

**WEST CENTRAL DISTRICT TRACK AND FIELD MEET
MAY 28 AND 29, 2010
GRIFFITHS STADIUM - SASKATOON, SASKATCHEWAN**

Commissioner:

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Organizational Proposal:

Each school is allowed to advance 2 athletes per event in each age category to the section meets. Athletes are only allowed to enter 4 individual events and must run the 4x100 relay in the age classification they competed in as an individual. At the section level it may be more feasible to have the relays run as mixed relays.

West Section

Marengo
Kindersley*
Eatonia
Eston
Plenty
Elrose

Central Section

BCS 2000
St. Gabriel
Landis
Rosetown*
Dinsmore
Harris
Kyle

East Section

Lucky Lake
Beechy
Davidson
Kenaston
Loreburn*
Outlook
LCBI

* Indicates host locations.

Each section can advance 4 athletes per event in each category to the district meet. Athletes are only allowed to enter 4 individual events and must run the 4x100 relay in the age classification they competed in as an individual. Each section will run their track meet using the HyTek software. Advancer details will be provided to the computer operators.

Miles Bennet (882 -2655) will assign athlete numbers for the District Meet. Numbers will be provided and picked up by the coaches/athletes at the front gate the day of the meet.

Entries:

Track entries from each Section are due no later than Monday May 24, 2010. Changes to entries will be accepted until 3:30pm on Wednesday May 26, 2010. Entries and changes are sent to Miles Bennett miles.bennett@sunwestsd.ca

Event Responsibilities:**Long Jump (6 workers)** – West Section**Javelin (4 workers)** – Central Section**Triple Jump (6 workers)** – Central Section**Shot Put (4 workers)** – East Section**High Jump (3 workers)** – East Section**Discus (4 workers)** – West Section**Track** – Each section needs to supply 3 workers**Sound** – Tony Baldwin**Gate** – Carly Robson , Monika Schultz**Awards** – Denaye McMahon and Vicki Moore**Track Coordinator** – Jim Duerksen**Marshalling and Starting** – Shannon Stephenson,

Darren Gasper, Rocky Prpich, Rick Garchinski

Photo Finish – Jade Ballek, Bea Adelman, Lance Morrison, Glen Kurney**HyTek Results** – Mark Jackson, Tom Flood**Results Posting:** Teresa Newton and BCS 2000 student volunteers**Finance** – Kevin Gawletz**Please Note:**

Please arrive early so you can assist with set up at your event site including the track.

You only need to bring a tape measure and marking tool to run your event site as all other equipment will be supplied by West Central or Griffiths.

Everyone is asked to assist in clean up once their event site is complete for the day.

Additional Notes:

1. Your school E5 is due May 5, 2010.
2. Each event site will have directions on how to run your event but please make yourself familiar with both the SHSAA guidebook and the West Central Bylaws.
3. Please go through the procedure to be followed if there are field and track events that are in conflict for your athletes.
4. If there are any problems during the day make sure to get them dealt with immediately. It is virtually impossible to make corrections at the end of the day or later.
5. There are ribbons for athletes finishing 1st through 6th in each event. Please encourage your athletes (especially track) to pick up their ribbons once the results of their event are read.
6. Advancement to finals for the 100 and 200 will be the top two of each heat and the next four fastest times. Field events will advance the top 6 to the last three rounds of the competition.

7. There will be a coaches meeting immediately following the awards presentation and clean up on Saturday to finalize the District Team that will be attending Provincials in Prince Albert. Please attend.
8. West Central is responsible to supply **TWO** officials per session to be Track Judges and Officials.
9. We also require a male and female coach to represent the District.
10. The schedule for the meet and record performances will be sent to each school in the near future. **The 9:00a.m. start time on Saturday is when the events are to begin so please make sure you are at Griffiths ahead of time to have your event site ready to go.**

Age Groups

Bantam Under 13 as of December 31, 2009
 Midget Under 15 as of December 31, 2009
 Junior Under 16 as of June 30, 2009
 Senior 16 and over as of June 30, 2009

Equipment

Shot put	6 LB 4KG 12LB	BANTAM BOYS and BANTAM GIRLS MIDGET BOYS, MIDGET GIRLS, JUNIOR GIRLS, and SENIOR GIRLS JUNIOR BOYS and SENIOR BOYS
Discus	1KG 1.6KG	BANTAM BOYS, MIDGET BOYS, and ALL GIRLS JUNIOR BOYS and SENIOR BOYS
Javelin	600G 800G	BANTAM BOYS, MIDGET BOYS, and ALL GIRLS JUNIOR BOYS and SENIOR BOYS

Hurdles

80M	BANTAM GIRLS, MIDGET GIRLS, and BANTAM BOYS (30in) 12 (to first hurdle) – 7.5 – 7.5 – 7.5 – 7.5 – 7.5 – 7.5 – 7.5 – 15.5 (to finish line) JUNIOR GIRLS AND SENIOR GIRLS (30in) 12 (to first hurdle) – 8 – 8 – 8 – 8 – 8 – 8 – 8 – 12 (to finish line)
100M	MIDGET BOYS (30in), JUNIOR BOYS (33in), and SENIOR BOYS (36in) 13 (to first hurdle) – 8.5 – 8.5 – 8.5 – 8.5 – 8.5 – 8.5 – 8.5 – 8.5 – 8.5 – 10.5 (to finish)

Triple Jump Take-Off Boards

We will try to have boards set at distances of 4m, 6m, 8m, and 10m. Keep in mind that the Provincial boards are set at 8m and 10m.