

# Northwest Alberta Schools Athletic Association Zone 8 Track and Field Championship 2018

Hosted by: Grande Prairie Christian School

**Location:** Legion Track is located at 114<sup>th</sup> Avenue and 105 Street,  
across the street from Tony Roma's

**Dates:** Friday May 25<sup>th</sup> and Saturday May 26<sup>th</sup> 2018

Friday, May 25<sup>th</sup>, 2018

*Coaches Meeting:* 11:00 a.m.

*Meet Start Time:* 11:30 a.m.

Saturday, May 26<sup>th</sup>, 2018

*Coaches Meeting:* 8:45 a.m.

*Meet Start Time:* 9:00 a.m.

The meet will be held over two days (Friday at 11:30 a.m. to 6:45 p.m. and Saturday 9:00 a.m. to 3:00 p.m.) Please make note of events and which day they are scheduled.

## Website:

Updated information, schedule, results, Zone Records, etc. are posted on the Wolves Athletics Club site at [www.wolvesac.com](http://www.wolvesac.com) Please check the site for updated information.

## General Technical Specifications:

### Facility:

- The running track as well as jumping and javelin surfaces are rubberized and suitable for spikes not exceeding 7 mm needle or cone.
- Concrete surfaces for shot put and discus. There will be a discus cage set up.
- There are washrooms available at the track.
- 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 4 x 100m and 4 x 400m relay races.**

### Scheduling:

- We will be following the posted schedule and will do our best to stay on pace.
- In any age group event where heats are scheduled and 8 competitors or fewer enter, or where some athletes fail to show up, FINALS will be held at the time of the scheduled heat.
- Some age categories may be combined into one large category.

### Eligibility:

Athletes attending the Zone meet must have qualified through a District meet 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 means High School). Competitors need to be wearing a top that distinguishes their school and appropriate footwear.

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### Events:

100M, 200M, 400M, 800M, 1500M, 3000M, hurdles, high jump, long jump, triple jump, shot put, discuss, javelin, and 4x100 relay for all categories. **Districts can choose to create mixed school relay teams.**

### 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).
- 300m hurdles (High School men and High School Women only)
- Pentathlon (High School men and High School Women only)
- Para-Olympic events as needed.

### Age Classes: (Ages as of August 31<sup>st</sup>, 2017)

#### Junior High (Boys and Girls)

- |              |   |
|--------------|---|
| Junior       | under 13 (As of September 1 <sup>st</sup> of this school year I was 12 or less)                     |
| Intermediate | under 14 (As of September 1 <sup>st</sup> of this school year I was 13)                             |
| Senior       | under 16 (As of September 1 <sup>st</sup> of this school year I was 14 or 15 but still in Jr. High) |

#### Senior High (Men and Women)

- |              |   |
|--------------|---|
| Junior       | under 16 (As of September 1 <sup>st</sup> of this school year I was 15 or less) |
| Intermediate | under 17 (As of September 1 <sup>st</sup> of this school year I was 16)         |
| Senior       | under 19 (As of September 1 <sup>st</sup> of this school year I was 17 or 18)   |

### Entry Deadline:

- Entries are due on **Tuesday, May 22, 2018 before 6 p.m.** using the Trackie program or Hytek Advancers File. All entries need to go through your District contact
- If you are sending a Hytek file, please contact Bill first to ensure that your Division codes are compatible. .
- If you are using Trackie, contact Bill to be given access.
- Bill Corcoran – [bcorcoran@gprc.ab.ca](mailto:bcorcoran@gprc.ab.ca) 780 538 2369

### Order of Events:

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. Please note, **if there are 8 or fewer competitors, heats will be run as Finals at the scheduled heat time.**

### Point System:

#### Individual Points

- |                 |           |
|-----------------|-----------|
| 1 <sup>st</sup> | 16 points |
| 2 <sup>nd</sup> | 15 points |

#### Relay Team Points

- |                 |           |
|-----------------|-----------|
| 1 <sup>st</sup> | 16 points |
| 2 <sup>nd</sup> | 15 points |

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3<sup>rd</sup> 14 points  
4<sup>th</sup> 13 points  
.....  
16<sup>th</sup> 1 point

3<sup>rd</sup> 14 points  
4<sup>th</sup> 13 points  
.....  
16<sup>th</sup> 1 point

## Entry Fee:

The fee is **\$15.00 per athlete** per made payable to **Grande Prairie Christian 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 on Friday at the north end of the tower. If this is not possible please email me. If you require an invoice to be sent to the school prior to the event, please let me know.

**Please note that any student who is registered will be charged an entry fee whether they show up or not.** Medical exceptions apply. Coaches can make requests to Bill or Louis for any other reasons.

## Entries To:

Mr. Bill Corcoran, Wolves Athletics Club  
780-538-2369 Email: [bcorcoran@gprc.ab.ca](mailto:bcorcoran@gprc.ab.ca)

Mr. Louis Chabot, Grande Prairie Christian School  
8202 110 St, Grande Prairie, AB T8W 1M3  
Email: [louis.chabot@gppsd.ab.ca](mailto:louis.chabot@gppsd.ab.ca)  
School Phone: (780) 539-4566 School Fax :(780) 814-6922

## 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 1<sup>st</sup> and Saturday June 2<sup>nd</sup> in Red Deer, should they qualify by finishing 1<sup>st</sup> or 2<sup>nd</sup> 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 will 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 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 Louis.

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## Officials:

We will do our best to supply as many officials as possible for all events; however, it is unlikely we will be able to fulfill this throughout the track meet. As per usual, we are asking each zone to oversee one event to ensure it runs smoothly.

<b>District</b>	<b>Event</b>
East Smokey	Javelin
Fairview	Long Jump
Far North	Triple Jump
High Prairie	Discus
Peace River	Shot Put
Spirit River	High Jump
County G.P.	Track Events

I sincerely hope you have a wonderful meet.

Louis Chabot  
Grande Prairie Christian School  
Track and Field Head Coach  
Zone Meet Coordinator