

**Northwest Alberta Schools Athletic Association
Zone 8 Track and Field Championship 2019**

Hosted by: Sexsmith Secondary School

Location: Legion Track is located at 114th Avenue and 105 Street

Dates: Friday, May 31, & Saturday, June 1, 2019

Friday, May 31, 2019		Saturday, June 1, 2019	
Coaches Meeting	11:00 AM	Coaches Meeting	8:45 AM
Meet Start Time	11:30 AM	Meet Start Time	9:00 AM

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. 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.
- In categories with small numbers, we will combine athletes from different categories into a single race
- Junior High 400m will be run as a single race (no heats) using a waterfall start.

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).
 - Pentathletes can register in the pent plus one additional event (relay included)
- Competitors need to be wearing a top that distinguishes their school and appropriate footwear.

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)
 - If you are competing in Pentathlon you can only enter in 1 additional event (including relay)
 - Para-Olympic events as needed.

Age Classes: (Ages as of August 31st, 2018)

Junior High (Boys and Girls)

- Junior under 13 (As of September 1st of this school year I was 12 or less)
- Intermediate under 14 (As of September 1st of this school year I was 13)
- Senior under 16 (As of September 1st 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 1st of this school year I was 15 or less)
- Intermediate under 17 (As of September 1st of this school year I was 16)
- Senior under 19 (As of September 1st of this school year I was 17 or 18)

Entry Deadline:

- Entries are due on **Tuesday, May 28, 2018 before 8:00 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 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	Relay Team Points
1st 16 points	1st 16 points
2nd 15 points	2nd 15 points
3rd 14 points	3rd 14 points
4th 13 points	4th 13 points
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16th 1 point	16th 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 at or before the Coaches' Meeting on Friday at the north end of the tower. If this is not possible please email Ali Lario (alisonlario@pwsd76.ab.ca)
- If you require an invoice to be sent to the school prior to the event, please let Ali Lario 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 Ali for any other reasons.

Entries To:

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

Meet Coordinator:

Alison Lario, Sexsmith Secondary School
9401-99 Ave, Sexsmith, AB T0H3C0
School Number: 780-568-3642
Cell Number: 780-832-7112

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 6th and Saturday June 7th in Calgary, 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 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 Ali.

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 district to oversee one event to ensure it runs smoothly.

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