

Alberta Jr High School

Track and Field Championships

Technical Package

2026

Parent Information & Expectations

Helping us create a safe, positive, and fun experience for all athletes

Our Goal

This meet is designed to provide:


- A safe environment
- A positive introduction to competition
- Opportunities for personal bests
- School pride and sportsmanship

Effort, respect, and participation matter most.

Parent Role at the Meet

 Please:

- Cheer positively for all athletes
- Support your child's effort and sportsmanship
- Encourage hydration, nutrition, and sun protection
- Follow instructions from officials and school staff

 Please Do Not:

- Enter the track or field event areas
- Coach from the sidelines
- Approach officials to dispute results or calls
- Interfere with school supervision responsibilities

All officiating decisions are final.

Supervision

- Students remain under the supervision of their **PARENTS** at all times.

Safety First

- Warm-ups must happen in designated areas only.
- Throwing areas are restricted to athletes and officials.
- In case of severe weather, follow announcements immediately.
- First Aid will be available on site.

If your child feels unwell, they should immediately notify their teacher or coach.

Athlete Expectations

We expect all athletes to:

- Show respect to officials, volunteers, and competitors
- Follow event instructions
- Demonstrate good sportsmanship
- Compete fairly and safely

Unsportsmanlike behaviour may result in removal from an event or the meet.

Let's Model Positive Sport

Junior High track meets are about:

- Growth
- Confidence
- Learning competition skills
- Team experience

Your positive example sets the tone for the day.

Thank you for helping us make this a safe, organized, and enjoyable experience for everyone.

Dress Code & Safety Guidelines

To help ensure a safe and organized competition for everyone, all athletes are required to wear a **shirt and proper athletic footwear** while competing.

Athletes must compete in their **school identification or school uniform**.

Track club uniforms are not permitted at this event, as this is a school-based competition.

For safety reasons, appropriate footwear is mandatory at all competitions. Proper shoes help protect athletes and those around them, especially in track and field events where surfaces and equipment require secure footing.

Thank you for helping us keep the meet safe and positive for all participants.

Marshalling (Checking In for Your Event)

When you arrive at the track, you will first see a **Welcome Table**.
The volunteers there will help you find where to go.

Track Events (running events)

- Go to the **Marshalling Table**
- Check in **30 minutes before your race**
- They will tell you where to line up

Field Events (Long Jump, High Jump, Shot Put, etc.)

- Go directly to your **event area**
 - Example: Long Jump → Go to the Long Jump pit
- Check in with the official there
- Arrive **30 minutes before your event**

If you are unsure where to go — just ask a volunteer. We are here to help!

● If You Have a Track Event and a Field Event at the Same Time

(Examples: 100m race + Long Jump)

👉 Track events always come first.

Here's what to do:

1. When your event is first called, check in with BOTH events.
2. Stay at your field event and take attempts until the final call for your track race.
3. Tell the field official you are leaving to run your race.
4. Run your race.
5. Come back to the field event as quickly as possible to finish your attempts.

⚠️ Important Reminders

- In High Jump, the bar will NOT be lowered if you miss your height.
- If a full round of attempts is finished while you are away, you cannot make up that missed attempt.
- If you return before the round is finished, you may still take your attempt (even if out of order).

👟 For Coaches & Parents

Please try to avoid entering athletes in events that overlap too much. While officials will help when possible, missed attempts cannot be **recovered**.

Parent Information Guide

Below is a simple overview of how events, age groups, and entries work at the meet.

Age Categories

Athletes compete based on their grade:

- **Junior Varsity** – Grade 6
(Note: No Discus or Hurdles for Grade 6)
- **Junior** – Grade 7
- **Intermediate** – Grade 8
- **Senior** – Grade 9

Athletes compete only in their own age category (except in special open events).

Event Limits

- Each athlete may compete in a maximum of:
 - **4 individual events**

Field Events

All field events, except High Jump, work like this:

- Every athlete gets **3 attempts**.
- After that, the **top 8 athletes** based on their best mark get **one extra attempt** to improve their ranking.

Throwing Events (Equipment Weights)

Discus

- **0.75 kg** – All Girls & Grade 7 Boys
- **1 kg** – Grade 8 & 9 Boys
- *No Discus for Grade 6*

Shot Put

- **3 kg** – All Girls & Grade 6–7 Boys
- **4 kg** – Grade 8 & 9 Boys

High Jump Starting Heights

Each age group begins at a different height.
The bar will increase gradually during the event.

Starting heights:


- Grade 6 Boys – 1.00 m
- Grade 6 Girls – 0.90 m
- Grade 7 Boys – 1.12 m
- Grade 7 Girls – 1.00 m
- Grade 8 Boys – 1.25 m
- Grade 8 Girls – 1.07 m
- Grade 9 Boys – 1.32 m
- Grade 9 Girls – 1.12 m


The bar is raised in small increments as the competition continues.


Scoring (How Schools Earn Points)

Points from track events, field events, and relays all count toward the school total.

Top 8 Finishers Score Points for Their School

 1st Place — 10 Points

 2nd Place — 8 Points

 3rd Place — 7 Points

4th Place — 6 Points

5th Place — 5 Points

6th Place — 3 Points

7th Place — 2 Points

8th Place — 1 Point

