

SHSAA PROVINCIAL TRACK & FIELD CHAMPIONSHIP

June 4 & 5, 2010, the Provincial High School Track & Field Championships will be held at Gutheridge Field (650 Coteau Street East) in Moose Jaw.

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

http://www.shsaa.ca/pdfs/2009/2010_SHSAA_PROVINCIAL_TRACK_AND_FIELD.pdf

Categories of Competition:

Senior – 16 and over as of June 30th, 2009

Junior – under 16 as of June 30th, 2009

Midget – under 15 as of December 31st, 2009

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. Entries are due to the SHSAA office on or before May 31, 2010. Substitutions for original entries may be made until 4:00pm on June 2, 2010.

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: | NORTH WEST NORTH EAST QU' APPELLE VALLEY EAST CENTRAL SOUTH WEST |
| SHOT: | SOUTH EAST |
| JAVELIN: | BATTLE WEST |
| DISCUS: | WEST CENTRAL |
| LONG JUMP: | HORIZON CENTRAL |
| TRIPLE JUMP: | CENTRAL VALLEY |
| HIGH JUMP: | NORTH CENTRAL |
| POLE VAULT: | SASKATOON |
| AWARDS: | REGINA |
| HEAD OFFICIAL FOR EACH EVENT: | SOUTH CENTRAL |

SHSAA TRACK & FIELD - Provincial Championship

Friday and Saturday June 4 & 5, 2010 – Gutheridge Field – Moose Jaw

| 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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| FRIDAY FIELD SCHEDULE | | | SATURDAY FIELD SCHEDULE | | |
|-----------------------|------------|-------------|-------------------------|------------|-------------|
| 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 |