

# ZONE 13 TRACK AND FIELD CHAMPIONSHIPS

MAY 25, 2011 (RAIN DATE MAY 31)  
AT LAC DU BONNET SENIOR SCHOOL

**\*\* COACHES' MEETING AT 10:15 a.m. \*\*EVENTS OFFICIALLY START AT 10:30 A.M.  
PLEASE PLAN TO ARRIVE ON TIME SO WE CAN START PROMPTLY.**

**Entries: Deadline is Wednesday, May 18.** Entries received after this date will not be competing..

- Please ensure that you send qualifying results with your entries for the zone meet as this will assist the convenors with seeding, etc. for events.
- Send entries electronically to : ppoirier@sunrisesd.ca; & cc to: kstrassel@sunrisesd.ca
- Hopefully, you will be able to use "Hytek meet manager" program for sending your entries.
- (Info for sending entries will be sent in an attachment.)Include: School; name of athlete, (first & last); category (boys/girls; junior/senior); event(s); plus qualifying results.

**Entries/athlete:** Individual athletes may enter a maximum of four events, one of which must be a relay.

**Entries /school:** 4 athletes/event/school

A maximum of 2 relay teams/category/school

**Scratches:** All scratches from events at the zone 13 track meet must be received by the convenor by 3:30 p.m. on May 24 to avoid a penalty/fine.

**Categories and events:** (See MHSAA Handbook for specifics)

Junior & Senior boys & girls

100m; 200m; 400m; 800m; 1500m; 3000m;

Relays: 4 x 100m; 4 x 400m; Medley (800, 200,200,400)

Shot put; Discus; Javelin

Long jump; Triple jump; High jump

Multi event (100m, 800m, shot put, & long jump)

**Uniform rule:** All athletes must wear school uniforms and appropriate track & field attire (no jeans or cut offs) as per MHSAA uniform guidelines (see p. 64 of the MHSAA handbook) in order to compete in the Zone 13 championships. Failure to comply will result in fines and athletes may not be permitted to compete.

**Ribbons:** Awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers in each event.

**Championship banner:** Awarded to the team with the most points.

Refer to the MHSAA Handbook for details of point system.

**Timed finals:** will be run for all 200m, 400m, 800m, 1500m, 3000m, and all relay events, as well as any 100m event with less than 7 competitors. If there are heats for the 100m.,the fastest 6 times will qualify for the final.

**Field events:** will run over a specified time period. No competitors will be allowed to throw or jump after the time is completed. Competitors will have 3 attempts, with their best result counting for placement.

At no time will be bar be lowered during a high jump event. If a competitor arrives after the jumping has begun, they must jump the height at which the bar is set upon their arrival.

If an athlete is entered in a field event that is being run at the same time as a track event, they must register/check in with the field event marshal, go & run their track event; & return to the field event as soon as the track event is completed.

**Schedule:** Please inform your athletes to be prepared to compete earlier/later than scheduled times. (The schedule is just a guideline.) Announcements will be made throughout the competition to inform athletes of event starting times & marshalling.

If there are very few entries in any event, groups may be combined, (for example, the junior & senior girls may run at the same time if numbers in an event are low) etc.

Schools need to be prepared to stay until the end of the track meet.

**Implement weights:** Refer to MHSAA handbook

**Entry fees:** \$5.00 /athlete to a maximum of \$30.00/school, payable on site, or send the fees to Richard at Gabrielle Roy, (make cheques payable to: Zone 13)

**Provincials** are on June 9, 10, & 11 at the U of M track in Winnipeg.

**Note:** Zone 13 is responsible for assisting with events on the track and hurdles at provincials and we need to send volunteers for each of the three days. Please contact the zone convenor asap if you are willing and able to step up to assist with this task.

*\*\*Coaches need to inform the zone convenor at the Zone 13 track meet if your athletes will be attending provincials. All of the top 3 finishers, plus those who meet the provincial standard, in each event will be automatically sent to the provincial convenor unless the zone convenor is informed otherwise.*

**Other information:**

- Any school that has hurdle times to include for provincials, please ensure that you hand them in to the Zone convenor.
- Athletes who wish to use starting blocks for their races need to bring their own blocks to the meet, none will be provided.
- High jump will be held inside the gym.
- Please keep the area free of litter and use the garbage containers provided.
- A canteen will be available at the school.
- Washrooms are at the West end of the building.
- Once events are done, athletes may pick up their ribbons & results at the table inside the West doors of the school.
- Because regular classes will be in session, please avoid roaming the halls.
- Athletes need to listen for announcements of events & marshalling times.
- Marshalling for all track events will be in the area of the backstop beside the track.
- Each school will be required to assist in officiating one of the events. Let the convenor know when you send in your entries which event you would prefer. (LDBSS will look after the track events.)
- Please keep the area inside the track clear.
- Refer to the MHSAA handbook, pages 60 to 67, plus the MHSAA website, for further track and field guidelines and information.

**GOOD LUCK TO ALL PARTICIPANTS!  
HAVE FUN, PLAY FAIR, RUN FAST, THROW FAR, AND JUMP  
FAR AND HIGH!**

# ZONE 13 TRACK AND FIELD CHAMPIONSHIPS SCHEDULE

MAY 25, 2011 (RAIN DATE MAY 31) AT LAC DU BONNET SENIOR SCHOOL

\*10:15 a.m. Coaches' meeting at the finish line area on the track.

## ZONE 13 TRACK SCHEDULE

| TIME       | EVENT                            | CATEGORY           |
|------------|----------------------------------|--------------------|
| 10:30 a.m. | 100 m.                           | Heats; all classes |
| 11:00 a.m. | 400 m.                           | Timed finals       |
| 11:30 a.m. | 3000 m.                          | Timed finals       |
| 12:00 noon | 200 m.                           | Timed final        |
| 12:30 p.m. | 800 m.                           | Timed final        |
| 1:00 p.m.  | 100 m.                           | Finals             |
| 1:30 p.m.  | 4 X 400 m. Relay                 | Timed final        |
| 2:00 p.m.  | 1500 m.                          | Timed final        |
| 2:30 p.m.  | 4 X 100 m. Relay                 | Timed final        |
| 2:30 p.m.  | Medley Relay (800, 200,200, 400) | Timed final        |

**RUNNING ORDER:** Junior girls, Senior girls, Junior boys,Senior boys

**Note:**

- Second false start results in disqualification
- Any track event with less than 2 heats will be a timed final
- If numbers are low, then some events may be combined, (i.e. both junior & senior
- Athletes who do not finish a race, or who are disqualified, will not be entered in provincials.
- The schedule is a guideline; athletes need to be prepared to run ahead, or behind schedule, as the meet progresses.
- Announcements will be made to inform competitors of any time changes.

## ZONE 13 FIELD EVENT SCHEDULE

| TIME       | DISCUS        | SHOT<br>PUT   | JAVELIN       | LONG<br>JUMP  | TRIPLE<br>JUMP | HIGH<br>JUMP  |
|------------|---------------|---------------|---------------|---------------|----------------|---------------|
| 10:30 a.m. | Varsity boys  | X             | X             | JV boys       | Varsity girls  | JV girls      |
| 11:00 a.m. | JV girls      | JV boys       | Varsity girls | Varsity boys  | X              | X             |
| 11:30 a.m. | JV boys       | X             | Varsity boys  | X             | JV girls       | Varsity girls |
| 12:00 noon | X             | Varsity girls | JV girls      | X             | JV boys        | Varsity boys  |
| 12:30 p.m. | Varsity girls | Varsity boys  | JV boys       | JV girls      | X              | X             |
| 1:00 p.m.  | X             | JV girls      | X             | Varsity girls | Varsity boys   | JV boys       |