ Foothills Athletic Park

Event details:

- Monday, May 15 at Foothills Athletic Park
- 8:30 am – 4:00 pm
- Rainout date – May 19
- 8:00 am Coaches Meeting.

Registration:

- The registration link for entries will be forwarded by the end of April.
- The entry deadline is Thursday, May 11, 2023, 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 on the schedule and will be at one of the two DINO meets. Top 2 qualify for ASAA Provincial Championships in the Senior Category only.
- Athletes may do one relay if they participate in the pentathlon.
- 4x 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.

Age Groups:

As of September 1, 2022

Junior – U16

Intermediate – U17

Senior – U20

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 – 30", 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 27, 2023.
- The 300m hurdles and pentathlon are now included into the City Championships. If you have athletes interested in competing in these two events, they must compete in the DINO HS meets. Specifics will be forthcoming in April.

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, Kelly Ann Wasylyshyn, 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. You need to bring 3 volunteers to assist in successfully running the event.
- Each school has been assigned to an event to assist the U of C marshal.
- Please let Jason Lindsay know if there is an issue with your event.

EVENT RESPONSIBILITY	SCHOOL
Meet Director	U of C + Calgary Academy (Jason Lindsay)
Track Results and Ribbons (3 people)	Calgary French & International School
Registration / Results (2)	Edge
Finish Line + Blocks	Edge + HCA
Triple Jump (3)	Rundle Academy + FFCA
Long Jump (3)	Webber + Rundle College
High Jump (3) 2 Pits	WIC Clearwater
Discus (3)	Bearspaw + Ecole De la Rose
Shot Put (3)	Westmount + Tyndale
Javelin (3)	Foothills + Masters College
Hurdle Crew (3)	Webber
Relay Exchange Zones	U of C
Jury of Appeal	Jason (CA), Kelly Ann (Masters) U of C Rep

Advancing athletes:

- Top two competitors in each category may advance to Calgary Zone Championships on May 27. The top 2 athletes in each event and age category at the CHSAA event will qualify to attend ASAA Provincials (June 2-3 in Edmonton).
- 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. The ribbons can be picked up in the results area. Top 8 athletes in each event will receive points for top school overall. Individuals in each age group will compile aggregate scores and the top 3 in each age category will receive medals.

Tentative Track Schedule

The final schedule will be forwarded once all entries are finalized. This is the order of the track events.

Time	Event
8:30 am track start time.	800m
	200m Finals
	3000m
	Sprint Hurdle Finals
	100m Heats
	Lunch
	100m Finals
	1500m
	400m Timed Finals
	4x 100m Relays
	4x 400m Relay

Tentative Field Schedule

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

	Junior Boys	Junior Girls	Intermediate Boys	Intermediate Girls	Senior Boys	Senior Girls
8:15am	Shot Put	Triple Jump	Javelin	High Jump	Discus	Long Jump
9:30 am	Long Jump	Shot Put	Triple Jump	Javelin	High Jump	Discus
10:45 am	Discus	Long Jump	Shot Put	Triple Jump	Javelin	High Jump
12:00 pm	High Jump	Discus	Long Jump	Shot Put	Triple Jump	Javelin
1:30 pm	Javelin	High Jump	Discus	Long Jump	Shot Put	Triple Jump
2:15 pm	Triple Jump	Javelin	High Jump	Discus	Long Jump	Shot Put