

Grande Prairie Public School District

Track & Field Championships 2019

(revised May 10. 2019)

WHEN: Wednesday May 22th, 2019; from 8:15-2:30 pm.

*Inclement weather postponement day is May ?

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:

- Each school will be allowed a **maximum of two athletes per event in all categories.**
- Athletes can only be entered in a **maximum of 4 events.**
 - **Relays** are considered one of your 4 events.
- Designated school coaches will enter participating athletes online through the TrackieReg online software. The link is on the WolvesAC website below <https://wolvesac.com/nw-zone-and-gp-jr-high-track-page/2019-gp-public-junior-high-track-meet/>
- Contact bcorcoran@gprc.ab.ca if you need access to the site. Alternatively you can contact louis.chabot@gppsd.ab.ca.
- If you or an athlete so chooses, they can participate in a higher age group, but they must then compete all their events in that age group including relays.
- FOIP: Because we will be using the Trackie program, the names of athletes will be on that site. Please ensure to create a pseudonym name for any athlete that has not signed a FOIP form in your school.
- **Deadline for entries is Thursday, May 16th at 10 pm.**

ENTRY FEE:

- Internal transfer requests will be made to all participating schools based on a cost recovery model.

ZONE ENTRIES

- At the medals/results table, 1st, 2nd, and 3rd place winners will be asked if they would like to attend zones. **It is very imperative that athletes know if they can attend zones or not as we will be entering the zone finishers that day.** If an athlete says no or is unsure the next best finisher will be entered who said yes. Schools will then be notified of who qualified for zones. Zones is scheduled for May 31st and June 1st in Grande Prairie.

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TECHNICAL

INFO:

ORDER OF EVENTS: (i.e. When running and field events overlap.)

Running Events:

- All events will be hand timed with a plunger system in order to have the same start time. There will be photofinishing at the finish line using an I-pad.

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 possible after 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.

- There are 10 schools participating in the meet. If there is a complete entry from the schools meaning there will be 20 athletes competing in each discipline.
- **100M and 200M will be run as finals.**
 - There will be three heats in all categories.
 - *We are hoping to make the first heat our fastest. If you have a participant that you are certain is an excellent runner and has a chance to qualify for zones as district champion; we would like you to seed the entry when registering the athlete.*
- **400M will not be run in lanes.** All 20 athletes will be run in one heat using a waterfall start (similar to a 1500). Seeded athletes will be in the first wave (up to 16, and non-seeded athletes will be in the second wave. One meter behind the first wave.
- **800M, 1500M will be run as one race per category**, subject to sufficient entries. Categories with small numbers will be combined into a single race to save time.
- **3000M There will only be two heats.** All girls will run together and all boys. Pennies will be provided so athletes are aware of who they are competing against. Popsicle sticks will be used at the finish line.
- 80M and 100M Hurdles will be run in the morning prior to the main track meet starting. **Your athletes need to be ready to race at 8:15 a.m. (hurdles will be set up by 8:00 a.m.)** The plan is to run one heat per category and hope that there is not a field of 10 participants. If there is more than 8: the first heat will be for seeded runners. There will be an extra heat that will combine the remaining 80M hurdlers and one for the remaining 100M hurdlers.
- 4 X 100M relays. There will be one heat per category and hope that there is not a field of 10 teams. If there is more than 8: the first heat will be for seeded teams. If needed there will be an extra heat that will combine remaining teams. These will be timed to ensure they have the opportunity to still win. **It is possible to borrow an athlete from another school to form a relay team, provided they are all competing in the same category.**

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Field Events:

* Have a rubberized surface

- Throwing: Shot Put and Discus circles are cement
Javelin has a rubberized surface
- Jumping: Long Jump, Triple Jump and High Jump have a rubberized surface
- All athletes will be provided with 3 attempts for each event. I will send out a package dealing with tie –breaking rules later.

FIELD SCHEDULE: All field events should be wrapped up by 1:45 p.m.

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: Relays completed by 2:20 p.m. so that all athletes can get back onto their respective busses by 2:30 p.m. and return to their schools to catch the busses to go home.

Time	Event	Categories
8:15 AM	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

The 2018 track meet was completed by 2:15 p.m. and all schools were able to return to the school on time for end of the day bell times.

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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 Boys	4 kg	1 kg	600 g
Senior Boys	5 kg	1.5 kg	700 g

HIGH JUMP

Junior, Intermediate and Senior Girls	105 centimeters	Heights will increase by 5 centimeters until there are only 3 participants who remain. After that height increases will be by 3 cms.
Junior Boys	110 centimeters	
Intermediate Boys	120 centimeters	
Senior Boys	125 centimeters	

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
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