

Northwest Alberta Schools Athletic Association

Zone 8 Track and Field Championship 2017

Brought to you by Spirit River Academy and Sexsmith Secondary

(Revised May 17 – Pent now on Day 2)

Location: Track is located at 11313 105 St, Grande Prairie, AB (Legion Track at GP Composite)

Dates: Friday May 26th and Saturday May 27th 2017

Friday, May 26th, 2017

Coaches Meeting: 11:00 a.m.

Meet Start Time: 11:30 a.m.

Saturday, May 27th, 2017

Coaches Meeting: 8:15 a.m.

Meet Start Time: 8:30 a.m.

The meet will be held over two days (Friday at 11:00 a.m. to 7:15 p.m. and Saturday 8:15 a.m. to 2:30 p.m.) Please make note of events and which day they are scheduled.

- Washrooms are found under the Grandstand/bleachers at the Track.
- **An onsite concession might be available – check back for updates.**

General Ground Rules and Technical Specifications:

- We will be following the posted schedule and will do our best to stay on pace. We will not start events before the scheduled posted times.
- Competitors must be wearing a top that distinguishes their school and appropriate footwear.
- In any age group event where heats are scheduled and 8 competitors or fewer start the race, or where some athletes fail to show up, FINALS will be held at the time of the scheduled HEAT.
- Starting blocks will be available for all competitors, although you are welcome to bring your own. **High school competitors must use starting blocks for the hurdles, 100, 200, 400, and relay races.**
- Surface on the track is all weather (rubber), suitably for spikes not exceeding 7 mm needle or cone.
- Concrete surfaces for shot put and discus.
- Long jump, triple jump, high jump, and javelin throwing areas are the same surface as the track (rubber).
- **All track and field events for each category run at the posted time** (i.e. Don't ask to jump or throw early because you have to leave early to go to Grad – the answer is “no.”).

Eligibility:

Athletes attending the Zone meet must have qualified through their District and must meet all Zone requirements for eligibility. Districts are restricted to two competitors per event per age class.

Each athlete is restricted to a maximum of four events, including relays.

(Boys/Girls refers to Junior High; Men/Women refers to High School)

Events:

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100M, 200M, 400M, 800M, 1500M, 3000M, hurdles, high jump, long jump, triple jump, shot put, discuss, javelin, and 4x100 relay for all categories.

Relay teams with athletes from different schools are permitted. Also note, athletes on relay teams must compete in the same age category for all events (e.g. an athlete cannot do the Junior Boys 400 and High Jump and then run on a 4 x 100 relay in the Intermediate Boys category.)

Open Events:

- 4x400M relay and – can be contested by all athletes within a grouping (i.e. Jr. high as a group, Sr. high as a group).
- Men and women pentathlons 100m,SP,LJ,HJ, 800m (**high school only**). Competitors will compete on Day 2. The Pent field events will be conducted at the same time as other competitions – see schedule.
- 300m hurdles (**high school only**)
- Para-Olympic events can be offered depending on registrants.

Event Specifications:

	SHOTPUT	DISCUS:	JAVELIN:
Junior and Intermediate Girls	3 kg	750 g	500 g
Senior Girls	3 kg	1 kg	500 g
Junior and Intermediate Women	3 kg	1 kg	500 g
Senior Women	4 kg	1 kg	600 g
Junior and Intermediate Boys	4 kg	1 kg	600 g
Senior Boys	5 kg	1.5 kg	700 g
Junior and Intermediate Men	5 kg	1.5 kg	700 g
Senior Men	6 kg	1.75 kg	800 g

HURDLES

Category	Distance	Number	Height	Meters to Start	Meters in between
Junior Girls	80m	8	76 cm	12.00 m	8.0 m
Int. Girls	80m	8	76 cm	12.00 m	8.0 m
Senior Girls	80m	8	76 cm	12.00 m	8.0 m
Jr. Women	80m	8	76 cm	12.00 m	8.0 m
Int. Women	80m	8	76 cm	12.00 m	8.0 m
Sr. Women	80m	8	84 cm	12.00 m	8.0 m
Junior Boys	80m	8	76 cm	12.00 m	8.0 m
Int. Boys	100m	10	84 cm	13.00 m	8.5 m
Senior Boys	100m	10	84 cm	13.00 m	8.5 m
Junior Men	100m	10	84 cm	13.00 m	8.5 m
Int. Men	100m	10	84 cm	13.00 m	8.5 m
Senior Men	100m	10	91 cm	13.00 m	8.5 m
Open Women	300m	7	76 cm	50.00m	35.0 m
Open Men	300m	7	84 cm	50.00 m	35.0 m

Age Classes: (Ages as of September 1, 2016)

Junior High (Boys and Girls)

Junior	under 13
Intermediate	under 14
Senior	under 16

Senior High (Men and Women)

Junior	under 16
Intermediate	under 17
Senior	under 19

Entry Deadline:

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Entries are due on **Tuesday, May 24, 2016 before 8 p.m.** E-mail a Hy-tek file (i.e. Advancer file) to bcorcoran@gprc.ab.ca . Your district contact should be making all the

IMPORTANT: Before sending your Advancer file, make sure that

1. Your **school codes** and **team names** match the approved ASAA school codes
2. Your **division names** and **numbers** match the approved division names and numbers

Copies of the approved school codes and division names are posted on the NW Zone Meet Page at www.wolvesac.com

If you are unable to enter with a Hytek Advancer file, please contact Bill Corcoran well in advance of the deadline for instructions and authorization to use the online Trackie.ca registration system.

Order of Events: (i.e. when track and field event times overlap)

It is very important that all coaches remind their athletes that track events take preference over field events. It is the responsibility of the athlete to inform the field event judge that he/she must leave and then RETURN as soon as their event is run. If for some reason the track event is delayed or rescheduled, the athlete MUST return to the field event as soon as possible.

While the athlete is absent from the field event, the field event competition will continue to run. If a round of attempts concludes while the absent athlete is not at the field event, the next round will commence (i.e. the absent athlete forfeits the completed round's attempt.)

Coaches should consult the meet schedule when entering athletes and anticipate any potential event overlaps. If any athlete's primary event is the field event, it may be prudent not to enter a track event which is scheduled at the same time.

Point System:

Individual Points

1 st	16 points
2 nd	15 points
3 rd	14 points
4 th	13 points
5 th	12 points
.....	
16 th	1 point

Relay Team Points

1 st	16 points
2 nd	15 points
3 rd	14 points
4 th	13 points
5 th	12 points
.....	
16 th	1 point

Entry Fee:

The fee is **\$15.00 per athlete per made payable to Sexsmith Secondary School**. Please make sure you have a District cheque rather than one per school. Entry fees are expected to be paid before the Coaches' Meeting. .

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Please note that the school will be charged an entry fee for every registered athlete regardless if they show up or not. Medical exceptions apply. Coaches can make requests to Bill or Erin for any other reasons.

Entries To:

- Mr. Bill Corcoran, Wolves Athletics Club
780-538-2369
Email: bcorcoran@gprc.ab.ca

Website:

Updated information, schedule, results, Zone Records, etc. are posted on the Wolves Athletics Club site at www.wolvesac.com Please check the site for updated information.

ASAA High School Provincial Entries:

It is imperative that coaches talk to their athletes and determine prior to the meet whether they intend to compete at **ASAA High School Provincials** on Friday, June 2rd and Saturday June 3rd in Edmonton, AB, should they qualify by finishing 1st or 2nd in each High School category. Coaches need to register their athletes for provincials before the end of the meet. If there are any openings, due to an athlete choosing not to participate, the third place finisher may be contacted.

Appeals:

Appeals must have proper form filled out, accompanied by a \$20.00 fee to the jury of appeal. If the appeal is successful the cheque will be returned to the team. Appeals will be heard by meet director, Bill Corcoran, and a District Coach not involved in the appeal.

Scratches/Deletions:

Can only be made by District Coaches prior to or at the beginning of the meet on Friday and/or Saturday. Please use proper form and give to meet coordinator at coaches meeting. Registrations at the event will not be accepted unless authorized by Bill or Erin.

Officials:

As per usual, we are-requiring that each District oversee one event to ensure it runs smoothly. **Make sure that at least 3 people from your District are available to officiate at the event which your District is assigned.**

District	Event
East Smokey	Javelin
Fairview	Long Jump
Far North	Triple Jump
High Prairie	Discus
County of GP	Shot Put
Peace River	High Jump
G.P. City and Spirit River	Track Events

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I sincerely hope you have a wonderful meet.

Erin Connell

Spirit River Regional Academy
Connell, Erin <ErinConnell@pwsd76.ab.ca>

Ali Lario

Sexsmith Secondary School
Lario, Alison <alisonlario@pwsd76.ab.ca>