

	<p style="text-align: center;"><b>Greg Johnson, Commissioner of Athletics</b>  <b>Regina High Schools Athletic Association</b>          (located at)  <b>Martin Collegiate</b>  <b>1100 McIntosh Street</b>  <b>Regina, SK S4T 5B7</b>  <b>Phone: 791-8475 Fax: 791-8481</b>  <b>E-mail: greg.johnson@rbe.sk.ca</b></p>	
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**Track and Field Coaches Meeting**  
**Thursday January 8, 2009**  
**Martin Library**  
**Minutes**

**1. Adoption of January 11, 2008 Minutes** – Nancy Lamb second Leona Stephen

**2. Coaches Directory:**

- **Schools represented:** Balfour, Campbell, Miller, Johnson, Sheldon, Luther, Scott, Knoll, Riffel, Martin, Balgonie
- **Schools Absent:** Leboldus, Harvest City (regrets), Western Christian, Regina Christian (regrets), O’Neill, Thom

**3. Rules and Regulations:**

- Coaches were given RHSAA web site presentation
- Please use new Health Form. See RHSAA web page.
- Student age eligibility date has been changed from September 1 to August 31. See Track and field Rules and Regulations RHSAA web page.
- Coaches must register athletes on SHSAA eligibility by **May 6, 2009**
- **Motion – Darcy McKeown**

**Prior to an athlete receiving a Provincial track singlet and prior to attending the Provincial Track and Field Championships the RHSAA will collect a cheque in the amount of \$50.00 from each athlete. The cheque is made payable to the RHSAA and will be returned upon receipt of the track singlet at the completion of the Provincial Track and Field Championships. Should the athlete graduate and the singlet is not returned the graduating student’s school will be invoiced.**

**Second – Chris Warneke – Carried**

- There is a concern about the number of scratches at the City Championships. Coaches are asked to only enter students who wish to

compete in an event(s). The number of scratches is not a positive advertisement for the sport.

#### 4. Terry Mountjoy Excel Athletica:

- Coaching Clinics will be held on the following dates and times at the Regina Athletic Complex:  
April 21 – 4:00 pm – 5:30 pm – Javelin, Shot Put and Discus  
April 22 – 4:00 pm – 5:30 pm – High Jump and Hurdles  
April 23- 4:00 pm – 5:30 pm– Long and Triple Jumps
- Coaches are encouraged to bring athletes to help with demonstrations.
- **Tuesday May 5** from 4:00 pm – 6:00 pm all coaches are invited to attend the **High School Officiating Clinic** at the **Canada Games Athletic Complex**. All events will be addressed.

#### 5. Provincial Track:

- Prince Albert – June 5 and 6
- Team will be chosen at the coaches meeting after the City Championships.
- Coaches please ask athletes prior to the City Championships as to their availability to attend the Provincial Championships should he/she qualify.

#### 6. Canada Games Athletic Complex Usage:

- The track will be staffed by the City effective Tuesday April 21.
- Schools wanting to use the track between dates of April 1 – April 9 must contact the RHSAA office with the date(s). **Schools must bring their own equipment.**

#### 7. Track Dates:

- Mini Meet dates – Thursday May 7, Monday May 11, Wednesday May 13 and Thursday May 21 – 3:30 – 5:30 pm
- City Championships – Wednesday May 27 and Thursday May 28.
- Rain day is Friday May 29. **Coaches please note that if the May 27, Day One, is cancelled Thursday May 28 will become Day One and Friday May 29 will be Day Two.**
- The **3000 meter finals** will take place at the May 21 Mini Meet.
- Coaches please note that there will only be a **first and second call** for events at the City Meet, **individual student names for those not present at the start of an event will not be called.**

#### 8. Track Entries:

- HY- TEK will be used to enter athletes for the City Championships.
- Public high school coaches please check to see that your school has the HY – TEK program installed. Notify Greg if your school does not have it and the necessary arrangements will be made for those schools.
- Dates for City Championship entries TBA

### **9. Team Uniforms and Jewelry:**

- As per SHSAA rules page 61 of the Handbook **“All jewelry must be removed for any sanctioned interschool athletic event except golf and curling.”** In order to compete athletes must remove all jewelry.
- All athletes **must** have a school singlet or a top displaying the dominant school color in order to compete in their event.
- Athletes wearing singlets that represent a Track Club will not be allowed.

### **10. Meet Responsibilities:**

- All schools that have athletes competing will be given meet responsibilities.
- Responsibilities will be the same for mini meets and City Championships. Updated list to follow.

### **11. AOB**

### **12. Adjournment: 5:05 pm**