

CALTAF Junior High Relays

Track and Field Meet Package 2010

DATE & PLACE: **DAY 1:** Wednesday, April 28th, 2010 - Foothills Athletic Park
DAY 2: Monday, May 3rd, 2010 - Foothills Athletic Park

TIME: 4:15 PM – 7:30 PM

MEET Directors: **CALTAF**
C/O
Elisha O'Lain
Woodman School
Ph: 777-7490 # 2738
Email: emolain.cbe.ab.ca

AGE

CATEGORIES: **JUNIOR:** 12 as of December 31 of last year (turning 13 in the current year) or younger
INTERMEDIATE: 13 as of December 31 of last year (turning 14 in the current year)
SENIOR: 14 or older as of December 31 of last (turning 15 in the current year) or older

EVENTS:	<u>DAY 1:</u> FOOTHILLS	<u>DAY 2:</u> FOOTHILLS
	60m hurdles	100m
	300m	600m
	1000m	3000m
	4x100 Relay	4x100 Relay
	Long Jump	High Jump
	Discus	Shot Put

COST: **Event Entries: \$2 per athlete/meet to cover costs of awards & track rental**

ENTRIES:

- There are no restrictions on the numbers of events an athlete may enter. Please consult the schedule to identify potential event conflicts.
- A school may enter as many athletes in an event as they wish.
- Schools may enter up to 2 relay teams.

TRACK EVENTS:

- Athletes must present themselves at the start line **10 minutes** before the start of their event.
- Heats will be made up at the starting line based upon participation. We will try to vary the schools in the heats.
- Track events take priority over field events. Athletes must notify the field event judge that they must leave for a track event.
- The 3000 metres will have a 15 minute cut off time. Anyone faster than that will be given a time.

April 30th & May 3rd@ Foothills Athletic Park

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FIELD EVENTS:

- Athletes must present themselves at their event **10 minutes prior** to the official start time of their event.
- For throwing events a standard will be predetermined per age group for minimum distance measured and only the farthest throw will be measured.
- For LJ, SP, DT, each athlete will get 4 attempts.
- For HJ, each athlete will receive a maximum of 7 attempts.
- Turns missed in a field event will not be returned to the athlete if they leave for a track event or arrive late for an event.
- It is the responsibility of the athlete to notify the field event judge that they must leave for a track event.
- The exception to this is the high jump where the bar will not be lowered once it has been raised.

POINTS (Accumulated over both days):

10 points – First
8 points – Second
6 points – Third
5 point – Fourth
4 points – Fifth
3points – Sixth
2 points – Seventh
1 point – Eighth
Relays count double points for the school.

AWARDS:

- Ribbons for first to eighth. To be handed out at the end of the event.
- Aggregate award for the top 3 age class boys and girls.

OFFICIALS: CALTAF Coaches, Athletes and Parents

EQUIPMENT: Equipment for competition will be provided by CALTAF:

ENTRIES:

- Schools are responsible for providing **Folder Label** Name tags with the athlete's **NAME, BIRTH YEAR AND SCHOOL** for each event the athlete intends to participate in. These name tags will be used to create starting heats and flights. Please use folder labels; we have designed our result sheets to use them.

John Doe	1996
Woodman School	

- Schools please enter your number of anticipated athletes per event to Elisha O'Lain (emolain@cbe.ab.ca) one week before the event. This will allow the meet organizers to be prepared for the participants.

Meet ENTRY Deadline: Day 1 - April 23rd, 2010
Day 2 - Aril 28th, 2010

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Track and Field 2010 Meet Schedule

TRACK EVENTS – DAY 1

FOOTHILLS – WED APRIL 28th 2010

TIME	JUNIOR GIRLS	JUNIOR BOYS	INT. GIRLS	INT. BOYS	SENIOR GIRLS	SENIOR BOYS
4:15 PM	1000m	1000m				
4:30 PM			1000m		1000m	
4:45 PM				1000m		1000m
5:00 PM	60mH					
5:10 PM		60mH				
5:20 PM			60mH			
5:30 PM				60mH		
5:40 PM					60mH	
5:50 PM						60mH
6:00 PM	300m					
6:10 PM		300m				
6:20 PM			300m			
6:30 PM				300m		
6:40 PM					300m	
6:50 PM						300m
7:00 PM	4x100m Relay	4x100m Relay				
7:10 PM			4x100m Relay	4x100m Relay		
7:20 PM					4x100m Relay	4x100m Relay

Track Finishes at 7:30 PM

TRACK EVENTS – DAY 1

FOOTHILLS – WED APRIL 28th 2010

TIME	JUNIOR GIRLS	JUNIOR BOYS	INT. GIRLS	INT. BOYS	SENIOR GIRLS	SENIOR BOYS
5:00 PM						
5:15 PM			Discus (Circle 1)	Discus (Circle 2)	LJ (Pit 1)	LJ (Pit 2)
5:30 PM						
5:45 PM						
6:00 PM	Discus (Circle 1)	Discus (Circle 2)	LJ (Pit 1)	LJ (Pit 2)		
6:15 PM						
6:30 PM						
6:45 PM	LJ (Pit 1)	LJ (Pit 2)			Discus (Circle 1)	Discus (Circle 2)
7:00 PM						

Field Finishes at 7:15 PM

*NOTE: There may be slight changes to the schedule based on estimated participation. A final schedule will be posted on www.msgordey.esmartweb.com 5 days prior to the meet date.

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Track and Field 2010 Meet Schedule

TRACK EVENTS – DAY 2

FOOTHILL – MONDAY MAY 3rd

TIME	Junior Girls	Junior Boys	Int. Girls	Int. Boys	Senior Girls	Senior Boys
4:15 PM	3000m	3000m				
4:30 PM			3000m		3000m	
4:45 PM				3000m		3000m
5:00 PM	100m					
5:10 PM		100m				
5:20 PM			100m			
5:30 PM				100m		
5:40 PM					100m	
5:50 PM						100m
6:00 PM	600m					
6:10 PM		600m				
6:20 PM			600m			
6:30 PM				600m		
6:40 PM					600m	
6:50 PM						600m
7:00 PM	4x100m Relay	4x100m Relay				
7:10 PM			4x100m Relay	4x100m Relay		
7:20 PM					4x100m Relay	4x100m Relay

Track Finishes at 7:30 PM

FIELD EVENTS - DAY 1

FOOTHILL – MONDAY MAY 3rd

TIME	Junior Girls	Junior Boys	Int. Girls	Int. Boys	Senior Girls	Senior Boys
5:00 PM						
5:15 PM			Shot Put (Circle 1)	Shot Put (Circle 2)	High Jump (Pit 1)	High Jump (Pit 2)
5:30 PM						
5:45 PM			High Jump (Pit 1)	High Jump (Pit 2)		
6:00 PM	Shot Put (Circle 1)	Shot Put (Circle 2)				
6:15 PM						
6:30 PM	High Jump (Pit 1)	High Jump (Pit 2)			Shot Put (Circle 1)	Shot Put (Circle 2)
6:45 PM						
7:00 PM						

Field Finishes at 7:15 PM

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