

# 2016 Calgary All-Schools Track & Field Fest

— *an Alberta Summer Games qualifier* —

**DATE:** Saturday June 11th, 2016

**PLACE:** Foothills Athletic Park

**TIME:** 10:00 AM – 4:00 PM



**Hosted by:** The Calgary Track Council

**Meet Directors:** Mike and Brenda Van Tighem ( [mvantighem@gmail.com](mailto:mvantighem@gmail.com) )

## **ELIGIBILITY:**

This is an all-comers meet open to any child attending a Junior High or Middle School in a Calgary-based school board. We hope to see participation from the Public, Separate, Charter, Private and Francophone schools.

This is not a school sanctioned event! Participants must pre-register themselves and parents must complete the Athletics Alberta day-of-meet membership form which is both a waiver and an insurance policy.

**REGISTRATION FEE:** \$10 per athlete

**CASH ONLY** at the track

## **AGE CATEGORIES:**

**Grade 7 or Grade 6 and in Middle School**

**Grade 8**

**Grade 9**

## **EVENTS:**

**100m, 300m, 800m, 1200m**

**Long Jump, High Jump, Shot Put, Discus**

**4x100m Relay**

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## **ENTRY PROCEDURE:**

### **AT LEAST ONE WEEK PRIOR TO THE MEET:**

All athletes must pre-register for this meet by submitting the following information:

Name, Grade, School, Event to be entered and Best Performance (if known)

Entries are to be submitted using the web form on the Track Council website:

<http://www.calgarytrackcouncil.com/meets.asp>

The entry deadline is Monday June 6th @ 4:00 pm.

Late entries will NOT be accepted at the track on the day of the event.

The Final Schedule and Performance Lists will be posted online by the evening of Wednesday June 8th.

Relay team entries will be accepted up until noon on the day of the meet.

All members of a relay team must be registered and have a competitor number.

Event entries will be capped at the following limits:

100m and 300m    40 athletes per age group

800m and 1200m    24 athletes per age group

LJ, SP, DT            32 athletes per age group

HJ                      16 athletes per age group

Entries are accepted on a first-come-first-served basis.

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## **ENTRY PROCEDURE:**

### ***ON THE DAY OF THE MEET:***

Arrive at the track at least one hour prior to your event.

Go to the registration table in the tent near the entrance to Foothills Athletic Park.

Hand in your signed Athletics Alberta Day-of-Meet membership form.

Pay the registration fee of \$10 (CASH ONLY)

Get your competitor number and pin it onto your shirt.

***You cannot compete without a number!***

## **MEET PROTOCOL:**

### **Track Events:**

Athletes must check in with the Marshall at the start line at least 10 minutes before the scheduled start time of a track event.

In the 100m there will be two rounds (heats and Final) (max 8 per race)

Everyone runs in the Heats, then the top qualifiers advance to one Final race.

The starter will give two commands: 1) On your mark, 2) Set, and then the gun.

In the 300m, 800m, and 1200m there will be one round of timed Finals

If multiple races are needed then athletes will be grouped by ability.

The starter will give one command: 1) On your mark and then the gun.

### **Field Events:**

Athletes must check in with the Official at the event area at least 20 minutes before the scheduled start time of a field event.

In the Long Jump, Discus, and Shot Put each athlete will get three attempts.

There will be one official practice round.

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If there is a scheduling conflict, track events take priority over field events. An athlete at a field event is to notify the field event judge that they must leave to go to a track event. Attempts missed in a field event cannot be made up.

## **AWARDS:**

“2016 Calgary All-Schools Champion” t-shirts for 1st place.

Ribbons for 1st to 8th place.

There will be a podium ceremony (top 8) ASAP after the end of each event.

## **OFFICIALS:**

Officiating is by Athletics Alberta registered officials and students from the University of Calgary track and field team.

Finishlynx photo-timing will be used.

## **TECHNICAL SPECS**

	<u>Shot Put</u>	<u>Discus</u>
All Girls	3 kg	750 gm
Junior Boys	3 kg	750 gm
Intermediate Boys	4 kg	1 kg
Senior Boys	4 kg	1 kg

Starting blocks will be available but their use is optional.

Shoes with spikes are allowed.

The “old” false start rule will be used. That is, each athlete in the race is allowed one false start but a second false start will result in disqualification.

## **OTHER INFORMATION**

This meet goes rain or shine!

Parents are required to supervise their children.

Competitor numbers supplied by The Running Room.

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## TENTATIVE SCHEDULE June 11th

10:00am	1200m Discus	1200m Discus	1200m Long Jump	1200m Long Jump	1200m Shot Put	1200m Shot Put
10:45	100m Heats					
10:55		100m Heats				
11:05	Long Jump	Long Jump	100m Heats Discus	Discus	High Jump	High Jump
11:15				100m Heats		
11:25					100m Heats	
11:35						100m Heats
12:00 pm	300 Finals Shot Put	Shot Put	High Jump	High Jump	Long Jump	Long Jump
12:10		300 Finals				
12:20			300 Finals			
12:30				300 Finals		
12:40					300 Finals	
12:50						300 Finals
1:15	800 Final High Jump	High Jump	Shot Put	Shot Put	Discus	Discus
1:25		800 Final				
1:35			800 Final			
1:45				800 Final		
1:55					800 Final	
2:05						800 Final
2:15	100m Final					
2:20		100m Final				
2:25			100m Final			

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2:30				100m Final		
2:35					100m Final	
2:40						100m Final
3:00	4X100 RELAY					
3:10		4X100 RELAY				
3:20			4X100 RELAY			
3:30				4X100 RELAY		
3:40					4X100 RELAY	
3:50						4X100 RELAY

**End of Meet**