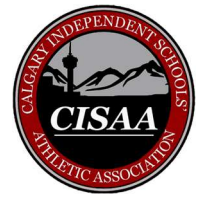


2023 CISAA Junior High Track and Field Package

Coaches Meeting @ 8:00 AM

Meet Days: Red: Tuesday, May 23 **Blue:** Friday, May 26 **Junior High Champs:** Thursday, June 1



Registration Deadlines:

Red Meet: Thursday, May 18 **Blue:** Tuesday, May 23

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

Age Groups:

U13: under 13 as of September 1 of the school year and in grade 7.

U14: under 14 as of September 1 of the school year and in grade 7 or 8.

U17: under 17 as of September 1 of the school year and in grade 7,8 or 9.

Notes:

- Each school may enter UP TO 3 athletes per event.
- Athletes may only compete in 1 age category except for the 2000m and 4x400m which are open/U17 events - Age category rules do not apply. Awards are only for then open/U17 category.
- 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.
- Max 2 entries for boys and 2 entries for girls per school for the pentathlon. The athletes may either compete in individual events or the pentathlon – not both. Athletes in the pentathlon may participate in one relay only.
- \$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. As well, the athlete must already be registered to compete in the competition and provided they do not exceed the competition maximums.

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.

Equipment:

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

Technical Notes:

Boys & Girls Track Events:	Boys & Girls Field Events:
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:

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

Red Meet – Tuesday, May 23	Blue Meet – Friday, May 26
Webber Academy	Calgary Christian
National Sports School	FFCA North Middle School
Tyndale Christian School	Calgary French & International
Edge School	Trinity Christian
Clear Water Academy	North Point
Tanbridge Academy	Masters College
Delta West Academy	Menno Simmons Mustangs
Bearspaw Christian	Rundle Academy
Foothills Academy	FFCA South Middle School
Rundle College	Heritage Christian Academy
Glenmore Christian Academy	Renert
STEM	Westmount Charter School
Calgary Waldorf	
Calgary Jewish Academy	
West Island College	
Calgary Islamic School	
Calgary Academy	

Advancing athletes:

- Top four competitors in each category may advance to CISAA League Finals on Thurs, June 1st.
- Athletes should indicate whether they want to compete in the league finals. Please record on the result sheets.
- THE TOP 4 finishers from the RED MEET and the BLUE MEET will qualify for the Jr High Championship Meet on Thursday, June 1st.

Awards:

- 1st through 4th 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.
- At the Junior Champs meet, the top three aggregate score for everyone in each age category will receive medals.
- If you have any questions, please contact Jason Lindsay at jlindsay@calgaryacademy.com.
- Team Aggregate Scores for Banners and trophies for top points accumulation for J, JJ, and JJJ schools at the championship meet (Jr. High). Top 8 in each event will garner team points for their schools.

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.

RED MEET – May 23	Schools	BLUE MEET – May 26	SCHOOLS
Meet Director	UofC & CA (Jason)	Meet Director	UofC + Masters (Kelly Ann)
Track Results and Ribbons (3 people)	Tyndale & STEM	Track Results and Ribbons (3 people)	Menno Simmons &
Registration / Results (2)	UofC & Bearspaw Christian School	Registration / Results	UofC & HCA
Finish Line + Blocks	Edge	Finish Line + Blocks	Rundle Academy
Triple Jump (3)	Delta West Academy	Triple Jump (3)	Calgary Christian
Long Jump (3)	Rundle College & WIC	Long Jump (3)	Trinity Christian
High Jump (3) 2 Pits	National Sport School & Tanbridge Academy	High Jump (3 each) 2 pits	FFCA South North Point School
Discus (3)	Waldorf / CIS	Discus (3)	Renert
Shot Put (3)	Webber / Calgary Jewish Academy	Shot Put (3)	FFCA North Middle
Javelin (3)	Clear Water / Foothills	Javelin (3)	Westmount
Hurdle Crew (3)	Glenmore Christian Academy	Hurdle Crew (3)	CFIS
Relay Exchange Zones	U of C & CA	Relay Exchange Zones	U of C + Masters
Jury of Appeal	Jason (CA), U of C rep	Jury of Appeal	Kelly Ann (MC), U of C Rep

Tentative Track Schedule – Blue & Red Meets:

Final Schedule will be sent out once entries are confirmed.

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

Tentative Field Event Schedule:

	U13 Boys	U13 Girls	U14 Boys	U14 Girls	U17 Boys	U17 Girls	Pent. Boys	Pent. 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	Pent. LJ	
10:45 am	Discus	Long Jump	Shot Put	Triple Jump	Javelin	High Jump	Pent. SP	Pent. HJ
12:00 pm	High Jump	Discus	Long Jump	Shot Put	Triple Jump	Javelin	Pent. HJ	Pent. SP
1:30 pm	Javelin	High Jump	Discus	Long Jump	Shot Put	Triple Jump		Pent. LJ
2:15 pm	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 8 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 1st, 2023**

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

COACHES MEETING @ 8:30am

Cost: \$10 per athlete entered

CISAA Jr High Championship Tentative Schedule

Start Time: 9:00 am	Pent. 100m
	2000m
	80m / 100m Finals
	800m
	Hurdle Finals
	Lunch
	150m / 300m Timed Finals
	1200m Pent. 800m
	4x 100m Relays
	4x 400m Relays

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

Championship Meet Officiating Responsibilities:

AM	Schools	PM	SCHOOLS
Meet Director	UofC & CA	Meet Director	UofC + CA
Track Results and Ribbons (3 people)	Tyndale & STEM	Track Results and Ribbons (3 people)	Menno Simmons & FFCA South
Registration / Results (2)	UofC & Bears paw Christian School	Registration / Results	UofC & HCA
Finish Line + Blocks	Edge	Finish Line + Blocks	Rundle Academy
Triple Jump (3)	Delta West Academy	Triple Jump (3)	Calgary Christian
Long Jump (3)	Rundle College & Foothills	Long Jump (3)	Trinity Christian & North Point School
High Jump (3) 2 Pits	National Sport School & Tanbridge Academy	High Jump (3 each) 2 pits	Calgary Jewish Academy & Renert
Discus (3)	Westmount	Discus (3)	Calgary Waldorf & CIS
Shot Put (3)	Webber	Shot Put (3)	FFCA North Middle
Javelin (3)	Clear Water	Javelin (3)	WIC
Hurdle Crew (3)	Glenmore Christian Academy	Hurdle Crew (3)	CFIS
Relay Exchange Zones		Relay Exchange Zones	U of C + MC
Jury of Appeal	Jason (CA), U of C rep	Jury of Appeal	Kelly Ann (MC), U of C Rep