

# 2018 South Central Zone Junior High Track & Field Meet

**Tuesday, May 29th, 2018 @ Foothills Athletic Park**

2424 University Drive N.W. Calgary, AB 403-268-2489

---

South Central Zone Track and Field Coordinators contact: [jon.krohe@crps.ca](mailto:jon.krohe@crps.ca) / [andrea.quinlan@crps.ca](mailto:andrea.quinlan@crps.ca)

(Bow Valley - Lawrence Grassi Middle School)

- 1) Rainout date this year is on May 31st.
- 2) 8:00am Coaches Meeting
- 3) Zone Entries: **COMPLETED ENTRY FORMS EMAILED BY 12:00 NOON, FRIDAY, May 25th, 2018 using the Meet Manager computer program (Division Coordinators only)**. Email to Doug Lamont ([uofcathleticsentries@gmail.com](mailto:uofcathleticsentries@gmail.com)) and title your email "South Central Zone Junior Track and Field Meet 2018 Zone Entry", please cc Deb Sellers ([deb.sellers@crps.ca](mailto:deb.sellers@crps.ca)). See your division zone rep. for more info regarding Meet Manager – if needed.
  - a) **Division Coordinators** need to send in all of the entries for their Division. (Rangeland (Acadia & Badlands), Bow Valley, Foothills, Grasslands, Mountain View, Rockyview, Three Hills, Wheatland).
  - b) Please use the Meet Manager software. Speak to your zone rep about it.
  - c) Only 2 entries per event per Division, seed them 1 for faster person, 2 for slower person. Please no alternate.
- 4) Age Classifications:
  - Bantam – Under 13 as of September 1, 2017 and in grade 7
  - Midget – Under 14 as of September 1, 2017 and in grade 7 or 8
  - Juvenile – Under 17 as of September 1, 2017 and no higher than grade 9
- 5) A competitor may enter a maximum of four events (maximum 3 running events), relay is not considered an event.
- 6) The 3000m races are no longer open events and will be run in their classifications. All girls will run in one race with identification markers to distinguish between classifications. The same will occur for the boy's race.
- 7) Entry Fee: \$5.00 per Athlete. **One cheque per division please**. Make cheques payable to "**Lawrence Grassi Middle School**" and bring to the coaches meeting.
- 8) Changes will be taken up to 3:00pm on Monday, May 28th, submitted by the division reps only. No changes after this please, check packages carefully.
- 9) We will supply all equipment except batons for the relays through the Foothills Athletic Park. This includes throwing events. Please bring your own measuring and marking devices.
- 10) Photo timing, starting and marshalling with Doug Lamont from the U of C.
- 11) Relay Teams please bring your own batons.
- 12) Athletes that miss events will not be allowed to rerun events.
- 13) Track events take priority, therefore an athlete can jump or throw at the beginning or end of a flight if they need to go to a track event; but after the flight rotation has been completed without the athlete present for that round, the athlete will be given a fault.
- 14) After 3 trials, the top 6 competitors receive three more trials in throwing and jumping events, not in the vertical jumps.

After the first three throws or jumps competitors order will be adjusted based on their ranking.

15) No bib numbers – Races greater than 400m, athletes will be given a number to wear on their front at the start of the race and this is how the athlete will be recorded by the photo timing for results. It is important that athletes compete in their assigned lanes and just as important to place and keep your sticky number on your front.

16) Clean up your own garbage. Please have your group at the end of the day look around and pick up any garbage.

17) Implement weights:

	Girls	Boys
Shot Put	3 kg	4 kg
Discus	1 kg	1 kg
Javelin	500 g	600 g

18) Please refer to the zone handbook for additional information

19) Duties are assigned as follows:

## 2018 SCZ TRACK AND FIELD MEET RESPONSIBILITIES

**Each school will be responsible to provide a minimum of 2 competent adults and 3 competent students to work at all times.**

Event Responsibilities	Zone Region
Track Events	Foothills and U of C
Registration / Results	Bow Valley and U of C
Triple Jump	Wheatland
Long Jump	Mountain View
High Jump	Three Hills
Discuss	Grasslands
Shot Put	Rangeland (Acadia/Badlands)
Javelin	Foothills
Hurdle Crew	Rockyview
Field Event Marshal	Grasslands
Relay Exchange Zones (2 per corner, total of 6)	Rockyview

If there are any problems with these assignments, they need to be emailed to Jon Krohe at [jon.krohe@crps.ca](mailto:jon.krohe@crps.ca) ASAP. **We have hired U of C athletes to help at each event, however please schedule your workers in case a U of C athlete is unavailable for your event. It is the responsibility of each division rep to organize their workers.**

20) Awards – 1st through 6th place in each event will receive ribbons. Ribbons can be picked up in the results area.

Aggregate medals are given to the top male and female in all 3 age classes. Zone Banners are awarded to the top 1J, & 2J schools. 3J and 4J are combined into one category for the event.

## SC Zone Jr. High Track Championships:

### Track Schedule

<b>8:00 am</b>	<b>COACHES MEETING</b>
<b>8:30 am</b>	<b>3000m - ALL classes</b>
<b>9:20 am</b>	<b>Hurdles - Girls</b>
<b>9:40 am</b>	<b>Hurdles - Boys</b>
<b>10:00 am</b>	<b>100m heats</b>
<b>10:35 am</b>	<b>400m timed finals</b>
<b>11:00 am</b>	<b>1500m finals</b>
<b>11:45 am</b>	<b>100m finals</b>
<b>12:30 pm</b>	<b>200m timed finals</b>
<b>1:00 pm</b>	<b>800m finals</b>
<b>1:30 pm</b>	<b>4X100m relays</b>
<b>2:00 pm</b>	<b>4X400m relays</b>

### Field Schedule

<b>TIME</b>	<b>Bantam Girls</b>	<b>Bantam Boys</b>	<b>Midget Girls</b>	<b>Midget Boys</b>	<b>Juvenile Girls</b>	<b>Juvenile Boys</b>
9:00 am	Long Jump	Javelin	High Jump	Discus	Triple Jump	Shot Put
10:00 am	Shot Put	Long Jump	Javelin	High Jump	Discus	Triple Jump
11:00 am	Triple Jump	Shot Put	Long Jump	Javelin	High Jump	Discus
12:00 pm	Discus	Triple Jump	Shot Put	Long Jump	Javelin	High Jump
1:00 pm	High Jump	Discus	Triple Jump	Shot Put	Long Jump	Javelin
2:00 pm	Javelin	High Jump	Discus	Triple Jump	Shot Put	Long Jump

Good luck to all our track and field athletes!

“ To be number one, you have to train like you’re number two!” - Maurice Greene