

North Central Track & Field 2023



N.C.A.S.A.A. ZONE TRACK MEET FOOTE FIELD EDMONTON

Thursday
May 25, 2023

COACHES MEETING	9:00 a.m.
START TIME	9:30 a.m.

**N.C.A.S.A.A.
ZONE TRACK AND FIELD MEET
FOOTE FIELD, EDMONTON
MAY 25, 2023**

REGISTRATION

Registration – As per ASAA

1. Register all of your track & field athletes in SRS as you normally would.
2. Within three work days, all athletes that were registered in SRS will have been inputted

into MileSplit.
3. On ab.MileSplit.com, register your athletes for their specific events in their eligible meet.

If you have any questions or concerns about the registration process you can e-mail me or Brad at the ASAA office .

Registration Deadline on SRS: May 15th, 2023

FEES

Entry fees will be \$15.00 per athlete. Cheques may be submitted at the coaches meeting and made payable to N.C.A.S.A.A.

*****DO NOT FORGET*****

GENERAL RULES FOR ENTRIES

Two entries per school are permitted in each event.

Each competitor may enter a **maximum of four events**. The number of track events entered by a competitor must not **exceed three**. The relay is considered a track event.

****Pentathlon is an open event.** It includes the 100m, SP, LJ, HJ, 800m.

Pent-athletes will register as a pent-athlete and be placed in the Sr Boys events.

Points will be awarded to the athletes based upon the scoring system in the ASAA Handbook. Pent-athletes may register in one individual event or relay. Coaches ensure that your athlete is registered in both the pentathlon and the individual event.

A competitor may enter two of these three events - 800 metres, 1500 metres or 3000 metres and one other track event.

Competition in open events may be as follows:

open boys - junior, intermediate or senior

open girls - junior, intermediate or senior

FACILITIES

Track - 400 metre rubberized

Discus - throwing circle - shale with cage

Shot Put - throwing circle - shale

Javelin - rubberized approach

High Jump, Triple Jump, & Long Jump - approach is rubberized

Concession - provided by Foote Field Athletic Park

Change room/washrooms - full facilities available

RAIN OUT

There is **NO rain out day** scheduled. Zone track meet will run rain or shine.

RULES

The rules governing track and field activities shall be the rules as published by the International Association of Athletics Federation.

CLASSIFICATION

The meet shall be conducted as a co-educational meet with boys and girls competing in their respective events. Proper dress in terms of a top and some type of footwear is mandatory. [Exception - kicking leg in the high jump]

CLASSIFICATIONS - Boys and Girls have three classifications

- Junior** -competitors under the age of 16 as of Sept 1, of this school year
Intermediate - competitors under the age of 17 as of Sept. 1, of this school year
Senior -competitors under the age of 19 as of Sept. 1, of this school year
Competitors are limited to competition in one classification at the N.C.A.S.A.A. Zone meet, with the exception of Open Events

EVENT STANDARDS

- Discus -** - all girls use the 1 kg discus
- junior and intermediate boys use 1.5 kg discus
- senior boys use the 1.75kg discus
- Javelin** - junior and intermediate girls use 500 gram javelin
- senior girls use the 600 gram javelin
- junior and intermediate boys use 700 gram javelin
- senior boys use the 800 gram javelin
- Shot Put** - junior and intermediate girls use 3 kg shot put
- senior girls use 4 kg
- junior and intermediate boys use 5 kg shot put
- senior boys use 6 kg
- Hurdles** - all girls run 80 meter hurdles
- all boys run 100 meter hurdles

ALL FIELD EVENTS WILL HAVE A MINIMUM STANDARD ASSIGNED TO THEM AS PER THE HEAD FIELD MARSHALL. ANY ATTEMPTS THAT FALL SHORT OF THE MINIMUM WILL NOT BE MEASURED. ALL MINIMUM STANDARDS WILL BE INDICATED BY A RED FLAG AT THE RESPECTIVE EVENTS.

3000 AND 1500 METRE TRACK EVENTS WILL HAVE A MAXIMUM STANDARD SET AS PER THE HEAD TRACK MARSHALL. ANY RUNNER THAT TAKES LONGER THAN THE STANDARD SET TIME WILL BE MOVED TO THE OUTSIDE LANE OF THE TRACK SO THE NEXT EVENT CAN GET STARTED.

SPECIAL NOTE:

1. All coaches need to meet at 9:00 a.m. to pick up athlete packages. This will be in the area to the right of the bleachers.

All coaches need to pick up the registration sheets for the event that they are running. Please show up at the event site at least 10 minutes prior to the designated start time for your event in order to check in the athletes.

2. 1st Place Relay teams will remain as one entity for the Provincial Meet unless other-wise directed (same with 2nd place relay teams).

3. **All athletes must indicate their intentions of attending the Provincial Meet, at the zone meet, if they qualify. Only first and second place finishers go to Provincials. Please meet with your athletes and explain this to them, so that they can see if provincials will conflict with their schedules. This decision should already be decided prior to coming to the meet if they do qualify.**

N.C.A.S.A.A. ZONE TRACK AND FIELD MEET TRACK SCHEDULE 2023

UNLESS OTHERWISE INDICATED, THE ORDER FOR EACH RACE WILL BE AS FOLLOWS:

Junior Girls, Intermediate Girls, Senior Girls
Junior Boys, Intermediate Boys, Senior Boys

THE TRACK EVENTS BEGIN AT 9:30 a.m. SHARP

We are not sure how many heats there will be; therefore, NO time schedule has been put on the track. All races this year will be timed finals. Coaches must remind athletes to listen to the announcements as track events are called.

All track events have priority over field events. Athletes leaving a field event to compete in a track event must inform the field official before leaving. The field judge will allow the athlete to return and complete remaining trials.

All athletes registered in the Open Pentathlon will compete with the Seniors unless they are registered in an individual event. Pent-athletes registered in individual events must compete in their age category.

300 metre Hurdles timed FINAL open girls, open boys

200 metre timed FINAL

3000 metre timed FINAL

80 metre Hurdles timed FINALS – Jr., Int., Sen. Girls

100 metre Hurdles timed heat FINALS - Jr., Int., Sen., Boys

800 metre timed FINAL

100 metre timed FINALS

400 metre timed FINALS

1500 metre timed FINALS

4 X 100 metre Relay timed FINAL

4 X 400 metre Relay timed FINAL – open girls, open boys

NORTH CENTRAL ZONE TRACK MEET FIELD EVENT SCHEDULE

Time	Jr Girls	Int Girls	Sr Girls	Jr Boys	Int Boys	Sr Boys
9:30 – 10:15	Long Jump #1	High Jump		Javelin	Long Jump #2	Discus
10:15 – 11:00	High Jump		Discus	Shot Put #1	Triple Jump	Javelin
11:00 – 11:45	Shot Put #2	Javelin	Long Jump #2	Triple Jump	Discus	High Jump
11:45 – 12:30	Javelin	Long Jump #1	Shot Put #1	Discus	High Jump	Triple Jump
12:30 – 1:15		Discus	Triple Jump	Long Jump #2	Javelin	Shot Put #2
1:15 – 2:00	Discus	Triple Jump	Javelin	High Jump	Shot Put #1	Long Jump #1
2:00 – 2:45	Triple Jump	Shot Put #2	High Jump			

North Central Zone Track & Field Throwing Standards

Use the following standards as minimum standards for measuring student attempts. Please use your discretion.

Event	Jr Girls	Int Girls	Sr Girls	Jr Boys	Int Boys	Sr Boys
Shot put	7m	7m	7m	9m	10m	9m
Discus	16m	16m	16m	23m	24m	24m
Javelin	16m	16m	16m	28m	30m	30m
Long Jump	3.5m	3.5m	3.5m	4.5m	4.5m	4.5m
Triple Jump	7m	7m	7m	9m	9m	9m

Starting heights for high jump are as follows. High jump officials are allowed to use their discretion in setting starting heights in inclement weather.

<u>Category</u>	<u>Starting Height</u>	<u>Increments</u>
Jr. Girls High Jump	1.20 m	5 cm to 1.45 m 3 cm and 2 cm to end of event
Int. Girls High Jump	1.25 m	5 cm to 1.45 m 3 cm and 2 cm to end of event
Sr. Girls High Jump	1.25 m	5 cm to 1.45 m 3 cm and 2 cm to end of event
Jr. Boys High Jump	1.45 m	5 cm to 1.65 m 3 cm and 2 cm to end of event
Int. Boys High Jump	1.50 m	5 cm to 1.70 m 3 cm and 2 cm to end of event
Sr. Boys High Jump	1.55 m	5 cm to 1.70 m 3 cm and 2 cm to end of event

Hurdles distances

Category	Distance of Race	Height of Hurdle	Distance from start line to first hurdle	Distance between hurdles
Jr. Girls	80 m	76 cm (30 in.)	12 m	8 m
Int. Girls	80 m	76 cm (30 in.)	12 m	8 m
Sr. Girls	80 m	84 cm (33 in.)	12 m	8 m
Girls	300 m	76 cm (30 in.)	50 m	35 m
Jr. Boys	100 m	84 cm (33 in.)	13 m	8.5 m
Int. Boys	100 m	84 cm (33 in.)	13 m	8.5 m
Sr. Boys	100 m	91 cm (36 in.)	13 m	8.5 m
Boys	300 m	84 cm (33 in.)	50 m	35 m

Track Markings 80 m - White
(Hurdles) 100 m – Yellow