

CENTRAL SECTION TRACK AND FIELD MEET
MAY 21, 2008
ROSETOWN

Commissioner:

Miles Bennett

Rosetown Central High School

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Each school is allowed to advance 2 athletes per event in each category to the Central Section Meet. Athletes are allowed to enter 4 individual events and must run the 4x100 relay in the age classification they competed in as an individual.

Central Section is comprised of the following schools with the competitor numbering system beside each school:

Biggar Central School 2000	101-200
Dinsmore	201-300
Kyle	301-400
Landis	401-500
Milden	501-600
Rosetown	601-700
St. Gabriel	701-800

Central Section will advance 4 athletes per event in each category to the District meet. A selection meeting will be held after the completion of the meet where numbers will be assigned and distributed. Each school needs to have representation at the meeting and know if their athlete will be advancing to the District meet.

Entries:

Track entries from each school are due no later than **Friday May 16, 2008**. Entries are to be done using the attached **Excel** file. Please follow the instructions on the entry form and email to miles.bennett@sunwestsd.ca. You only have to type in your athletes number, name and school once when entering events. Also please enter your relays on the third page of the worksheet.

*Print out page 2 of the worksheet to use as reference to enter the correct event numbers.

NOTE: Grade 8 midgets should have an 8 placed behind their name. Ex: Flinstone8

Event Responsibilities: (all field events should have at least 3 workers)

BCS 2000: High Jump

Dinsmore: Javelin

Kyle: Discus

Landis: Triple Jump

Milden: Long Jump

Rosetown: Shotput (Paula Berezowski/Vicki Moore/Avis Dahl)

St. Gabriel: Track – starter, marshalling, finish line

Timers: RCHS (Kailly Liska, Whitney Dunn, Baylie Sinclair)

Announcer: Kevin Gawletz

Results: Miles Bennett, Mark Jackson

Awards/ Results Posting: Rietta Frick-Davis/Kitena Hill

Concession: Dianne Schmidt

Track Coordinator: Jim Duerksen

Appeals Judge: Julian Slywka

Coaches Notes:

1. All throwing equipment and tape measures will be provided.
2. Six sets of identical starting blocks will be provided.
3. Rakes and tape measures for horizontal jumps will be provided.
4. All high jump equipment provided.
5. St. Gabriel to bring hurdles and starting equipment.
6. Do not leave any throwing equipment unattended.
7. At the completion of the last event please return all equipment to the track shed.
8. Handout 2nd-4th place ribbons at the field events. Send the first place winner to the results area with the completed results sheet where he/she will receive the 1st place ribbon.
9. Track competitors may pick up their ribbons at the results area.
10. Competitors must dress in clothing appropriate for track and field. No hats to be worn during competition. Athletes should try to dress in school colors if at all possible. No shirts, shorts, bags with alcohol logos allowed.

11. Please remind your athletes how to follow protocol in the event of scheduling conflicts. Track events take priority over field events. Races will not be delayed. Athletes need to inform the field judges of the conflict. Field judges will be asked to allow these conflicts. Any athlete missing the first three rounds in the horizontal jumps or throws will be disqualified. In the high jump the bar will not be lowered for an athlete who misses a round.

12. Please remind athletes to stay off the infield except to marshal for races or compete in the high jump.

13. A concession will be in operation. If students need to go into the school for any reason please remind them that regular classes at RCHS are still on. No students should be on the second floor for any reason.

14. Relays: Will be run as one complete lap of track. The length of the track is 337m. We will run same sex relays in each category as well as mixed relays if schools are interested.

15. Officiating events: I have attached officiating sheets that will be used at the District Meet. Please familiarize yourself with your event and follow procedures as outlined. You will make a few adjustments in terms of placement ribbons.

16.

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 – 10.5 (to finish)	