

# CENTRAL ZONE TRACK & FIELD MEET 2025

## FULL ZONE MEET

**Wednesday, May 21<sup>st</sup>**

DOUGLAS PARK

Balgonie Elem. 701-725
Pilot Butte 726-745
École White City 746-765
École Lumsden Elem. 766-790
South Shore (Regina Beach) 791-805
Pense 806-820
Stewart Nicks (Grand Coulee) 821-835
Clive Draycott (Bethune) 836-850
Greenall (Balgonie) 851-890
Notre Dame (Wilcox) 891-930
Lumsden High 931-965
St. Augustine - Wilcox 966-980
Milestone 981-999
Emerald Ridge 1000-1024

### 1. Procedures:

- i) Each school can enter 4 athletes per event.
- ii) Each athlete can enter 4 events plus relays.

### 2. Awards for Each Zone:

- i) **Points for the top 8 in an event.**

PLACE	POINTS
1 <sup>st</sup>	10
2 <sup>nd</sup>	8
3 <sup>rd</sup>	6
4 <sup>th</sup>	5
5 <sup>th</sup>	4
6 <sup>th</sup>	3
7 <sup>th</sup>	2
8 <sup>th</sup>	1

- ii) Ribbons are presented to the top five athletes in each event.
- iii) Medals for the Aggregate in each category.

# QVDA CENTRAL ZONE TRACK & FIELD MEET

## 3000m Zone/District Meet

All eligible participants will compete on May 15<sup>th</sup> in KIPLING

## Full Central Zone Meet

Douglas Park (Canada Games Park)

Wednesday, May 21<sup>st</sup>, 2025

**Coaches meeting: 9:00am**

**Meet Start Time: 9:30am**

**3000m Entries** → DUE Thursday, May 14<sup>th</sup> @ 3:30 PM

**Full Meet Entries** → DUE Thursday, May 15<sup>th</sup> @ 3:30 PM

**HY-TEK Entries** → emailed to Scott Goertzen @ Broadview School

### **ENTRIES:**

(1) We will use the Hy-Tek track program again this year. If you need a refresher session, contact Scott for instructions on how to enter your athletes.

(2) A maximum of FOUR contestants from each school may compete in any one event.

**1. TIME:** 9:00 Coaches Meeting/Announcements and Procedures  
9:30 Meet Starts

### **2. AGE CLASSIFICATIONS: Male and Female**

PEE WEE	Under 13 years as of Aug. 31/current school year (grade 7 minimum)
BANTAM	Under 14 years as of Aug. 31/current school year
INTERMEDIATE	Under 15 years as of Aug. 31/ current school year
JUNIOR	Under 16 years as of Aug. 31/ current school year
SENIOR	16 years or older as of Aug. 31/ current school year

### **3. MEDICALS:**

Medicals will not be insisted upon, but all athletes must have a Health Certificate and Parent Waiver form completed, and on record at his or her school.

#### 4. EVENTS:

QUAD CATEGORY – JR AND SR Category – 100m, 800m, Long Jump, Shot Put  
Shot put - (PG, BG, IG-3kg, JG, SG– 4kg, Boys 12 lb.)

(all) 100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m, 4 x 100 relays.

(all except Pee Wee) Hurdles

(all) Triple Jump, Long Jump, High Jump

(all) Shot Put, Discus, Javelin. (If coaches have Level 1 coaching)

No Pole Vault.

Intermediate/Junior/Senior only. (Age groups can combine) – 4 x 400 relay.

4 x 100 relay. Athletes must run in their age group. One relay team/school/gender in each age group.

#### HURDLES:

GROUP	HEIGHT	DISTANCE TO 1 <sup>st</sup> HURDLE	DISTANCE APART	DISTANCE TO FINISH LINE	No. Of HURDLES	LINE COLOUR
BG & IG	76 cm (30")	12m	80 m. (7.5m apart)	15.5m	8	White Lines
JG/SG	76 cm (30")	12m	80 m. (7.5m apart)	12m	8	Grey Lines
BB	76 cm (30")	12m	80 m. (7.5m apart)	12m	8	Grey Lines
IB	76 cm (30")	13m	100m. (8.5m apart)	10.5m	10	Yellow Lines
JB	84 cm (33")	13m	100m. (8.5m apart)	10.5m	10	Yellow Lines
SB	91 cm (36")	13m	100m. (8.5m apart)	10.5m	10	Yellow Lines

(Grade 9 – 12)

	PEE WEE BANTAM	ALL INTERMEDIATE/ JUNIOR/SENIOR GIRLS	JUNIOR BOYS SENIOR BOYS
SHOT PUT	Pee wee 3kg Bantam 4 kg	IG-3kg. JG/SG-4 kg	5.44 kg (12 lb)
DISCUS	1 kg	1 kg	1.6 kg
JAVELIN	600 g	600 g	800 g

#### **ALL THROWING AND JUMPING EVENTS:**

**NOTE:** Top 6 competitors in all age classes will receive 3 additional throws or jumps in shot, discus, javelin, triple and long jump, as is done in the District and Provincial levels.

EVENTS:	SB	SG	JB	JG	IB	IG	BB	BG	PB	PG
80m hurdles	---	76 cm	---	76cm	---	76cm	76 cm	76 cm	---	---
100m hurdles	91 cm	---	84 cm	---	76 cm	---	---	---	---	---
discus	1.6kg	1kg	1.6kg	1kg	1kg	1kg	1 kg	1 kg	1 kg	1 kg
javelin	800g	600g	800g	600g	600g	600g	600 g	600 g	600 g	600 g
shot put	5.44kg 12lb	4kg	5.44kg 12lb	4kg	4kg	3kg	4kg	3kg	3kg	3kg

## **5. EVENT REGULATIONS:**

- a) An athlete can enter a maximum of 4 events plus relays.
- b) Each school can enter 4 athletes per event for all age categories.
- c) All contestants must be eligible by SHSAA regulations as found in the SHSAA yearbook. See SHSAA regulations.
- d) If an athlete from a lower age group intends to participate in a higher age group at the district level, they must participate in this age group at the Zone Level in all events (excluding 4 x 400 m relay)
- e) Every individual athlete is responsible for getting to his/her event before the event is scheduled to take place (see schedule).
- f) No event will be held up for latecomers. Should an athlete have to compete in two events at the same time, the track event will take precedence, BUT the field officials must be notified.
- g) Athletes cannot compete on a 4 x 100 m relay team different from the age group they competed in during the meet.
- h) Changes or substitutions must be made before 9:30 a.m. on the day of the meet. Requests for subsequent changes due to injury or sickness must be made to the track and field commissioner. All changes must be made by the coach.

## **6. OFFICIALS:**

Each school is responsible for one or more events at the meet. Please refer to the schedule to see when/where you work. Please bring students from your school to assist with your event(s).

## **7. DISTRICTS:**

Any student taking part in the Zone Meet is expected to attend the District Meet if he/she is selected for the team. (If they are not, please notify the next best finisher to advance).

## **8. CANTEEN:**

## **9. OFFICIALS:**

**Commissioner – Greenall (Caren Niebergall)**

**Announcer - Greenall**

**Awards - Wilcox-St. Augustine**

**Marshall - Lumsden High**

**Starter #1 – Greenall/LES**

**Starter #2 – Greenall**

**Timers: (Required to bring a stopwatch as a backup)**

**1. Emerald Ridge**

**2. Clive Draycott**

**3. Ecole White City**

**4. Pilot Butte**

**Discus - South Shore**

**Javelin - Milestone**

**Shot - Notre Dame**

**Long Jump Pit #1 - Pilot Butte**

**Long Jump Pit #2 - Notre Dame**

**Triple Jump #1 - Balgonie Elementary**

**Triple Jump #2 - Emerald Ridge**

**High Jump Pit #1 – École White City**

**High Jump Pit #2 - École Lumsden Elementary**

**Please bring enough students from your school to assist with your event/s.**

## **10. STARTING HEIGHTS:**

The following are the starting heights for the high jump plus the progression of heights to be used at the zone meets.

### **High Jump:**

#### **1. Senior Girls**

start at 1.20 metres  
advance by 5 cm to 1.35  
advance by 3 cm to 1.47  
advance by 2 cm to completion

#### **2. Junior Girls**

same as senior girls

#### **3. Intermediate Girls**

start at 1.15 metres  
advance by 5 cm to 1.30  
advance by 3 cm to 1.42  
advance by 2 cm to completion

#### **4. Bantam Girls**

start at 1.10 metres  
advance by 5 cm to 1.25  
advance by 3 cm to 1.37  
advance by 2 cm to completion

#### **5. Pee Wee Girls**

start at 1.00 metres  
advance by 5 cm to 1.20  
advance by 3 cm to 1.32  
advance by 2 cm to completion

#### **6. Senior Boys**

start at 1.45 metres  
advance by 5 cm to 1.55  
advance by 3 cm to 1.67  
advance by 2 cm to completion

#### **7. Junior Boys**

start at 1.40 metres  
advance by 5 cm to 1.45  
advance by 3 cm to 1.57  
advance by 2 cm to completion

#### **8. Intermediate Boys**

start at 1.40 metres  
advance by 5 cm to 1.45  
advance by 3 cm to 1.57  
advance by 2 cm to completion

#### **9. Bantam Boys**

start at 1.20 metres  
advance by 5 cm to 1.35  
advance by 3 cm to 1.47  
advance by 2 cm to completion

#### **10. Pee Wee Boys**

start at 1.10 metres  
advance by 5 cm to 1.30  
advance by 3 cm to 1.42  
advance by 2 cm to completion

# **QVDA CENTRAL ZONE TRACK AND FIELD MEET 2025**

## **Track Events**

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| <p><b>9:30</b>    <u><b>80m Hurdles Finals</b></u><br/>Bantam Girls – White 30”<br/>Intermediate Girls – White 30”<br/>Junior Girls – Grey 30”<br/>Senior Girls – Grey 30”<br/>Bantam Boys – Grey 30”<br/><br/>100m Hurdles Finals<br/>Intermediate Boys – Yellow 30”<br/>Junior Boys – Yellow 33”<br/>Senior Boys – Yellow 33”</p> <p><b>10:15</b>    <u><b>100m Heats</b></u><br/>Pee Wee Girls<br/>Pee Wee Boys<br/>Bantam Girls<br/>Bantam Boys<br/>Intermediate Girls<br/>Intermediate Boys<br/>Junior Girls<br/>Junior Boys<br/>Senior Girls<br/>Senior Boys<br/>JG/SG QUAD Girls<br/>JB/SB Quad Boys</p> <p><b>11:00</b>    <u><b>100m Finals</b></u><br/>Pee Wee Girls<br/>Pee Wee Boys<br/>Bantam Girls<br/>Bantam Boys<br/>Intermediate Girls<br/>Intermediate Boys<br/>Junior Girls<br/>Junior Boys<br/>Senior Girls<br/>Senior Boys</p> <p><b>11:30</b>    <u><b>800m Finals</b></u><br/>Pee Wee Girls<br/>Pee Wee Boys<br/>Bantam Girls<br/>Bantam Boys<br/>Intermediate Girls<br/>Intermediate Boys<br/>Junior Girls<br/>Junior Boys<br/>Senior Girls<br/>Senior Boys<br/>JG/SG QUAD Girls<br/>JB/SB QUAD Boys</p> | <p><b>12:15</b>    <u><b>200m Finals</b></u><br/>Pee Wee Girls<br/>Pee Wee Boys<br/>Bantam Girls<br/>Bantam Boys<br/>Intermediate Girls<br/>Intermediate Boys<br/>Junior Girls<br/>Junior Boys<br/>Senior Girls<br/>Senior Boys</p> <p><b>1:15</b>    <u><b>1500m Finals</b></u><br/>Pee Wee Girls<br/>Pee Wee Boys<br/>Bantam Girls<br/>Bantam Boys<br/>Intermediate Girls<br/>Intermediate Boys<br/>Junior Girls<br/>Junior Boys<br/>Senior Girls<br/>Senior Boys</p> <p><b>2:25</b>    <u><b>400m Finals</b></u><br/>Pee Wee Girls<br/>Pee Wee Boys<br/>Bantam Girls<br/>Bantam Boys<br/>Intermediate Girls<br/>Intermediate Boys<br/>Junior Girls<br/>Junior Boys<br/>Senior Girls<br/>Senior Boys</p> <p><b>3:15</b>    <u><b>4x100 Relay Timed Finals</b></u><br/>Pee Wee Girls<br/>Pee Wee Boys<br/>Bantam Girls<br/>Bantam Boys<br/>Intermediate Girls<br/>Intermediate Boys<br/>Junior Girls<br/>Junior Boys<br/>Senior Girls<br/>Senior Boys<br/><br/><u><b>4x400 Relay Finals</b></u><br/>Girls<br/>Boys</p> |
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# QVDA CENTRAL ZONE TRACK AND FIELD MEET

## 2025

### Field Events

**Pee Wee/Bantam (Disc./Jav.) are only for athletes whose coach has level 1 certification.**

Time	SHOT	DISCUS	JAVELIN	TRIPLE #1	TRIPLE #2	LONG #1	LONG #2	HIGH #1	HIGH #2
9:30	IG	IB	PB	JB/JG		BB/ QUAD		SB	PG
10:15	PG	IG	JB/JG		IB		BG	SG	PB
11:00	IB	PB	SB/SG	BB		PG		JB	BG
11:45	BG	JB/JG	PG		SB/SG		IG	IB	BB
12:30	SB/SG	BG	IB	PB		JB/JG		IG	
1:15	PB	BB	IG		PG		SB/SG	JG	
2:00	JB/JG	PG	BB	BG		PB			
2:45	BB/ QUAD	SB/SG	BG		IG		IB		

**Athletes are to be reminded that their events may run ahead of time. Should an athlete miss an event because they did not hear their event announced or they are simply not at the track because THEY decide they have time to leave the venue for unknown reasons, then we will not entertain a delay, reschedule or inclusion into an event that they are not registered for.**