

**WEST CENTRAL DISTRICT TRACK AND FIELD MEET
MAY 30 AND 31, 2008
GRIFFITHS STADIUM - SASKATOON, SASKATCHEWAN**

Commissioner:

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Organizational Proposal:

Each school is allowed to advance 2 athletes per event in each age category to the section meets. Athletes are only allowed to enter 4 individual events and must run the 4x100 relay in the age classification they competed in as an individual. At the section level it may be more feasible to have the relays run as mixed relays.

West Section

Marengo
Kindersley*
Eatonia
Eston
Plenty
Elrose
Harris

Central Section

BCS 2000*
St. Gabriel
Landis
Rosetown*
Dinsmore
Milden
Kyle

East Section

Lucky Lake
Beechy
Davidson
Kenaston
Loreburn*
Outlook*
LCBI

* indicate possible host locations.

Each section can advance 4 athletes per event in each category to the district meet. Athletes are only allowed to enter 4 individual events and must run the 4x100 relay in the age classification they competed in as an individual.

Each section will run their track meet using the HyTek software.

Entries to the District will use the following numbering system:

West Section	101-299
Central Section	301-499
East Section	501-699

Entries:

Track entries from each Section are due no later than Monday May 26, 2008. Changes to entries will be accepted until 3:30pm on Wednesday May 28, 2008.

Entries and changes are sent to Miles Bennett miles.bennett@sunwestsd.ca

Event Responsibilities:

Long Jump (6 workers) – West Section
 Javelin (4 workers) – Central Section
 Triple Jump (6 workers) – Central Section
 Shot Put (4 workers) – East Section
 High Jump (3 workers) – East Section
 Discus (4 workers) – West Section
 Track – Each section needs to supply 3 workers
 Sound – Tony Baldwin
 Gate – Executive
 Awards – Executive
 Track Coordinator – TBA
 Marshalling and Starting – TBA
 Photo Finish – Jade Ballek
 Miscellaneous – TBA

Please arrive early so you can assist with set up at your event site including the track.

You only need to bring a tape measure and marking tool to run your event site as all other equipment will be supplied by West Central or Griffiths.

Everyone is asked to assist in clean up once their event site is complete for the day.

Additional Notes:

1. Your schools' E5 is due May 7, 2008.
2. Each event site will have directions on how to run your event but please make yourself familiar with both the SHSAA guidebook and the West Central Bylaws.
3. Please go through the procedure to be followed if there are field and track events that are in conflict for your athletes.
4. If there are any problems during the day make sure to get them dealt with immediately. It is virtually impossible to make corrections at the end of the day or later.
5. There are ribbons for athletes finishing 1st through 6th in each event. Please encourage your athletes (especially track) to pick up their ribbons once the results of their event are read.
6. Advancement to finals for the 100 and 200 will be the top two of each heat and the next four fastest times. Field events will advance the top 6 to the last three rounds of the competition.
7. There will be a coaches meeting at Alexander's Restaurant (414 Cumberland Ave. at College Drive) immediately following the awards presentation and clean up on Saturday to finalize the District Team that will be attending Provincials in Regina. Please attend.
8. West Central is responsible to supply two officials to Discus per session at the Provincial Meet in Regina.

Friday	Session 1	10:00am	Saturday	Session 1	9:00am
	Session 2	1:00pm		Session 2	11:30am
	Session 3	5:00pm		Session 3	2:30pm

9. We also require a male and female coach to represent the District.

10. The schedule for the meet and record performances will be sent to each school in the near future. **The 9:00a.m. start time on Saturday is when the events are to begin so please make sure you are at Griffiths ahead of time to have your event site ready to go.**

Age Groups

Senior - 16 and over as of September 1st of current school year.

Junior - under 16 as of September 1st of the current school year.

Midget - under 15 as of September 1st of the current school year

Bantam – under 13 as of September 1st of the current school year

Equipment

Shot put	6 LB	BANTAM BOYS and BANTAM GIRLS
	4KG	MIDGET BOYS, MIDGET GIRLS, JUNIOR GIRLS, and SENIOR GIRLS
	12LB	JUNIOR BOYS and SENIOR BOYS

Discus	1KG	BANTAM BOYS, MIDGET BOYS, and ALL GIRLS
	1.6KG	JUNIOR BOYS and SENIOR BOYS

Javelin	600G	BANTAM BOYS, MIDGET BOYS, and ALL GIRLS
	800G	JUNIOR BOYS and SENIOR BOYS

Hurdles

80M	BANTAM GIRLS, MIDGET GIRLS, and BANTAM BOYS (30in)
	12 (to first hurdle) – 7.5 – 7.5 – 7.5 – 7.5 – 7.5 – 7.5 – 7.5 – 15.5 (to finish line) JUNIOR GIRLS AND SENIOR GIRLS (30in)
100M	12 (to first hurdle) – 8 – 8 – 8 – 8 – 8 – 8 – 8 – 12 (to finish line)
	MIDGET BOYS (30in), JUNIOR BOYS (33in), and SENIOR BOYS (36in) 13 (to first hurdle) – 8.5 – 8.5 – 8.5 – 8.5 – 8.5 – 8.5 – 8.5 – 8.5 – 8.5 – 10.5 (to finish)

Triple Jump Take-Off Boards

We will try to have boards set at distances of 4m, 6m, 8, and 10m. Keep in mind that the Provincial boards are set at 8m and 10m.