

2018 South Central Zone Track & Field Meet

Tuesday, May 22nd, 2018 @ Foothills Athletic Park

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

1) 7:30 AM Coaches Meeting.

2) Zone Entries:

The advancer file from the Hytek Meet Manager program emailed to Doug Lamont uofcathleticsentries@gmail.com and Esther Sieben (esieben@rockyview.ab.ca) by noon on Thursday, May 17, 2018.

- a. **Please send division contact information to Esther Sieben by Thursday, May 10th. Division Coordinators will need to send in all of the entries for their Division. (Bow Valley, Foothills, Grasslands, Chinooks Edge South, Rangeland, Rocky View, Three Hills, Wheatland).**
- b. **Please use the Hytek Program and send an Advancers File. If you are having difficulty, please contact Doug Lamont at uofcathleticsentries@gmail.com**
- c. **Only 2 entries per event per Division. (1 entry for the pentathlon for each gender per Division)**
- d. **Only 4 events per athlete. Relays count as an event. Each Division is able to send a second relay team as per new policy. If more than eight teams register, there will be two heats and the best two times advance to provincials.**

3) **Entry Fee: \$10.00 per Athlete. Each Division is required to bring a cheque to the Zone Track Meet for their entries. Make cheques payable to: Cochrane High School**

4) **Changes will be taken up to 8:00am submitted by the division reps only. No changes after this, please check packages carefully.**

5) We will supply all equipment except pole vault poles.

6) Photo timing with Doug Lamont from the U of C.

7) Relay Teams bring your own batons.

8) Athletes that miss events will not be allowed to rerun events.

9) 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. If the track is running late, please ensure your athlete checks in for their race and then goes back to throw and jump. They must return in time for the running event.

10) After 3 trials, the top 8 competitors receive three more trials in throwing and jumping events, not in the vertical jumps.

11) There is an Appeals Committee. You have 30 minutes to appeal an event after the results are posted.

12) Please clean up garbage in your areas and use recycling bins.

13) Marshalling Duties are assigned as follows:

| 2018 South Central Zone Track and Field Meet Responsibilities | | |
|--|--|----------------------|
| EVENT RESPONSIBILITY | ZONE REGION | SCHOOLS |
| Track Marshall/Starter | Doug Lamont | |
| Registration / Results | Doug Lamont | |
| Track Events | Doug Lamont | |
| Pole Vault | Rockyview/Chinook's Edge | Sundre/Olds/Cochrane |
| Triple Jump | Rangeland | |
| Long Jump | Foothills | |
| High Jump | Chinook's Edge | |
| Discus | Grasslands | |
| Shot Put | Rocky View | |
| Javelin | Bow Valley | |
| Hurdle Crew | Wheatland/Three Hills | |
| Relay Exchange Zones | Doug Lamont | |
| First Aid/Results/Awards | Rocky View (Biesecker) | Cochrane |
| Jury of Appeal | Darren Jones, Kirby Coderre, Sandy Green, Doug Lamont and Shauna Vaughan | |

Each school will be responsible to provide 2 competent adults and 2 students to work at all times (the University of Calgary may very well be supplying a head official but will need assistance from you). If you would like to supply your people breaks please schedule more people to attend.

14) Top two competitors move onto Provincials in each event and age category (except for the pentathlon - One per gender). Athletes are expected to know on the day of the zone meet if they plan to go to provincials. **Athletes will confirm their attendance at provincials at the results table. Please have that discussion with your athletes in advance so they can give an accurate answer at the table.** Alternates are not entered for Provincials unless they are competing in another event.

15) As per the new zone policy this year:

Substitutions will be allowed on the day of the zone meet if the following conditions are met:

- a) One hour's notice is given so that athletes can be added/removed, and the event reseeded.
- b) The athlete being substituted must be present at the zone meet, competing in another event and not already in 4 events.
- c) The substitution *must have the approval of the majority of the appeals committee*. The appeals committee will consider the substitutions based on the following criteria; the substitution SHOULD be the third-place finisher in the event in

question (or at the very least the athlete competed in this event at the district level and was competitive).

16) Awards – 1st through 4th 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 1A, 2A, 3A and 4A schools.

17) If you have any questions, please contact Esther Sieben at esieben@rockyview.ab.ca or 403-932-2542 (school) or 403-620-5177 (cell) or Sandy Green at sgreen@rockyview.ab.ca or (403) 861-6521.

SC Zone Sr. High Track Championships Schedule (1-day Version)

| Track | | Track | |
|---------|-----------------------|---------|-----------------------|
| 7:30am | Coaches meeting | 11:40am | 300m Hurdles – Girls |
| 8:00am | 3000m | 11:47am | 300m Hurdles –Boys |
| 9:00am | 80m Hurdles Girls | 11:55am | 100m Finals |
| 9:15am | 100m Hurdles Boys | 12:25pm | Diversity 200m Finals |
| 9:30am | Pentathlon 100m | 12:45pm | 200m timed finals |
| 9:40am | 400m timed finals | 1:10pm | 800m finals |
| 10:15am | 100m heats | 1:40pm | Pentathlon 800m |
| 10:45am | Diversity 100m Finals | 1:50pm | 4x100m relays |
| 11:00am | 1500m timed finals | 2:20pm | 4x400m relays |

Field Event Schedule (Day 1 Only)

| Time | Jr. Girls | Jr. Boys | Int. Girls | Int. Boys | Sr. Girls | Sr. Boys |
|------------|--------------------------------|--------------------------------|---------------------------|------------------------------|-------------------------|------------------------------|
| 9:00 AM | High Jump Pole Vault | Shot Put (5kg) (*Diversity) | Triple Jump Pole Vault | Javelin (700g) | Long Jump Pole Vault | Discus (1.75kg) |
| 10:00 AM | Shot Put (3kg) (*Diversity) | Long Jump | Javelin (500g) | High Jump | Discus (1kg) | Triple Jump |
| 11:00 AM | Long Jump | Discus(1.5kg) Pole Vault | High Jump | Shot Put (5kg) Pole Vault | Triple Jump | Javelin (800g) Pole Vault |
| 12:00 noon | Discus(1kg) | Triple Jump | Shot Put (3kg) | Long Jump | Javelin (600g) | High Jump |
| 1:00 PM | Triple Jump | Javelin(700g) | Long Jump | Discus (1.5kg) | High Jump | Shot Put (6kg) |
| 2:00 PM | Javelin(500g) | High Jump | Discus (1kg) | Triple Jump | Shot Put(4kg) | Long Jump |

Pentathlon/Diversity Throws Schedule

Boys Pentathlon will follow the Intermediate Boys Schedule for field events, while Girls Pentathlon will follow the Intermediate Girls Schedule for field events. (100M, HJ, SP, LJ, and 800m). The Diversity Shot Put will follow the Junior Boys/Girls category.