

SHSAA PROVINCIAL TRACK & FIELD CHAMPIONSHIP

June 5 & 6, 2009, the Provincial High School Track & Field Championships will be held at Harry Jerome Track in Prince Albert.

Participating Districts and schools are responsible to book their own accommodation. The host has blocked rooms for Track at hotels in Prince Albert. Check the SHSAA web site for the list:

http://www.shsaa.ca/pdfs/2008/2009_track_accom.pdf

Wheelchair Events: The 100m and 400m wheelchair events have been approved as events for this meet. Please contact the SHSAA office with entries for the wheel chair events.

HY-TEK will be the program used for this year's meet. The district team advancers are listed on the SHSAA web site. There are four methods in which to advance the district entries to the provincial meet, one of which is still the FAST TRACK program. The 2003 version of the Fast Track program is available as a download from the SHSAA Web Site. All owners of the FAST TRACK program (School, Division, District versions) may download the 2003 version from the web site. Click onto Track in the News & Activities section and follow the directions for FAST TRACK. All District entries will be e-mailed to the provincial office using this updated version.

OFFICIALS' ASSIGNMENTS: Each District must supply **TWO OFFICIALS per session** for the meet. These officials will be assigned an event or task for each session of the meet with the Head Officials for each event being appointed by and from the host District. **Please supply the names of your District officials to the SHSAA Office as soon as possible following your District Track meet.** A fine of \$100.00 will be assessed to any District that does not comply with these criteria. Athletes must not be assigned as officials.

TASK	DISTRICT ASSIGNED
Track Judges & Officials:	SOUTH EAST BATTLE WEST WEST CENTRAL HORIZON CENTRAL CENTRAL VALLEY
SHOT:	NORTH WEST
JAVELIN:	NORTH EAST
DISCUS:	QU'APPELLE VALLEY
LONG JUMP:	REGINA
TRIPLE JUMP:	EAST CENTRAL
HIGH JUMP:	SOUTH WEST
POLE VAULT:	SASKATOON
AWARDS:	SOUTH CENTRAL
HEAD OFFICIAL FOR EACH EVENT:	NORTH CENTRAL

SHSAA TRACK & FIELD - Provincial Championship

Friday and Saturday June 5 & 6, 2009 – Harry Jerome Track – Prince Albert

FRIDAY TRACK SCHEDULE			SATURDAY TRACK SCHEDULE		
Time	Division	Competition	Time	Division	Competition
10:00 a.m.	Mid. Girls	80 m Hurdle Heats	9:00 am	Sr. Girls	4 x 100 m Relay Heats
	Jr. Girls	80 m Hurdle Heats	9:15	Sr. Boys	4 x 100 m Relay Heats
	Sr. Girls	80 m Hurdle Heats	9:30	Jr. Girls	4 x 100 m Relay Heats
10:40	Mid. Boys	100 m Hurdle Heats	9:45	Jr. Boys	4 x 100 m Relay Heats
	Jr. Boys	100 m Hurdle Heats	10:00	Mid. Girls	4 x 100 m Relay Heats
	Sr. Boys	100 m Hurdle Heats	10:15	Mid. Boys	4 x 100 m Relay Heats
11:20	Mid. Girls	100 m Heats	10:30	Sr. Boys	3000 m FINAL
	Mid. Boys	100 m Heats	10:45	Sr. Girls	3000 m FINAL
	Jr. Girls	100 m Heats	11:00	Jr. Boys	3000 m FINAL
12:00 pm	Jr. Boys	100 m Heats	11:15	Jr. Girls	3000 m FINAL
	Sr. Girls	100 m Heats	11:30	Mid. Boys	3000 m FINAL
	Sr. Boys	100 m Heats	11:45	Mid. Girls	3000 m FINAL
12:40	Mid. Girls	400 m Heats	12:00 pm	Sr. Girls	200 m Heats
	Mid. Boys	400 m Heats	12:15	Sr. Boys	200 m Heats
	Jr. Girls	400 m Heats	12:30	Jr. Girls	200 m Heats
1:20	Jr. Boys	400 m Heats	12:45	Jr. Boys	200 m Heats
	Sr. Girls	400 m Heats	1:00	Mid. Girls	200 m Heats
	Sr. Boys	400 m Heats	1:15	Mid. Boys	200 m Heats
2:00	Mid. Girls	100 m Semi-Final	Lunch Break 1:30 – 2:30		
	Mid. Boys	100 m Semi-Final	2:30	Wheelchair	400 m Timed Finals
	Jr. Girls	100 m Semi-Final	2:40	Sr. Girls	800 m Timed Finals
2:30	Jr. Boys	100 m Semi-Final	2:55	Sr. Boys	800 m Timed Finals
	Sr. Girls	100 m Semi-Final	3:10	Jr. Girls	800 m Timed Finals
	Sr. Boys	100 m Semi-Final	3:25	Jr. Boys	800 m Timed Finals
	Wheelchair	100 m Semi-Final	3:40	Mid. Girls	800 m Timed Finals
3:00	Mid. Girls	80 m Hurdle Semi-Final	3:55	Mid. Boys	800 m Timed Finals
	Jr. Girls	80 m Hurdle Semi-Final	4:10	Sr. Girls	200 m Timed Finals
	Sr. Girls	80 m Hurdle Semi-Final	4:20	Sr. Boys	200 m Timed Finals
3:30	Mid. Boys	100 m Hurdle Semi-Final	4:30	Jr. Girls	200 m Timed Finals
	Jr. Boys	100 m Hurdle Semi-Final	4:40	Jr. Boys	200 m Timed Finals
	Sr. Boys	100 m Hurdle Semi-Final	4:50	Mid. Girls	200 m Timed Finals
DINNER BREAK 4:00 – 5:00			5:00	Mid. Boys	200 m Timed Finals
5:00	Sr. Boys	100 m Hurdles FINAL	5:10	Sr. Girls	4 x 100 m FINAL
	Jr. Boys	100 m Hurdles FINAL	5:15	Sr. Boys	4 x 100 m FINAL
	Mid. Boys	100 m Hurdles FINAL	5:20	Jr. Girls	4 x 100 m FINAL
5:15	Mid. Girls	80m Hurdles FINAL	5:25	Jr. Boys	4 x 100 m FINAL
	Jr. Girls	80m Hurdles FINAL	5:30	Mid. Girls	4 x 100 m FINAL
	Sr. Girls	80 m Hurdles FINAL	5:35	Mid. Boys	4 x 100 m FINAL
5:30	Mid. Girls	1500 m Timed Finals	5:40	Sr. Girls	4 x 400 m Timed Finals
5:45	Mid. Boys	1500 m Timed Finals	5:50	Sr. Boys	4 x 400 m Timed Finals
6:00	Jr. Girls	1500 m Timed Finals			
6:15	Jr. Boys	1500 m Timed Finals			
6:30	Sr. Girls	1500 m Timed Finals			
6:45	Sr. Boys	1500 m Timed Finals			
7:00	Wheelchair	100 m FINAL			
7:05	Mid. Girls	100 m FINAL			
	Mid. Boys	100 m FINAL			
	Jr. Girls	100 m FINAL			
7:20	Jr. Boys	100 m FINAL			
	Sr. Girls	100 m FINAL			
	Sr. Boys	100 m FINAL			
7:40	Mid. Girls	400 m Timed Finals			
	Mid. Boys	400 m Timed Finals			
	Jr. Girls	400 m Timed Finals			
8:00	Jr. Boys	400 m Timed Finals			
	Sr. Girls	400 m Timed Finals			
	Sr. Boys	400 m Timed Finals			

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Time	Division	Competition	Time	Division	Competition
10:00 am	Mid. Boys	HIGH JUMP	9:00 am	Mid. Boys	POLE VAULT
	Mid. Girls	DISCUS		Mid. Boys	SHOT PUT
	Jr. Boys	LONG JUMP		Mid. Girls	LONG JUMP
	Jr. Girls	POLE VAULT		Jr. Boys	DISCUS
	Jr. Girls	SHOT PUT		Jr. Girls	HIGH JUMP
	Sr. Boys	JAVELIN		Sr. Boys	TRIPLE JUMP
	Sr. Girls	TRIPLE JUMP		Sr. Girls	JAVELIN
1:00 pm	Mid. Boys	JAVELIN	11:30 am	Mid. Boys	TRIPLE JUMP
	Mid. Girls	HIGH JUMP		Mid. Girls	POLE VAULT
	Jr. Boys	POLE VAULT		Mid. Girls	SHOT PUT
	Jr. Boys	SHOT PUT		Jr. Boys	HIGH JUMP
	Jr. Girls	TRIPLE JUMP		Jr. Girls	JAVELIN
	Sr. Boys	LONG JUMP		Sr. Boys	DISCUS
	Sr. Girls	DISCUS		Sr. Girls	LONG JUMP
5:00 pm	Mid. Boys	LONG JUMP	2:30 pm	Mid. Boys	DISCUS
	Mid. Girls	TRIPLE JUMP		Mid. Girls	JAVELIN
	Jr. Boys	JAVELIN		Jr. Boys	TRIPLE JUMP
	Jr. Girls	DISCUS		Jr. Girls	LONG JUMP
	Sr. Boys	POLE VAULT		Sr. Boys	HIGH JUMP
	Sr. Boys	SHOT PUT		Sr. Girls	POLE VAULT
	Sr. Girls	HIGH JUMP		Sr. Girls	SHOT PUT