



Calgary Catholic Junior High School Athletic Association **TRACK & FIELD** – INFORMATION PACKAGE 2017

COMMITTEE MEMBERS:

Don Lauzon—Principal Liaison (Ascension), Sean McDonald (St. James), Bill Mosher (Bishop Kidd), Noel McArdle (St. Bonaventure), Lana Iwanski (St. Elizabeth Seton), Joanne Williams (Bishop Kidd), Bryon Campbell (St. Gabriel), Della Richards (St. M. de Porres), Kathryn Prosciak (St. James), Angela MacDonald (Prince of Peace), Corey Gunther (St. Brigid), Aimey Sashuk (St. J. Brebeuf), Chris Prosciak (St. Albert), David Magdich, Mike Van Tighem (St. M. de Porres), Marie Corcoran (St. Ambrose), Chase Weigle (St. Elizabeth Seton), Nada Jeramaz (St. Brigid), Dan Parsons (Bishop O'Byrne), Benjamin Hefferman (St. Michael), Andrina Boyles (St. Elizabeth Seton), Bruce MacDonald (St. Helena), Edmund Crame (St. M. de Porres), Jeff Earle (Christ the King), Timothy Cassidy (Good Shepherd), Jennifer DeMerchant (Our Lady Peace), Jennifer Deemter (Msgr. J.J. O'Brien), Laura MacDonald (St. Joan of Arc), Lisa Guderyan (St. Brigid), Loree Yuzdepski (St. Martha), Michael Murray (Our Lady of Grace), Stephanie Proctor (St. Paul), Trevor Sorge (B. Cardinal Newman), Julianna Burwash (Madeleine d'Houet), Heather Rasku (Ascension), Craig Ruzicki (Fr. Whelihan), Kerri Matsumoto (St. Joseph), Brandon O'Dwyer (St. Isabella), Lindsay Collison (Good Shepherd)



EVENTS: 60, 100, 200, 300, 800, 4 X 100, 4 x 100 CO-ED RELAY, SHOT PUT, DISCUS, LONG JUMP & TURBOJAV

IMPORTANT NOTES FOR THIS YEAR:

- Please ensure that athletes understand that Track events take precedence over Field events. Teach them to check in at Field event, then compete in Track event and return immediately to Field event.
- Athletes must register themselves in person.
- 60m for grade 7 boys and girls and 8 girls, 100 for grade 8 boys, 8 & 9 girls, 300m.
- Students may participate in a maximum of three events and each athlete may only participate in one relay.
- Schools will be assigned an area for seating and specific times for washroom checks
- **CONTESTANT ATTIRE:** School gym strip, sweats, or team identifiable school jerseys are to be worn by all contestants. It is recommended that tops be in the school's color. Students will not be allowed to participate unless they are dressed appropriately. (**No short-shorts & No spaghetti straps**) All clothing must meet district guidelines. Footwear must be worn on the track. **NO EXCEPTIONS ALLOWED.** If track shoes are used only pin spikes will be allowed. Be prepared for weather conditions.
- **EACH** school must provide a minimum of 8-10 parent or student volunteers for assigned duties (More would be appreciated). Please have volunteers dressed in school colours. Each school will be assigned a field event to administer.
- Sport therapists will be available on-site
- **Coaches MUST remain in the stands at all times.** Each school will have one designated "Head Coach". He/she will be the only one allowed to make changes or approach the results hut. **NEW – Each school will bring 1 safety vest for head coach in case of injury or issue, photographers, washroom patrol & to locate students. (Must have school name on vest)**
- **ONLY** competitors will be allowed on the field and track. Photographers must remain in the stands.
- Students **MUST** stay in the Glenmore Track & field facility.
- iPad or similar camera device will be used at the finish line. Final placing will be determined at the scoring shack by committee members only.
- Students must be on the start sheet to participate in any event.
- **NEW – Each Field Event will have a maximum of 45 minutes - 1 hour to complete the event. If athlete must leave for another event they must return within the hour time frame to have their attempts measured.**
- Choice of Events – please review schedule before choosing events for athletes.

TRACK & FIELD SCHEDULE 2016-17

MON. JUNE 5/17	TUES. JUNE 6/17	WED. JUNE 7/17	THURS. JUNE 8/17	FRI. JUNE 9/17
Glenmore Track	Glenmore Track	Glenmore Track	Glenmore Track	Glenmore Track
St. John XXIII	St. Vincent de Paul	Madeleine d'Houet	Father Whelihan	Good Shepherd
St. Helena	St. Ambrose	St. Basil	St. J. Brebeuf	Our Lady Qn. Of Peace
St. Martha	St. Albert the Great	St. Gabriel	St. Elizabeth Seton	Our Lady of Grace
St. Michael	Light of Christ	St. Joan of Arc	Father Scollen	St. Monica
Bishop Kidd	Christ the King	St. Bonaventure	St. Gregory	St. James
St. Rose of Lima	St. Brigid	St. M. Bourgeoys	St. Stephen	Holy Cross
Calgary Jewish	St. Timothy	Monsignor Smith	St. Matthew	St. Augustine
Assumption	B. Cardinal Newman	Our Lady of Peace	Ascension	St. Alphonsus
St. Margaret				St. Joseph
Monsignor J.J. O'Brien				Don Bosco
St. Isabella				Prince of Peace
				St. Cyril

PARTICIPATION

In order to provide adequate supervision, safety and time for the event, criteria have been set by committee in order to balance between participation and competition.

TIER STRUCTURE

TIER1 (~300+ students)

Schools would be allowed to enter up to **3 ATHLETES PER CATEGORY** with individual students entered in no more than 3 events. (This includes relay) Students may only participate in ONE relay

TIER 2 (~200+ to ~300 students)

Schools would be allowed to enter up to **3 ATHLETES PER CATEGORY** with individual students entered in no more than 3 events. (This includes relay) Students may only participate in ONE relay

TIER 3 (Under ~200 students)

Schools would be allowed to enter up to **3 ATHLETES PER CATEGORY** with individual students entered in no more than 3 events. (This includes relay) Students may only participate in ONE relay

TIER 4 (Under ~130 students)

Schools would be allowed to enter up to **3 ATHLETES PER CATEGORY** with individual students entered in no more than 3 events. (This includes relay) Students may only participate in ONE relay

SUBSTITUTES

NB No student may participate in the meet unless he/she is listed on the Entry Sheet

Please adhere to appropriate Safety Guidelines of 1/12 ratio — due to the significant number of participants. Parent supervisors may be used to meet this ratio but must be active supervisors.

ENTRY FORMS

- Will be completed through the Sydex system again this year.
- Must be completed by Midnight – (three full business days prior to the date of your meet).
- Last minute changes (i.e., illness or injury) must be submitted on Pink Form no later than coaches meeting.
- No other substitutions will be accepted after the coaches meeting (**EXCEPT** injury substitutions for relay).
- **DO NOT** submit times or distance.
- ALL names must be in **ENGLISH!** (American software program will not accept accents etc.).
- **HEATS**
 - **ONE Heat** – will be a final
 - **TWO Heats** – top 3 from each heat and next 2 fastest
 - **THREE Heats** – top 2 and next 2 fastest
 - **FOUR Heats** – 1st and next 4 fastest times
 - **300 M** will be a timed final

RESULTS

- Individual runners/field event athletes compete against all other students in the race.
- Aggregate scores compare to aggregate totals versus other schools within the same Tier. This also means that runners compete against all other runners/schools in same tier (even those running at different event on different day). For instance, St. Rose of Lima scores are compared to other Tier 1 schools only – not the schools at their races.
- **POINTS AWARDED:**

1 st Place	– 10	4 th Place	- 5	7 th Place	- 2
2 nd Place	– 8	5 th Place	- 4	8 th Place	- 1
3 rd Place	– 6	6 th Place	- 3		
- If time allows presentations of ribbon will take place at podium.

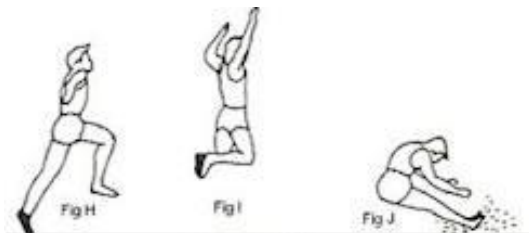
SPIRIT AWARD

1. Cooperation – 60% Guidelines:
 - Participants have an identifiable uniform.
 - Students were cooperative and did not interfere with the running of the meet.
 - School staff/parents refrained from being in the infield.
 - Students were where they were expected to be, in the stands unless participating.
 - Students are in the stands and the fence in front of your stand section is clear.
2. Spirit – 40% Guidelines:
 - Behaviour and Leadership in the stands.
 - School identity and loyalty observable in the stands.
 - Sportsmanship evidenced (constant, positive cheering).
 - General spectator etiquette – pays attention to the Announcer re: quiet during the start please.

LONG JUMP

RULES FOR COMPETITION

1. The take-off shall be from a board, sunk level with the runway and the surface of the pit, the edge of which, nearer the pit, shall be called the take-off line. Fouling by overstepping the take-off board will be rigidly called.
2. Each competitor shall be allowed one trial and three competitive jumps
3. In case of a tie, the second-best performance of the competitors tying shall decide the tie.
4. If a competitor is entered in both a track and field event, the track takes precedence and the judges may allow the competitor to take his trials in an order different from that decided upon. Unless such permission from the judges has been received, a competitor who misses his turn shall not be permitted to take the trial so missed.
5. All jumps should be measured from the nearest break in the pit, made by any part of the body or limbs, to the take-off line (or its extension) and at right angles to such line (the actual measurement being taken at the take-off line or its extension). If in the course of landing, a competitor touches the ground outside the pit nearer the take-off than the nearest break in the pit made by the jump, such jumps shall not be measurement, but shall count as a failure.
6. All measurements must be made with a certified tape. The pit shall be moistened before the competition.
7. If any competitor touches the ground beyond the take-off line, or take-off line extension, with any part of the body, whether running up without jumping or in the act of jumping, it shall be counted as a failure.
8. A competitor may place marks beside but not on the runway to assist him in his run-up and take off.
9. At the conclusion of the event, the event card and TOP THREE COMPETITORS are to be taken to the announcers table for awards presentation.



RELAYS

RULES FOR COMPETITION

1. Lines are painted across the track to make the distances of the stages, and to denote the exchange zone.
2. Lines are drawn 10m before exchange zone. Outgoing runners can begin to move in their 10m zone, but cannot receive the baton in this zone!
3. The position of the teams at the start of the race shall be drawn and shall be retained to each “exchange” zone. Lanes will be assigned randomly.
4. If, during the progress of a race run in lanes, a competitor runs beyond his inner border of his lane, he shall be liable to disqualification. It shall be for the referee to decide when any report is made, whether the competitor should be disqualified. The fault must be blatant or severe enough to warrant disqualification.
5. The baton must be carried in the hand throughout the race, and can be passed only within the “take over” zone. If the baton is dropped, it must be recovered by the athlete who dropped it and exchanged in the exchange zone. Competitors cannot gain advantage or interfere with another runner. (Disqualification)
6. Competitors after handing over the baton should remain in their lanes or zones, until the course is clear to avoid obstruction to other competitors. Should any competitor willfully impede a member of another team, by running out of position or lane at the finish of the stage of the race, he is liable to cause the disqualification of his own team.
7. Assistance by pushing-off or by any other method will cause disqualification.
8. At the conclusion of the event, the event card and TOP THREE COMPETITORS are to be taken to the announcers’ table for awards presentation.
9. CO-ED Relay will follow the same procedures above, however – BOYS will run 1st and 3rd and GIRLS will run 2nd and 4th in odd years (i.e., 2015, 2017 etc.). GIRLS will run 1st and 3rd and BOYS will run 2nd and 4th in even years (i.e., 2016, 2018 etc.).
10. Students may only participate in ONE relay as part of their three events.
11. Torso is the determining factor at the finish-line.



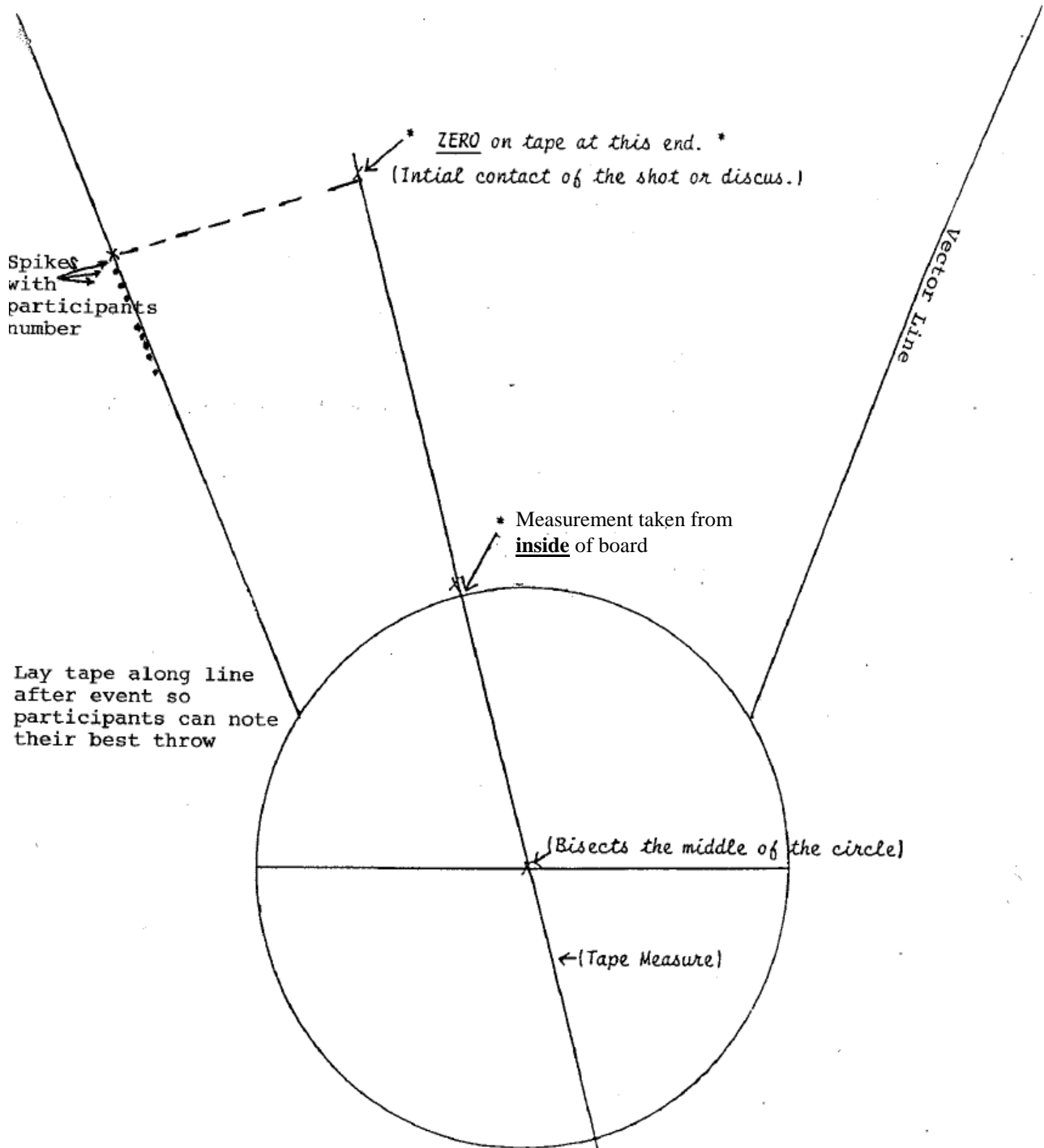
SHOT PUT RULES FOR COMPETITION

1. **The official weight of the shot will be 2.7k (6lbs) for girls and 7 boys, 4k for intermediate/senior boys.** Athletes will be allowed to 'glide' across the circle if they have been instructed. Spinning is NOT allowed.
2. The shot shall be "put" from the shoulder, with hand only. It must not be brought behind the plane of the shoulder, the shot shall touch or be in very close proximity to the neck, and the hand shall not drop below this position during the action of putting. Fingers MUST point towards body. Throws are illegal. (Warning Sign "fingers pointing up") Officials will disqualify any attempt when shot-put is thrown.
3. In all throwing events, each competitor shall be allowed three puts. Each competitor shall be credited with the best of all his "puts".
4. It shall be a foul "put", and disallowed, if the competitor, after he has stepped into the circle and commenced to make a "put", touches the outside of the circle, or the ground outside the circle with any part of his body, or releases the shot in making an attempted thrust. (i.e., dropped shot put is a "foul")
5. The competitor must not leave the circle until the shot has touched the ground, he/she must leave the circle from the rear half, which shall be indicated by a chalk line drawn through the centre and extended outside the circle, not less than 65 cm on each side of it. Leaving the circle from the front half is a fault and the "put" will not be measured.
6. A foul "put", or the release of the shot in making an attempt, shall be recorded as a "fault" on score sheet.
7. All "puts" from the circle, to be valid, must fall within the inner edge of the lines marking a sector of 60°, the radial lines crossing at the centre of the circle.
8. The measurements of each "put" shall be made from the nearest mark, made by the fall of the shot, to the inside of the circumference of the circle. See diagram for shot put for measuring procedures.
9. A distinctive flag or disc shall be provided to mark the furthest put.
10. Competitors shall use only such "shot" or "Shots" as are provided by the organizers of the meet.
11. If the competitor is entered in both a track and a field event, the track event takes precedence and the judges may allow the competitor to take his trials in a different order from that decided upon, unless such permission has been received a competitor who misses his turn shall not be allowed to take the trial so missed.
12. In the event of a tie, the second best performance of the competitors shall decide the tie.
13. At the conclusion of the event the event card and the TOP THREE COMPETITORS are to be taken to the announcers table for awards presentation.
14. Judges/officials please use "On deck" and "In the Hole" calling system for efficiency. Students will retrieve their shot put for the next athletes, when safe to do so.
15. All athletes will be given a practice throw, time permitting. Practice throws will not be counted or measured.
16. Athletes will "put" in the order they appear on the start sheet. They will repeat in the same order for the 2nd and 3rd "put". (EXCEPTION – when an athlete arrives late from another event – their "puts" will be at the discretion of the official).

DISCUS RULES FOR COMPETITION

1. **The official weight of the discus will be 750 grams for grade 7 boys & girls and grade 8 and 9 girls. The official weight of the discus for grade 8 & 9 boys will be 1kg. No sharp edges protrusions or irregularities should be found on the discus.**
2. Competitors shall use only such “disc” or “discus” as are provided by the organizers of the meet.
3. **The discus will be thrown from a standing position only (Grade 7 and 8). Grade 9’s will be able to spin if they have their coaches’ permission to spin and have been properly instructed. Please mark an “S” on these athletes prior to competition.**
4. In all throwing events each competitor shall have three attempts. Each competitor shall be credited with his best attempt.
5. The throw will be “foul” and disallowed if the competitor after he has entered the circle and commenced his or her attempt touches the outside of the circle, or the ground outside the circle with any part of his/her body or releases the discus in making an attempted throw. (i.e., dropped discus is a “foul”)
6. The competitor must not leave the circle until the discus has touched the ground, he/she must leave the circle from the rear half, which shall be indicated by a chalk line drawn through the centre and extended outside the circle, not less than 65 cm on each side of it.
7. A foul “throw”, or the release of the discus in making an attempt, shall be recorded as a “fault” on score sheet.
8. All “throws” from the circle, to be valid, must fall within the inner edge of the lines marking a sector of 350°, the radial lines crossing at the centre of the circle.
9. The measurements of each “throw” shall be made from the nearest mark, made by the fall of the discus, to the inside of the circumference of the circle. See diagram for discus measuring procedures.
10. A distinctive flag or disc may be provided to mark the furthest throw.
11. If the competitor is entered in both a track and a field event, the track event takes precedence and the judges may allow the competitor to take his trials in a different order from that decided upon, unless such permission has been received a competitor who misses his turn shall not be allowed to take the trial so missed.
12. In the event of a tie, the second best performance of the competitors shall decide the tie.
13. At the conclusion of the event the event card and the TOP THREE COMPETITORS are to be taken to the announcers table for awards presentation.
14. Judges/officials please use “On deck” and “In the Hole” calling system for efficiency. Students will retrieve their discus when safe to do so.
15. All athletes will be given a practice throw, time allowing. Practice throws will not be counted or measured.
16. Athletes will “throw” in the order they appear on the start sheet. They will repeat in the same order for the 2nd and 3rd “throw”. (EXCEPTION – when an athlete arrives late from another event – their “throw” will be at the discretion of the official).

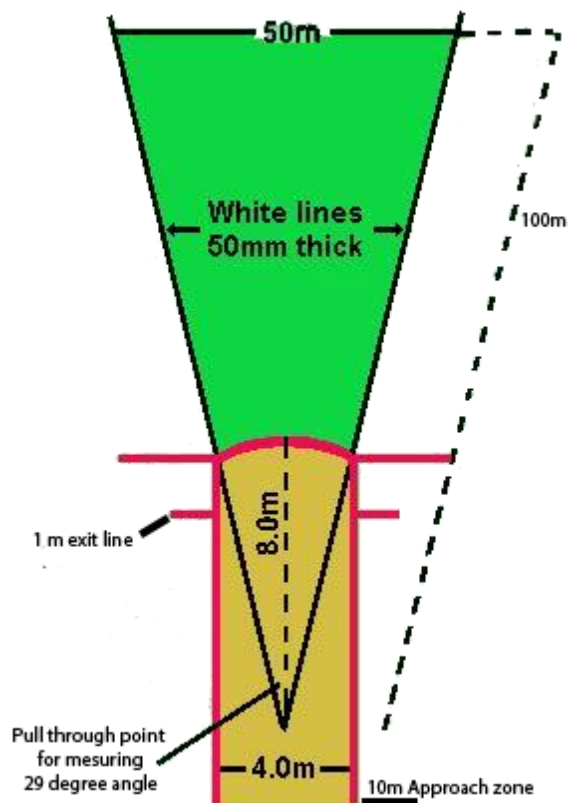
HOW TO MEASURE SHOT PUT OR DISCUS
EXAMPLE (DIAGRAM)



TURBOJAV RULES FOR COMPETITION

1. The official weight of the turbojav will be **400 grams** for all competitors. No sharp edges protrusions or irregularities should be found on the TurboJav.
2. Competitors shall use only such "TurboJavs" as are provided by the organizers of the meet.
3. In all throwing events each competitor shall have three attempts. Each competitor shall be credited with his/her best attempt.
4. All athletes will be allowed to use an approach that will take no more than 10m. (~5 Steps)
5. The javelin must be held by the grip with one hand only, so that the little finger is nearest to the point and the thrower's last contact with the javelin shall be with the grip.
6. Once the competitor starts their approach to throw, the competitor may not turn completely around so that his/her back is towards the throwing area, until the javelin contacts the ground. The javelin shall be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled. The competitor must remain within the runway boundaries (including the arc) until the javelin has landed (a foul will be charged if any part of the competitor falls or touches down outside of the throw boundaries). They must leave the throwing boundaries under control after the javelin has landed, staying 1 meter behind the throwing arc.
7. The throw will be valid and measured from whichever part touches the ground first. If the Turbo Javelin is not completely within the inner edges of the sector lines, the throw will not be measured.
8. If the javelin breaks at any time during the course of the throw, it shall not count as a trial.
9. If a thrower improperly releases the javelin in making an attempt, it shall be recorded as a foul throw.
10. In the Javelin Throw, the measurement of each throw shall be made from where the first contact strikes the ground in a direct line to the arc center mark, 8 meters (26' 3") behind the inside of the foul arc (aka the "pull-thru point").
11. A distinctive flag or disc may be provided to mark the furthest throw or record.
12. If the competitor is entered in both a track and a field event, the track event takes precedence and the judges may allow the competitor to take his trials in a different order from that decided upon, unless such permission has been received a competitor who misses his turn shall not be allowed to take the trial so missed.
13. In the event of a tie, competitors will be given an extra throw.
14. At the conclusion of the event the event card and the TOP THREE COMPETITORS are to be taken to the announcers table for awards presentation.
15. Judges/officials please use "On deck" and "In the Hole/retrieving" calling system for efficiency. Students will retrieve their Javelin when safe to do so.
16. All athletes will be given a practice throw, time allowing. Practice throws will not be counted or measured.

17. Athletes will “throw” in the order they appear on the start sheet. They will repeat in the same order for the 2nd and 3rd “throw”. (EXCEPTION – when an athlete arrives late from another event – their “throw” will be at the discretion of the official).



SPRINTS & MIDDLE DISTANCES RULES FOR COMPETITION

1. Preliminary heats may be held when the number of competitors is too large to allow the competition to be conducted satisfactorily in a single heat. Finalists will be selected by place finish.
2. A competitor shall not be allowed to compete in a heat other than the one in which his name appears, except in circumstances which in the opinion of the referee justify an alternation. **If there is 1 heat it will be a final. If there are 2 heats the top 3 in each heat and the next 2 fastest times advance. If there are 3 heats top 2 in each heat and next 2 fastest times. If there are 4 heats top 1 and next 4 fastest.**
3. If there are three heats the first and second place finisher shall qualify for the final and the next two best times. Please see qualifiers for race sheet.
4. In the event of a tie in any heat which affects the qualification of competitors to compete in the next round or final, where practical the tying competitors shall both qualify. If there are not enough lanes available a coin toss will be used to determine the result.
5. All races shall be started by the actual report of a pistol or any similar apparatus fired upwards in the air, but not before all the competitors are still on their marks.
6. The words of the start shall be: "ON YOUR MARKS", and when all competitors are steady on their marks, the pistol shall be fired.
7. If for any reason the starter has to speak to any competitor, either before or after the word "ON YOUR MARKS", he shall order all competitors to stand up and the clerk of the course shall place them on the assembly line again.
8. If a competitor leaves his mark with hand or foot after the word "ON YOUR MARKS", but before the shot is fired it shall be considered a false start. Any competitor making a false start shall be warned. On the third false start, the offending runner will be disqualified. If a competitor false starts two times, they will be disqualified on the 2nd false start.
9. If, in the opinion of the starter, the start was not fair, he must recall the competitors with a second shot or a whistle. If the unfair start was due to one or more competitors "beating the Pistol", it shall be considered a false start and the starter must warn the offender or offenders, who shall be disqualified if they continue to offend after one such warning.

NOTE: The starter need only warn the competitor or competitors, if any, who in his opinion were responsible for the false start. REMIND competitors that a second shot or whistle means there has been a false start and to STOP RUNNING!
10. The competitors shall be placed in the order in which the torso crosses the finish line.
11. All starts will be from a standing position. Feet must be behind the start line.
12. Each competitor shall keep within his own lane throughout the race, except for the 800m.

13. If during the progress of a race run in lanes, a competitor runs crosses into the lane of other competitors, he shall be liable to disqualification. It shall be for the referee to decide, when any report is made, whether the competitor received any advantage or impeded another runner and, if so, the competitor should be disqualified.
14. A competitor after voluntarily leaving the track shall not be allowed to continue in the race.
15. No competitor shall receive any assistance from any person during the course of the race.
16. 300m races will be “timed finals”.
17. **MID. DISTANCE:** In any competition where there are more competitors than can be placed in the first row, the draw for stations shall be by schools, when one competitor from each school shall be placed in the order of the draw. Additional starters from any school shall then be placed behind in the same order. Coaches need to advise runners who are the 1st, 2nd, 3rd seed for starting purposed.
18. **MID. DISTANCE:** No official or other person within the arena, except the delegated timer or the announcer, shall call out any intermediate times to competitors.
19. **MID. DISTANCE:** No competitor shall cross in front of another in any case, until and unless he is 2m ahead of that competitor. Any competitor willfully jostling, running across or obstructing another competitor so as to impede his progress shall be disqualified. If in any race a competitor is disqualified for any of these reasons, the referee shall have power to order the race to be re-run or, in the case of heat, to permit any competitors affected by the act resulting in disqualifications, to compete in a subsequent round of the race. For 800 meter races any body contact within the first 30 meters causing an advantage or disadvantage to a runner shall constitute a false start and the race will be restarted. Runners will be able to cut in once they pass the 2nd waterfall curve on the track. (the starter will indicate where this line is)
20. At the conclusion of all races, the TOP THREE COMPETITORS and the heat sheet are to be taken to the announcers table for awards presentation.

300 METER STANDARDS

In order to run an efficient meet and to maintain student’s self-esteem, below is a chart of minimum times for 300m completion.

GRADE 7 GIRLS	GRADE 8 GIRLS	GRADE 9 GIRLS	GRADE 7 BOYS	GRADE 8 BOYS	GRADE 9 BOYS
1:00	:59	:58	:55	:51	:48



HOW TO CREATE YOUR OWN 400 METER TRACK

EQUIPMENT NEEDED:

- Cones
- Measuring tape or trundle wheel or a rope marked at appropriate intervals
- Beanbags or something to use for temporary markings

MEASUREMENTS	TO ACHIEVE A CORRECT CURVE
A to B = 88 meters	A to F = 44 meters
B to C = 112 meters	F to H = 27 meters
C to D = 88 meters	B to F = 44 meters
D to A = 112 meters	D to E = 44 meters
total 400 meters	E to I = 27 meters
	C to E = 44 meters

