

SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

2011 PROVINCIAL TRACK & FIELD CHAMPIONSHIPS

DATE: June 3 – 4, 2011

LOCATION: Canada Games Park (Douglas Park), Regina SK

COMMISSIONER: Chuck Toth

PHONE: 523-3461

FAX: 523-3462

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

http://www.shsaa.ca/pdfs/2010/acc/Track_2011.pdf

Categories of Competition:

Senior – 16 and over as of August 31st, 2010

Junior – under 16 as of August 31st, 2010

Midget – under 15 as of August 31st, 2010

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.

QUADATHLON: The Quadathlon is a new event added to the SHSAA schedule by resolution at the 2010 AGM.

- There will be a Boys Quadathlon competition and a Girls Quadathlon competition.
 - Each competition will be an open category.
- The Quadathlon will consist of four events (100m, 800m, Long Jump, and Shot Put) that are scored based on the best performance by the individual in each of the events.
 - The winner of the Quadathlon will be the competitor who has accumulated the most points through the four events.
- All four events for the Quadathlon will take place on Friday June 3, 2011 as per the SHSAA track schedule.
- Athletes participating in the Quadathlon will not be allowed to compete in other events at the SHSAA Track and Field Championships but may compete in any age appropriate relays entered by their District.
- All athletes competing in the Quadathlon at the SHSAA Track and Field Championships are expected to have competed in a similar event at their District Track Meet.
- **Shot Put implement**
 - **Boys – 12 lb. Implement**
 - **Girls – 4 kg. implement**

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 30, 2011. Substitutions for original entries may be made until 4:00pm on June 1, 2011.

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 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:	NORTH CENTRAL
TRIPLE JUMP:	SOUTH CENTRAL
HIGH JUMP:	SOUTH WEST
POLE VAULT:	SASKATOON
AWARDS:	EAST CENTRAL
HEAD OFFICIAL FOR EACH EVENT:	REGINA

SHSAA TRACK & FIELD - Provincial Championship

Friday and Saturday June 3 & 4, 2011 – Canada Games Park – Regina

FRIDAY FIELD SCHEDULE			SATURDAY FIELD SCHEDULE		
Time	Division	Competition	Time	Division	Competition
9:30 am	Open Boys	QUAD LONG JUMP			
	Open Girls	QUAD LONG JUMP			
10:30 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
3:30 pm	Open Boys	QUAD SHOT PUT			
	Open Girls	QUAD SHOT PUT			
5:30 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

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FRIDAY TRACK SCHEDULE			SATURDAY TRACK SCHEDULE		
Time	Division	Competition	Time	Division	Competition
9:30 am	Mid. Girls	80 m Hurdle Heats	9:00 am	Sr. Girls	4X100 m Relay H
	Jr. Girls	80 m Hurdle Heats	9:15	Sr. Boys	4X100 m Relay H
	Sr. Girls	80 m Hurdle Heats	9:30	Jr. Girls	4X100 m Relay H
10:10	Mid. Boys	100 m Hurdle Heats	9:45	Jr. Boys	4X100 m Relay H
	Jr. Boys	100 m Hurdle Heats	10:00	Mid. Girls	4X100 m Relay H
	Sr. Boys	100 m Hurdle Heats	10:15	Mid. Boys	4X100 m Relay H
10:50	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
11:30	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
12:10 pm	Open Girls	100m Quads Timed Finals	12:00 pm	Sr. Girls	200 m Heats
	Open Boys	100m Quads Timed Finals	12:15	Sr. Boys	200 m Heats
12:40	Mid. Girls	400 m Heats	12:30	Jr. Girls	200 m Heats
	Mid. Boys	400 m Heats	12:45	Jr. Boys	200 m Heats
	Jr. Girls	400 m Heats	1:00	Mid. Girls	200 m Heats
1:20	Jr. Boys	400 m Heats	1:15	Mid. Boys	200 m Heats
	Sr. Girls	400 m Heats	Lunch Break 1:30 – 2:30		
	Sr. Boys	400 m Heats	2:30	Wheel Chair	400 m Timed Final
2:00	Mid. Girls	100 m Semi-final	2:40	Sr. Girls	800 m Timed Final
	Mid. Boys	100 m Semi-final	2:55	Sr. Boys	800 m Timed Final
	Jr. Girls	100 m Semi-final	3:10	Jr. Girls	800 m Timed Final
2:30	Jr. Boys	100 m Semi-final	3:25	Jr. Boys	800 m Timed Final
	Sr. Girls	100 m Semi-final	3:40	Mid. Girls	800 m Timed Final
	Sr. Boys	100 m Semi-final	3:55	Mid. Boys	800 m Timed Final
	Wheel Chair	100 m Semi-final	4:10	Sr. Girls	200 m Timed Final
3:00	Mid. Girls	80 m Hurdle SF	4:20	Sr. Boys	200 m Timed Final
	Jr. Girls	80 m Hurdle SF	4:30	Jr. Girls	200 m Timed Final
	Sr. Girls	80 m Hurdle SF	4:40	Jr. Boys	200 m Timed Final
3:30	Mid. Boys	100 m Hurdle SF	4:50	Mid. Girls	200 m Timed Final
	Jr. Boys	100 m Hurdle SF	5:00	Mid. Boys	200 m Timed Final
	Sr. Boys	100 m Hurdle SF	5:10	Sr. Girls	4 X 100 m Final
Dinner Break 4:00 – 5:00			5:15	Sr. Boys	4 X 100 m Final
5:00	Sr. Boys	100 m Hurdle Final	5:20	Jr. Girls	4 X 100 m Final
	Jr. Boys	100 m Hurdle Final	5:25	Jr. Boys	4 X 100 m Final
	Mid. Boys	100 m Hurdle Final	5:30	Mid. Girls	4 X 100 m Final
5:15	Mid. Girls	80 m Hurdle Final	5:35	Mid. Boys	4 X 100 m Final
	Jr. Girls	80 m Hurdle Final	5:40	Open Girls	4 X 400 m Final
	Sr. Girls	80 m Hurdle Final	5:50	Open Boys	4 X 400 m Final
5:30	Mid. Girls	1500m Timed Final			
5:45	Mid. Boys	1500m Timed Final			
6:00	Jr. Girls	1500m Timed Final			
6:15	Jr. Boys	1500m Timed Final			
6:30	Sr. Girls	1500m Timed Final			
6:45	Sr. Boys	1500m Timed Final			
7:00	Wheel Chair	100m Final			
7:05	Mid. Girls	100m Final			
	Mid. Boys	100m Final			
	Jr. Girls	100m Final			
7:20	Jr. Boys	100m Final			
	Sr. Girls	100m Final			
	Sr. Boys	100m Final			
7:30	Mid. Girls	400m Timed Final			
	Mid. Boys	400m Timed Final			
	Jr. Girls	400m Timed Final			
7:50	Jr. Boys	400m Timed Final			
	Sr. Girls	400m Timed Final			
	Sr. Boys	400m Timed Final			
8:00	Open Boys	800m Quad Timed Finals			
	Open Girls	800m Quad Timed Finals			