

North Central Track & Field 2026



N.C.A.S.A.A. ZONE TRACK MEET FOOTE FIELD, EDMONTON Wednesday, May 20th, 2026

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

REGISTRATION

As per SSA (School Sport Alberta):

1. Register all of your track & field athletes in SRS as you normally would.
2. **School Sport Alberta "...will no longer be using MileSplit for Track and Field registrations..."**. Please use Team Manager or Trackie to record your entries -- see <https://www.ellistiming.ca/NCZone/> . (You can use both (e.g.: use Trackie to record entries that are more difficult to perform in Team Manager).)

If you have any questions or concerns about the registration process you can e-mail Brad at the SSA (School Sport Alberta) office or Deanna Sloan dsloan@hpsd.ca.

Registration Deadline on SRS: **May 15th, 2026**

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.

Mail to: NCASAA % Rose Rumball

55507 Range Road 143

Yellowhead County, AB T7E 3Y5

*****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.

Pentathletes will register as a pentathlete and be placed in the Senior Boys events.

Points will be awarded to the athletes based upon the scoring system in the SSA (School Sport Alberta) Handbook. Pentathletes 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 distance events -- 800 metres, 1500 metres, 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

All Para and Unified Athletes will follow the Junior Boys or Girls Field and Race times. (see attachments for more info on Para and unified guidelines and classifications).

FACILITIES

Track: 400 metres 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 on upper deck

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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 World Athletics.(formerly known as "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.]

Boys and Girls have three classifications:

Junior: competitors under the age of 16 as of September 1 of this school year.

Intermediate: competitors under the age of 17 as of September 1 of this school year.

Senior: competitors under the age of 19 as of September 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 m hurdles
	all boys run 100 m 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:

- All coaches need to meet at 9:00 a.m. to pick up athlete packages. This will be in the area northwest (track level) of the bleachers (i.e.: near the finish line).
- 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.
- First Place Relay teams will remain as one entity for the Provincial Meet unless otherwise directed (same with second place relay teams).

IMPORTANT:

- **All athletes must indicate (at the Zone meet) their intentions of attending the Provincial Meet if they qualify. Only first and second place finishers go to Provincials. Please meet with your athletes check (prior to the Zone meet) and explain this to them, so that they can check (prior to the Zone meet) if provincials will conflict with their schedules. This decision should already be decided prior to coming to the Zone meet if the athlete does qualify. Your awareness of the decision for athletes who finish third or fourth will help in the event the first- or second-place athlete is unable to compete at Provincials (i.e.: to "fill the open spot" for the Provincials team).**

N.C.A.S.A.A. TRACK AND FIELD MEET SCHEDULE 2026

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 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 or check in with the field event before going to the track event. 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. Pentathletes registered in individual events must compete in their age category.**
- **All Athletes registered in Unified or Para will compete with the Junior Boys or Girls.**

300 m Hurdles timed FINAL Open Girls, Open Boys

200 m timed FINALS

3000 m timed FINALS

80 m Hurdles timed FINALS – Junior, Intermediate, Senior Girls

100 m Hurdles timed heat FINALS - Junior, Intermediate, Senior Boys

800 m timed FINALS

100 m timed FINALS

400 m timed FINALS

1500 m timed FINALS

4 X 100 m Relay timed FINALS

4 X 400 m Relay timed FINALS – Open Girls, Open Boys

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")	12 m	8 m
Int. Girls	80 m	76 cm (30")	12 m	8 m
Sr. Girls	80 m	84 cm (33")	12 m	8 m
Girls	300 m	76 cm (30")	50 m	35 m
Jr. Boys	100 m	84 cm (33")	13 m	8.5 m
Int. Boys	100 m	84 cm (33")	13 m	8.5 m
Sr. Boys	100 m	91 cm (36")	13 m	8.5 m
Boys	300 m	84 cm (33")	50 m	35 m

Track Markings
(Hurdles)

80 m - White
100 m - Yellow

N.C.A.S.A.A FIELD EVENT SCHEDULE 2026

Time	Junior Girls	Int. Girls	Senior Girls	Junior Boys	Int. Boys	Senior 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			

FIELD EVENTS RULES:

1. All field events are to be marshaled at the event.
2. Metric please round off (down) to 2 decimals (e.g.: 4.85).
3. Three trials each. In throwing events and horizontal jumping events allow the top 6 three more tries (if time allows). **The athlete's best result out of the six attempts will be taken to determine their placing.**
If you have six or fewer competitors in an event, all competitors receive 6 attempts.
4. Measure from edge of board or circle, to the landing position. The “0” end of the tape is placed at the landing point.
Void (foul) if toes over edge of board or line in the long jump, triple jump, or javelin.
Void (foul) if athlete enters or exits from the front of the circle in throwing events.
5. Track priority: Use your discretion as to how many attempts you allow before the athlete leaves.

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6. **Upon completion, indicate first through sixth on the sheet and send the results to the AWARDS TABLE.**
7. Athletes compete in the order that their name appears on the list.
Exception: Those doing jumps or throws before leaving for track events.
8. A tie is broken by going to the second-best attempts of the tied athletes, then to the third if the tie still exists.

Throwing Standards

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

Event	Junior Girls	Int. Girls	Senior Girls	Junior Boys	Int. Boys	Senior 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

High Jump Standards

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

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		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