

**2024 NEASAA Track and Field - Zone  
Championships Wednesday, May 29<sup>th</sup>, 9:30AM  
Walsh Field, Bonnyville, AB**

**IMPORTANT DATES AT A GLANCE**

Thursday, May 23 <sup>th</sup>	All district Meet Managers must submit their district advancers by 5 PM. Please email entries to Paul Bourgoin at pbourgoin@centreest.ca. Send your Hy-Tek Meet Manager file along with your district relay entries.
Friday, May 24 <sup>th</sup>	Deadline for changes (Only changes due to extreme circumstances. Only athletes previously registered may be added.) Changes must be emailed to Paul Bourgoin.
Wednesday, May 29 <sup>th</sup>	8:30AM – <u>All Coaches</u> meet in the football shed. Distribution of coaches' packages, introduction of meet committee. 9:30AM - Meet begins. 6:40PM - Meet concludes. Coaches meeting in the football shed again.. <u>All coaches with athletes going on to Provincials must attend.</u>

**Please be prepared to have knowledgeable and experienced volunteers from your school available when you are supervising one of the major events during the meet for your district. Each school will take turns supervising the events during the meet!**

**IF YOU REQUIRE ANY ADDITIONAL INFORMATION PLEASE CONTACT:**

Meet Coordinators:	Chris Manderson St. Mary's High School chrism@eics.ab.ca cell # - 780-603-9395
--------------------	---

**2024 North East Alberta Schools Athletic Association**  
**Zone Track and Field Championships**  
**Wednesday, May 29<sup>th</sup>, 9:30AM**  
**Walsh Field, Bonnyville, AB**

**1. Entries: Meet Manager, please send meet manager file to Paul Bourgoin and any additional district relay teams made after your district meet.**

**2. Entry Fees**

Each district is responsible to bring ONE (1) cheque for their district.  
**Individual school cheques will not be accepted.** Entry fee per athlete will be **\$4.00 per athlete**. Each district MUST bring payment in full to the coaches' meeting prior to the meet.

**3. Coaches' Meeting**

The coaches' meeting will take place at **8:30AM**.

The meeting will be for the following:

- a) Confirm scratches
- b) Introductions of meet coordinators
- c) Review marshaling procedures
- d) Distribution of coaches' information
- e) Creation of an Appeals Committee

**\*\*\*There will be another coaches meeting at the end of the meet for all coaches who have athletes qualified for provincials \*\***

- Advancers for track & field events
- Advancers for relays (please point 3. i) for info on creation of relay teams.)

**3. General Regulations for Entries**

Refer to ASAA and NEASAA policy handbooks for modifications and bylaws governing NEASAA track and field. See appendix for NEASAA Track and Field Policy XXII.

- a) Three (3) entries per district permitted in all events. Each district will be permitted to register **three relay teams per event**.
- b) Each competitor may enter a maximum of four events, including Relays.
- c) Competitors may compete in one category only. Competitors in open events (4 x 400m) may be Junior, Intermediate or Senior.
- d) **ALL competitors in throwing and horizontal jumping events will receive three (3) trials and the top eight (8) will then advance and have an additional three (3) attempts.**
- e) 200m and 100m track events will have heats and finals. All other track events will be timed finals. Races with 8 or less runners will be FINALS only.
- f) **Starting blocks must be used for hurdles, 100m, 200m, 400m and 4x100m and 4x400m relays.**
- g) **Athletes must compete in a uniform top that distinguishes their school and some type of acceptable footwear.** Failure to meet requirements will result in the athlete's ineligibility.
- h) Track events take priority over field events. Athletes should check in with their field event then report to the track.

i) The formation of relay teams will be done according to policy 14 in the NEASAA Policy or Track & Field:

14. The formation of relay teams representing the zone at provincials shall be determined as follows:

A. The “A” relay team will be the first place team. If any or all of the members of the first place team do not choose to compete, replacements will be chosen from all available athletes. The winning team will make these decisions.

B. The ‘B’ relay team will be a composite team selected from all available athletes in the following order:

1. 4x100m – 100m, 200m, hurdles then any other available runner
2. 4x400m – 400m, 800m then any other available runner

#### **4. Concession**

A concession is being planned for the field, however it is tentative. If it is not available, there are several restaurants nearby.

#### **5. Awards**

Zone Medals will be presented for first, second and third place finishers in all track and field events. Awards will be presented at least 30 minutes after they have been posted. (Please have your athletes be patient)

Points will be awarded to all competitors on the basis of 15, 14, 13, 12 .... point system for each event to determine category winners.

#### **6. Facilities and Operational Factors and Conditions**

Rubberized track surface

Shot – concrete circle, shale landing area.

Discus – plywood circle and grass area

Javelin – grass runway and grass landing area

#### **7. Washrooms**

Portable washrooms are available at the facility. However change rooms are not available.

#### **8. Jury of Appeal**

A jury of appeal will be formed at the coaches meeting. Any appeal to this body must come through a completed appeal form.

Commissioner – Paul Bourgoin

Host – Chris Manderson

District 1 –

District 2 –

District 3 –

District 4 –

#### **9. Equipment**

Participants are required to use the equipment provided.

All the equipment needed for the day will be provided by District 1.

Athletes who bring their own javelins, discus and/or shot puts must have them checked by event coordinator and once approved they must be accessible to all athletes in the event.

## 10. Medical Services

We suggest that each school bring their own first aid supplies. There will not be any medical services provided on site for the meet.

## 11. Rules for the Competition

Rules of the competition will be based on the IAAF rulebook with modifications adopted by the ASAA and NEASAA.

- a) Age Categories (Competitors may only complete in one age category with the exception in the Open 4 x 400m Relay event.)
  - i) Senior - under 19 as of Sept. 1<sup>st</sup> of that school year
  - ii) Intermediate - under 17 as of Sept. 1<sup>st</sup> of that school year
  - iii) Junior - all athletes must be under 16 as of Sept. 1<sup>st</sup> of that school year
- b) List of Events - The following events will be offered in all categories:
  - i) Track: Hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 300m Hurdles, Para 100, 200, Pent. 4x100m relay, Open 4x400m relay, Mixed 4x400m relay
  - ii) Field: High Jump, Long Jump, Triple Jump, Pole Vault, Javelin, Discus, Shot Put, Para Shot Put, Pent Shot and Pent High
- c) Standards (See Appendix for ASAA standards.)
  - a. Hurdles
    - Jr. and Int. Girls – 80m, 30” height, 8 hurdles
    - Sr. Girls – 80m, 33” height, 8 hurdles
    - Jr. and Int. Boys – 100m, 33” height, 10 hurdles
    - Sr. Boys – 100m, 36” height, 10 hurdles
  - b. 300m Hurdles – girls - open 30”
  - c. 300m Hurdles – boys – open 33”

## 12. Individual District Duties Names of major officials will be forwarded when available.

Event	Major Official	District	Number of Minor Officials
Long Jump		4	4
High Jump		3	3
Triple Jump		2	4
Discus		3	4
Javelin		1	3
Shot Put		1	3
Track Marshal		5	1
Starter		3	1
Umpire		5	6
Floater		5	1
Meet Manager	Paul Bourgoin		1
Results (Wait 30 mins)	Beau Lacs		1 + runners
Announcer	District 5		1
Eagle Eye	Larry Godziuk		2

**Each district is required to provide volunteers (as shown above) to assist the major official. These volunteers may be senior students that are not competing at zones or athletes who do not have an event at that time but they need to be available for the entire time the event takes to complete.**

**\*\*Please ensure your volunteers are knowledgeable about the event!\*\***

### **13. Uniform Policy**

Athletes must compete in a uniform top that distinguishes their school and some type of footwear. Tops contrary to this rule will be considered illegal. (Tape on a t-shirt does not constitute a uniform.) Athletes that are not in compliance with this rule will be required to change or be disqualified from the event.

### **14. Things to Remember**

**Track events take preference over field events.** It is the athlete's responsibility to inform both the track marshal and the field event coordinator at the actual events prior to the start of their events. Athletes missing an entire trial will not be able to make the missed trials. The event coordinator may change the order of participants so to assist the athlete. (Example: Have the athlete jump/throw first in the first trial and then jump/throw last in the second trial.)

We wish you the best of luck during your track and field event. It is our hope your meet is a positive experience for all involved. With this in mind, we would like to provide some guidelines to assist your team in their administrative duties.

- a) Parking: There is parking available around the field on the street.
- b) Litter Garbage bins and Recycling Bins will be set out. Please encourage your members to keep the area clean.
- c) Washrooms: outside port-a-potties.
- d) Tent Space: Tents space will be located around the field.

### **15. Meet Schedule**

Please keep in mind that we will NOT be running ahead of schedule. In order to give our athletes the chance to do their best we will stick strictly to the schedule.

## **TRACK AND FIELD RULES**

### **EVENT: LONG JUMP**

1. All competitors will be allowed 3 trials, the top eight (8) athletes will then have an addition three (3) attempts.
2. Competitor fails if:
  - a) touches ground beyond the end of take-off line.
  - b) touches the ground outside landing area.
  - c) after landing, walks back through the landing area.
3. All jumps are measured from the nearest break in the landing area to the edge of the take-off line nearest to the pit. The measurement should be taken perpendicular to the take-off line. Measurements are taken to the nearest cm but not rounded up. Ex. 5.178m means 5.17m.
4. Each competitor should be credited with the best of all his jumps.

### **EVENT: TRIPLE JUMP**

1. All competitors will be allowed 3 trials, the top eight (8) athletes will then have an additional three (3) attempts.
2. Competitor fails if:
  - a) touches ground beyond the end of take-off line.
  - b) touches the ground outside landing area.
  - c) after landing, walks back through the landing area.
3. All jumps are measured from the nearest break in the landing area to the edge of the take-off line chosen. The measurement should be taken perpendicular to the take-off line. . Measurements are taken to the nearest cm but not rounded up. Ex. 5.178m means 5.17m.
4. Each competitor should be credited with the best of all his jumps.

**PLEASE BE SURE THAT RESULTS FROM EACH EVENT ARE TAKEN TO RESULTS DESK!**

## **TRACK AND FIELD RULES**

### **EVENT: HIGH JUMP**

1. All competitors should mutually agree upon a starting height.
2. Judges should announce the starting height and the subsequent heights the bar will be raised after each round. (Jr. Girls – 110cm, Int./Sr. Girls – 120cm, All boys – 130cm)
  - a) the bar will be raised by 5cm each round until 3 or 4 competitors remain, at which time the bar will be raised 3cm per round.
3. Competitors may take off with only one foot.
4. A competitor fails if:
  - a) bar is knocked off
  - b) he touches ground beyond the plane of the uprights
5. Three consecutive failures regardless of the height results in a disqualification.
6. Competitor may elect to pass at any height (Even if he has already made 1 or 2 attempts at the height)
7. Measurement should be taken from the top side of the bar at the middle. Records should be measured after the competitor has successfully jumped.
8. In the event of a tie,
  - a) The competitor with the least total number of total failures will be declared the winner.

### **EVENT: JAVELIN**

1. All competitors will be allowed 3 trials; the top eight (8) athletes will then have an addition three (3) attempts.
2. Javelin must be held at the grip.
3. A throw shall be valid only if the tip strikes the ground first. The javelin need not stick into the ground
4. No device (i.e. tape, glove) may be used on the hands to aid the thrower.
5. It is a foul if:
  - a) thrower touches any part of his body outside the runway.
6. Thrower must exit to the side of the runway area.
7. The thrower is credited with the best throw of all his trials.
8. The measurement of each throw shall be made immediately after the throw, from the nearest mark made by the javelin to the inside edge of the arc, along a line from the mark made by the javelin and a center point 8 meters back of the arc.
9. Reminder of new implements:
  - Jr. Girls: 500g
  - Int. Girls 500g
  - Sr. Girls 600g
  - Jr. Boys 700g
  - Int. Boys 700g
  - Sr. Boys 800g

**BE SURE ALL RESULTS ARE TURNED INTO THE RESULTS DESK AT THE COMPLETION OF EACH EVENT!**

## **TRACK AND FIELD RULES**

### **EVENT: DISCUS**

1. All competitors will be allowed 3 trials; the top eight (8) athletes will then have an addition three (3) attempts.
2. The thrower may touch the inside edge of the steel ring.
3. No device (i.e. tape, glove) may be used on the hands to aid the thrower.
4. It is a foul if:
  - a) thrower touches any part of his body outside the circle.
5. Thrower must exit from the back half of the circle.
6. The thrower is credited with the best throw of all his trials.
7. The measurement of each throw shall be made immediately after the throw, from the nearest mark made by the discus, to the Inside edge of the circle, along a line from the mark made by the discus and the center of the circle.
8. Reminder of new implements:
  - Jr. Girls: 1 kg
  - Int. Girls 1 kg
  - Sr. Girls 1 kg
  - Jr. Boys 1.5 kg
  - Int. Boys 1.5 kg
  - Sr. Boys 1.75 kg

### **EVENT: SHOT PUT**

1. All competitors will be allowed 3 trials, the top eight (8) athletes will then have an addition three (3) attempts.
2. The thrower may touch the inside edge of the stop board.
3. At the time of the put, the shot shall touch or be in close proximity to the chin.
4. The shot may not drop below or behind the level of the shoulders during the put.
5. No device (i.e. tape, glove) may be used on the hands to aid the thrower.
6. It is a foul if:
  - a) touches any part of his body outside the circle. (Touching the top of the toe board is a fault.)
7. Thrower must exit from the back half of the circle.
8. The thrower is credited with the best throw of all his trials.
9. The measurement of each put shall be made immediately after the put from the nearest mark made by the shot, to the inside edge of the circle, along a line from the mark made by the shot and the center of the circle.
10. Reminder of new implements:
  - Jr. Girls 3 kg
  - Int. Girls 3 kg
  - Sr. Girls 4 kg
  - Para Girls 3 kg
  - Pent Girls 3 kg
  - Jr. Boys 5 kg
  - Int. Boys 5 kg
  - Sr. Boys 6 kg
  - Para Boys 4 kg
  - Pent Boys 5 kg

# NEASAA Zone Track & Field Schedule 2024

Time	Sr. Girls	Int. Girls	Jr. Girls	Sr. Boys	Int. Boys	Jr. Boys
9:30	LONG	JAVELIN	HIGH	TRIPLE	SHOT	DISCUS
9:30	Open Girls 300 Hurdles			Open Boys 300 Hurdles		
9:40						
9:50	PENT 100	PENT 100	PENT 100			
9:55				PENT 100	PENT 100	PENT 100
10:00	1500					
10:10		1500				
10:20			1500			
10:30	POLE VAULT – ALL CATEGORIES					
10:30	JAVELIN	HIGH	DISCUS	SHOT / 1500	LONG	TRIPLE
10:40					1500	
10:50						1500
11:00	100 heats					
11:05		100 heats				
11:10			100 heats			
11:15				100 heats		
11:20					100 heats	
11:25						100 heats
11:30	HIGH / PENT	DISCUS	TRIPLE	LONG / PENT	JAVELIN	SHOT
11:30	800					
11:35		800				
11:40			800			
11:45				800		
11:50					800	
11:55						800
12:05	200 heats					
12:10		200 heats				
12:15			200 heats			SHOT PENT
12:20				200 heats		
12:25					200 heats	
12:30						200 heats
12:35	4x400 Open Mixed					
12:40	BREAK FOR LUNCH					
1:25				POLE VAULT – ALL CATEGORIES		
1:25	DISCUS	TRIPLE	SHOT / PENT	JAVELIN	HIGH	LONG
1:25		HURDLES				
1:30			HURDLES			
1:40	HURDLES					
1:50					HURDLES	
1:55						HURDLES
2:05				HURDLES		
2:15	200 final					
2:20		200 final				
2:25			200 final			
2:30	PARA SPORT 200 Open Girls					
2:35	TRIPLE	SHOT	LONG / PENT	200 final	DISCUS	JAVELIN
2:40				HIGH / PENT	200 final	
2:45						200 final
2:50	PARA SPORT 200 Open Boys					
2:55	3000					
3:15		3000				
3:35			3000			
3:40	SHOT / PARA SHOT	LONG	JAVELIN	DISCUS	TRIPLE	HIGH
3:55				3000		
4:15					3000	
4:35						3000
4:40	PENT 800	PENT 800	PENT 800			
4:45				PENT 800	PENT 800	PENT 800
4:50	100 final					
4:55		100 final				
5:00			100 final			
5:05	PARA SPORT 100 Open Girls					
5:10				100 final		
5:15					100 final	
5:20						100 final
5:25	PARA SPORT 100 Open Boys					
5:30	400					
5:35		400				
5:40			400			
5:45				400		
5:50					400	
5:55						400
6:00	4 x 100					
6:05		4 x 100				
6:10			4 x 100			
6:15				4 x 100		
6:20					4 x 100	
6:25						4 x 100
6:30	4 x 400 OPEN					
6:35				4 X 400 OPEN		
6:40	Coaches' Meeting					