

2019 Grande Prairie Catholic Jr High City Track & Field Championships

Full meet information available at the meet webpage

<https://wolvesac.com/nw-zone-and-gp-jr-high-track-page/2019-gp-catholic-junior-high-track-meet/>

WHEN: Monday, May 13th, 2019 from 8:30-2:30 pm.

WHERE: Legion Field, Grande Prairie.

AGE CATEGORIES:

- Junior = under the age of 13 as of September 1, 2018
- Intermediate = under the age of 14 as of September 1, 2018
- Senior = under the age of 16 as of September 1, 2018

ENTRY INFO:

- Coaches will enter athlete's online at the Trackie website

<https://www.trackie.com/online-registration/register/2019-gp-catholic-junior-high-meet/32131/>

- Each school is allowed only two athletes per event in each category
- Only enter the athletes in a max of 3 events and a relay.
- 100M, 200M, Hurdles, and 4 x 100 will be run as timed finals. Coaches- your strongest runners will run in the A final; your other runner will run in the B final. The A final winner will go to Zones. B final winners will not go to Zones.

Designate your **A final runners** by entering a seed time for him or her; leave the seed time blank for **B final runners**

First Name *	Last Name *	Gender *
A Final	Runner	<input checked="" type="radio"/> Male <input type="radio"/> Female
Hometown	Team (<i>Missing?</i>) *	DOB (YYYY/MM/DD) *
	Nw:John Paul II (JPIIA)	2006 / 01 / 01
Event	Share events with	Category
100		Junior
Seed		
15.00		

Deadline for entries is Tuesday, May 7th at 12 noon.

ENTRY FEE: \$10 for each athlete
Please make cheques payable to Holy Cross Catholic School.

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TECHNICAL INFO:

- Each school will be responsible for supervising an event
- Participants will be given 3 trials in the throwing and jumping events.
- ALL TRACK EVENTS will take precedence over field event. Go back to field events to do your trials.
- All timing will be hand timed without wind gages.

ZONE QUALIFIER:

- The 1st place athlete from each event qualifies for Zone Meet – May 31 and June 1 in Grande Prairie. Meet information is posted here:

<https://wolvesac.com/nw-zone-and-gp-jr-high-track-page/nw-zone-track-and-field-page/>

** Please ensure that all athletes know if they can go to Zones. It is imperative that athletes know if they can attend or not as we will be entering the zone finishers as events are completed during the day/evening on Mon. 13th!!

EVENTS OFFERED:

100M	Long Jump
200M	Triple Jump
400M	High Jump
800M	Shot Put (3kg – Girls, 4kg – JB, IB, 5 kg – SB)
1500M	Discus (750g – JG, IG, 1kg – SG, JB, IB, 1.5kg – SB)
3000M	Javelin (500g – Girls, 600g – JB, IB, 700g – SB)
80m Hurdles – Girls, JB	
100m Hurdles – IB, SB	
4x100M Relay	

FIELD SCHEDULE:

Time	JR Girls	JR Boys	INT Girls	INT Boys	SR Girls	SR Boys
9:00 AM	Long Jump		Discus	Triple Jump	High Jump	Javelin
9:30 AM	Shot Put	Long Jump		Discus	Triple Jump	High Jump
10:00 AM	Javelin	Shot Put	Long Jump		Discus	Triple Jump
10:30 AM	High Jump	Javelin	Shot Put	Long Jump		Discus
11:00 AM	Triple Jump	High Jump	Javelin	Shot Put	Long Jump	
11:30 AM	Discus	Triple Jump	High Jump	Javelin	Shot Put	Long Jump
12:00 PM		Discus	Triple Jump	High Jump	Javelin	Shot Put

TRACK SCHEDULE:

Time	Event	Categories
8:30 AM	80M Hurdles	ALL age Categories
9:00 AM	3000M	ALL age Categories
9:30 AM	100M	ALL age Categories
10:30 AM	800M	ALL age Categories
11:15 AM	200M	ALL age Categories
12:30 PM	1500M	ALL age Categories
12:50 PM	400M	ALL age Categories
1:45 PM	4x100M	ALL age Categories