

ONLINE REGISTRATION

All schools entering a track team must register online - ASAA ExNet <http://www.asaa.ca>, by May 15, 2009. Minimum number of students for team registration is 1.

Upon completion of the Divisional meets, schools will have up to May 29, 2009 to complete their online registration, listing only those athletes who qualified from the Divisional meet and are competing at the Zone meet.

Questions regarding online registration should be directed to your Athletic Department Head.

TRACK ENTRIES

Schools are required to submit their Divisional entries using *Hy-Tek Track and Field Team Manager Lite* program.

<p>Hy-Tek Inservice Tuesday, April 21, 2009 - 4:15 p.m. Centre for Education - Lab B Not Mandatory - Refresher Course</p>

COACHES CODE OF ETHICS

An ethical coach:

1. attempts to prepare the athlete to the best of the athlete's mental and physical ability
2. recognizes differences in athletes' abilities
3. is honest with athletes
4. is responsible and fulfills all meet assignments
5. is responsible for the physical welfare of athletes (injuries, too many events)
6. does not coach during the competitors' event
7. is courteous, accepts decision of officials, goes through proper routes of appeal
8. provides a positive role model for the athletes
9. ensures that his/her athletes understand and follow an appropriate level of conduct

ATHLETE'S CODE

Coaches are requested to inform athletes of the following expectations.

An athlete is expected to represent the school and community to the best of their ability.

A model athlete:

1. prepares well in order to perform at his highest level
2. participates by the rules
3. treats team mates, opponents, and officials with respect
4. applauds a good performance regardless of who performed
5. shows class and not "hot dog"
6. is loyal
 - a. attends practices
 - b. wears school colors (city meets and provincial meet)
 - c. is on time for events
 - d. notifies the coach well in advance if unable to compete
 - e. does not scratch from an event without first obtaining permission from the coach

TIMETABLE - 2009

Coaches meeting will be held one-half hour prior to the commencement of all meets.

April 27 to May 8, 2009 - Dual, Tri and Select Event Meets

Schools are encouraged to conduct at their respective schools; their own dual, tri or select event meets prior to the formal season.

Rollie Miles Athletic Field (RMAF) – 10450 – 72 Avenue, Edmonton, AB.

EDMONTON ZONE HIGH SCHOOL TRACK AND FIELD

2009 TRACK SCHEDULE

Monday, May 11, 2009	Mini-meet @ Rollie Miles	
	Green	8:30 a.m. – 4:00 p.m.
Tuesday, May 12, 2009	Mini-meet @ Rollie Miles	
	Gold	8:30 a.m. – 4:00 p.m.
Tuesday, May 19, 2009	Division I (Green) @ Rollie Miles	8:30 a.m. - 4:00 p.m.
Wednesday, May 20, 2009	Division II (Gold) @ Rollie Miles	8:30 a.m. - 4:00 p.m.
Thursday, May 21, 2009	Divisional Rainout @ Rollie Miles	8:30 a.m. - 4:00 p.m.
Friday, May 22, 2009	Divisional Rainout @ Rollie Miles	8:30 a.m. - 4:00 p.m.
Saturday, May 30, 2009	Zone Final @ Rollie Miles	8:45 a.m. – 3:30 p.m.
Friday, June 5, 2009	Provincials Host: Calgary	10:00 a.m. – 7:00 p.m.
Saturday, June 6, 2009	Provincials @ Calgary	9:00 a.m. – 3:30 p.m.

Schools are responsible for their own first aid supplies.

MINI-MEET REGULATIONS

1. Teams may enter a maximum of four (4) competitors per event per classification.
2. Competitors may enter a maximum of four (4) events on any day.
3. Heats only (where required) would be run to determine a time for all competitors. Best distance or height will be recorded in other events. No team points or awards will be given.
4. A maximum of three (3) jumps or throws will be given a competitor (excluding high jump where starting heights and increments will follow as per city final meet).
5. Competitors must compete in their respective category - (exception: 4 x 400 m relay).

Age: Provincial age under 19 before September 1st of that school year.
No 4th year students are eligible.

Senior: Competitors shall be under the age of 19 years before September 1st of that school year.

Intermediate: Competitors shall be under the age of 17 years before September 1st of that school year.

Junior: Competitors shall be under the age of 16 before September 1st of that school year.

6. Track entries will occur at the start line for each track event. Track athletes must be wearing nametags for each event. Field event entries will take place at the event site.
7. Athletes marshal directly at event site. NOTE: divisional and zone final - track athletes will report to start line marshal when event is announced (this will replace the marshalling table).
8. In schools not entering a track team, competitor must compete with a school of the same denomination. (Note: Relay teams – all athletes must be from the same school in 4 x100 and 4 x 400.)
9. Athletes should compete in one mini-meet. Coaches should make the final decision on which athletes move on to divisionals.

MINI MEETS

Divisional and Mini Meet Groupings

Division 1 / Green	Division 2 / Gold
Ardrossan	Amiskwaciy
Austin O'Brien	Eastglen
Beaumont	Holy Trinity
Bellerose	J.H. Picard
Bev Facey	J. Percy Page
Edmonton Christian	Archbishop Jordan
Gabrielle Roy	L.Y. Cairns
Harry Ainlay	M.E. Lazerte
Howard House	Archbishop MacDonald
Jasper Place	McNally
Leduc	Archbishop Oscar Romero
Louis St. Laurent	Paul Kane
Memorial	Queen Elizabeth
Millwoods Christian	Ross Sheppard
Archbishop O'Leary	Salisbury
Old Scona	Spruce Grove
St. Albert	St. Francis Xavier
St. Joseph	Strathcona
Sturgeon	Victoria
W.P. Wagner	

Schedule

Green – Division 1	Monday, May 11 – Mini Meet	8:30 a.m. – 4:00 p.m. Rollie Miles
	Tuesday, May 19 – Divisional	8:30 a.m. – 4:00 p.m. Rollie Miles
Gold – Division 2	Tuesday, May 12 – Mini Meet	8:30 a.m. – 4:00 p.m. Rollie Miles
	Wednesday, May 20 – Divisional	8:30 a.m. – 4:00 p.m. Rollie Miles
Divisional Rainouts	Thursday, May 21; Friday May 22	8:30 a.m. – 4:00 p.m. Rollie Miles
Zone Finals	Saturday, May 30	8:30 a.m. – 4:00 p.m. Rollie Miles
Provincials	Friday, June 5; Saturday, June 6	Foothills Track - Calgary

MINI-MEET ENTRIES

There will not be a scratch meeting for mini-meet entries.

Field Events

- athletes will continue to marshal at the field event site and register with the official
- no labels are necessary for field events

Track Events

- all track entries will marshal at the respective start line when their event is called
- all track athletes will register by wearing a label (small file label)
- label must include athlete's name, school, event and category

Example of label:

BETTY REYNOLDS	BELLEROSE
INT. GIRLS	200 M

Athletes will be assigned to heats and lanes at the start line. When the race is finished, the label will be taken from the athlete and placed on the results sheet. Times will then be inserted on the results sheet.

MINI-MEET SCHEDULE – A.M.

Starting times are approximate. Events could be moved up. All track events will be heats with no final. No points awarded.

<i>TRACK</i>		<i>FIELD</i>	
8:30 a.m.	*Girls 3000 *Boys 3000	9:00 a.m.	Int. Girls High Jump Jr. Boys Triple Jump Int. Boys Javelin Sr. Boys Shot Sr. Girls Long Jump Jr. Girls Discus
9:45 a.m.	Jr. Girls Hurdles Int. Girls Hurdles Sr. Girls Hurdles Jr. Boys Hurdles Int. Boys Hurdles Sr. Boys Hurdles	10:00 a.m.	Jr. Girls High Jump Sr. Girls Discus Int. Boys Triple Jump Jr. Boys Shot Int. Girls Long Jump Sr. Boys Javelin
10:15 a.m.	Jr. Girls 800 m Int. Girls 800 m Sr. Girls 800 m Jr. Boys 800 m Int. Boys 800 m Sr. Boys 800 m	11:00 a.m.	Jr. Boys Javelin Int. Girls Discus Sr. Girls High Jump Sr. Boys Triple Jump Int. Boys Shot Jr. Girls Long Jump
11:15 a.m.	Jr. Girls 200 m Int. Girls 200 m Sr. Girls 200 m Jr. Boys 200 m Int. Boys 200 m Sr. Boys 200 m		
			<i>ALL COMPETITORS ARE ALLOWED A MAXIMUM OF THREE ATTEMPTS IN THE FIELD EVENTS. THE TOP 6 DO NOT GET AN ADDITIONAL THREE ATTEMPTS AT MINI MEETS.</i>

*Junior, Intermediate, Senior will be combined

MINI-MEET SCHEDULE – P.M.

Starting times are approximate. Events could be moved up. All track events will be heats with no final. No points awarded.

<i>TRACK</i>		<i>FIELD</i>	
12:30 p.m.	Jr. Boys 400 m Int. Boys 400 m Sr. Boys 400 m Jr. Girls 400 m Int. Girls 400 m Sr. Girls 400 m	12:00 p.m.	Jr. Girls Javelin Sr. Girls Shot Jr. Boys High Jump Int. Boys Long Jump Int. Girls Triple Sr. Boys Discus Jr./Int./Sr. Boys Pole Vault Jr./Int./Sr. Girls Pole Vault
1:00 p.m.	Jr. Boys 100 m Int. Boys 100 m Sr. Boys 100 m Jr. Girls 100 m Int. Girls 100 m Sr. Girls 100 m	1:00 p.m.	Jr. Girls Shot Jr. Boys Long Jump Sr. Boys High Jump Sr. Girls Triple Int. Boys Discus Int. Girls Javelin
1:45 p.m.	Jr. Boys 1500 m Int. Boys 1500 m Sr. Boys 1500 m Jr. Girls 1500 m Int. Girls 1500 m Sr. Girls 1500 m	2:00 p.m.	Jr. Girls Triple Int. Girls Shot Sr. Boys Long Jump Sr. Girls Javelin Jr. Boys Discus Int. Boys High Jump
2:30 p.m.	Jr. Girls 4 x 100 m Int. Girls 4 x 100 m Sr. Girls 4 x 100 m Jr. Boys 4 X 100 m Int. Boys 4 x 100 m Sr. Boys 4 x 100 m	<hr/> <p><i>ALL COMPETITORS ARE ALLOWED A MAXIMUM OF THREE ATTEMPTS IN THE FIELD EVENTS. THE TOP 6 DO NOT GET AN ADDITIONAL THREE ATTEMPTS AT MINI MEETS.</i></p>	
3:00 p.m.	Open Girls 4 x 400 m Open Boys 4 x 400 m		

MINI-MEET FIELD ENTRY FORM – A.M.

School: _____

Monday, May 11, 2009 – Green

Tuesday, May 12, 2009 – Gold

Event	Junior <i>(under 16 before Sept. 1, 2008)</i>	Intermediate <i>(under 17 before Sept. 1, 2008)</i>	Senior <i>(under 19 before Sept. 1, 2008)</i>
High Jump (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Long Jump (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Discus (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Triple Jump (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Shot Put (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Javelin (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.

This form is for coaches' use only.

MINI-MEET TRACK ENTRY FORM – A.M.

School: _____

Monday, May 11, 2009 – Green

Tuesday, May 12, 2009 - Gold

Event	Junior <i>(under 16 before Sept. 1, 2008)</i>	Intermediate <i>(under 17 before Sept. 1, 2008)</i>	Senior <i>(under 19 before Sept. 1, 2008)</i>
Hurdles	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
200 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
800 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
3000 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.

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MINI-MEET FIELD ENTRY FORM – P.M.

School: _____

Monday, May 11, 2009 – Green

Tuesday, May 12, 2009 - Gold

Event	Junior <i>(under 16 before Sept. 1, 2008)</i>	Intermediate <i>(under 17 before Sept. 1, 2008)</i>	Senior <i>(under 19 before Sept. 1, 2008)</i>
High Jump (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Long Jump (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Discus (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Triple Jump (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Shot Put (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Javelin (Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Pole Vault (Boys)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Pole Vault (Open Girls)	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.

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MINI-MEET TRACK ENTRY FORM – P.M.

School: _____

Monday, May 11, 2009 – Green

Tuesday, May 12, 2009 - Gold

Event	Junior <i>(under 16 before Sept. 1, 2008)</i>	Intermediate <i>(under 17 before Sept. 1, 2008)</i>	Senior <i>(under 19 before Sept. 1, 2008)</i>
100 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
400 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
1500 M	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
4 x 100 Relay	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
4 x 400 Relay	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.

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DIVISIONAL COMPETITIONS

- Division I - Tuesday, May 19, 2009 - 8:30 a.m. - 4:00 p.m. - RMAF
Division II - Wednesday, May 20, 2009 - 8:30 a.m. - 4:00 p.m. - RMAF

2009 TRACK SCHEDULE

Division 1 / Green	Division 2 / Gold
Ardrossan	Amiskwaciy
Austin O'Brien	Eastglen
Beaumont	Holy Trinity
Bellerose	J.H. Picard
Bev Facey	J. Percy Page
Edmonton Christian	Archbishop Jordan
Gabrielle Roy	L.Y. Cairns
Harry Ainlay	M.E. Lazerte
Howard House	Archbishop MacDonald
Jasper Place	McNally
Leduc	Archbishop Oscar Romero
Louis St. Laurent	Paul Kane
Memorial	Queen Elizabeth
Millwoods Christian	Ross Sheppard
Archbishop O'Leary	Salisbury
Old Scona	Spruce Grove
St. Albert	St. Francis Xavier
St. Joseph	Strathcona
Sturgeon	Victoria
W.P. Wagner	
Strathcona Christian	

DIVISIONAL REGULATIONS

1. The C.T.A.F. Rule Book will be followed unless exceptions have been listed.
2. Each school may enter up to four (4) competitors per event per class in all events.
3. Each competitor may enter four (4) events.
4. Competitors must remain in their classification (Jr./Int./Sr.) for all events except the open 4 x 400 m relay. A competitor may compete at a higher classification but must compete at that classification in all other events.
5. Events not requiring heats will be run as finals at the designated time of the heats.
 - (a) Heats to finals (100/200):
 - 2 Heats – 1st place finisher from each heat, and the next 6 fastest times qualify for the final
 - 3 Heats – 1st place finisher from each heat, and the next 5 fastest times qualify for the final
 - 4 heats – 1st place finisher from each heat, and the next 4 fastest times qualify for the final
 - 5 heats – 1st place finisher from each heat, and the next 3 fastest times qualify for the final

6. The following will qualify for zone finals.
- (a) All track events - top 4 in each class in each division (exception: 800m, 1500 m, 3000 m, - top 6 in each class in each division).
 - (b) All field events - top 6 in each class in each division
Pole Vault - top 4 in each class in each division
7. Relay teams: All students must be from the same school.
8. Record performances will be recorded at Divisionals.
9. Starting heights for pole vault and high jump are as follows. High jump officials are allowed to use their discretion in setting starting heights in inclement weather.

<u>Category</u>	<u>Starting Height</u>	<u>Increments</u>
Jr. Girls High Jump	1.25 m	5 cm to 1.50 m 3 cm and 2 cm to end of event
Int. Girls High Jump	1.25 m	5 cm to 1.50 m 3 cm and 2 cm to end of event
Sr. Girls High Jump	1.25 m	5 cm to 1.55 m 3 cm and 2 cm to end of event
Jr. Boys High Jump	1.50 m	5 cm to 1.75 m 3 cm and 2 cm to end of event
Int. Boys High Jump	1.55 m	5 cm to 1.80 m 3 cm and 2 cm to end of event
Sr. Boys High Jump	1.55 m	5 cm to 1.85 m 3 cm and 2 cm to end of event
Jr. Boys Pole Vault	2.45 m	15 cm to 1.05 m 10 cm to end of event
Int. Boys Pole Vault	2.60 m	15 cm to 3.35 m 10 cm to end of event
Sr. Boys Pole Vault	2.60 m	15 cm to 3.50 m 10 cm to end of event
Jr./Int./Sr. Girls Pole Vault	1.60 m	10 cm to 240 m 5 cm to end of event

Minimum Standards Discus/Shot/Javelin

Listed below are minimum standards for athletes to have as a set guideline. This allows you as the coach to make decisions on an athlete if they should be entered. At meets, if the athlete does not make the minimum standard, the throw will not be measured.

Shot Put	- Girls - 4.0 m	Boys - 7.0 m
Javelin	- Girls - 17.0 m	Boys - 27.0 m
Discus	- Girls - 17.0 m	Boys - 24.0 m

Category	Distance of Race	Height of Hurdle	Distance from start line to first hurdle	Distance between hurdles
Jr. Girls	80 m	78 cm (30 in.)	12 m	8 m
Int. Girls	80 m	78 cm (30 in.)	12 m	8 m
Sr. Girls	80 m	84 cm (33 in.)	12 m	8 m
Jr. Boys	100 m	84 cm (33 in.)	13 m	8.5 m
Int. Boys	100 m	84 cm (33 in.)	13 m	8.5 m
Sr. Boys	100 m	91 cm (36 in.)	13 m	8.5 m

Track Markings 80 m - Black
 (Hurdles) 100 m – Yellow

10. Standards
- | | |
|----------|---|
| Discus | - all girls use 1 kg
- all boys use 1.614 kg |
| Shot Put | - all girls use 4 kg
- all boys use 5.44 kg |
| Javelin | - all girls use 600 g - 220-230 cm long
- all boys use 800 g - 260-270 cm long |

ZONE FINAL MEET

May 30, 2009 – RMAF at 8:45 a.m.

Competitors must have qualified at the divisional meet to participate at the zone meet.

Provincial representatives are determined as follows:

- Top two competitors/teams in each event advance including relays.
- Events will be scored on the following basis:

1 st	7 points
2 nd	5 points
3 rd	4 points
4 th	3 points
5 th	2 points
6 th	1 point

OFFICIATING ASSIGNMENTS

1. The head official for each venue must be a teacher/adult.
2. Schools assigned to an event are responsible for getting out and putting away required equipment.
3. Schools are responsible for the student helpers required to run the event and for supplying a tape measure if required for assignment.
4. Head official is responsible for sending event score sheet to the announcer immediately at the conclusion of the event; i.e., Junior Girls Long Jump, Senior Boys Discus, etc.
5. Head official at a field event should notify announcer when the next event is ready to be called at that pit or throwing area.

ENTRY DEADLINE

Divisionals

- Deadline for submitting entries is no later than Thursday, May 14, 2009 – 4:00 p.m.
- Submit Hy-Tek entries to Nikki Kornelsen
E-mail: nikki.k@telus.net
Phone: 430-0612

Mini-meets

- All entries for track and field will be completed at the start line/field event.

ASSIGNMENT		Green MINI-MEETS	Gold MINI-MEET	DIVISION ONE	DIVISION TWO
ANNOUNCER (1 adult or student)		--	--	--	--
RESULTS STUDENT RUNNERS (4 students)		--	--	Athletics Office	Athletics Office
JUDGES AT FINISH LINE (head & 8 students)		Bev Facey	Strathcona	Bev Facey	Strathcona
TIMERS (head & 8 students)		Jasper Place	St. Francis	Jasper Place	St. Francis
START LINE MARSHALL		Don Zabloski	Don Zabloski	Don Zabloski	Don Zabloski
STARTER (1 adult)		Harry Ainlay	Strathcona	Harry Ainlay	Strathcona
ASSISTANT STARTER		Harry Ainlay	Ross Sheppard	Harry Ainlay	Ross Sheppard
HURDLE MOVERS (students/coaches)		All Schools	All Schools	All Schools	All Schools
RELAY EXCHANGES (2 adults)	Zone 1	Beaumont Austin O'Brien	Paul Kane Holy Trinity	Beaumont Austin O'Brien	Paul Kane Holy Trinity
	Zone 2	Memorial Bellerose	MacDonald Spruce Grove	Memorial Bellerose	MacDonald Spruce Grove
	Zone 3	W.P. Wagner St. Joseph	Eastglen Strathcona	W.P. Wagner St. Joseph	Eastglen Strathcona
SHOT PUT - A.M. (head & students)		Bellerose	Paul Kane	Bellerose	Paul Kane
SHOT PUT - P.M. (head & 2 students)		St. Albert	J. Percy Page	St. Albert	J. Percy Page
LONG JUMP (S) - A.M. (head & 2 students)		St. Joseph	MacDonald	St. Joseph	MacDonald
LONG JUMP (N) - P.M. (head & 2 students)		Louis St. Laurent	Jordan	Louis St. Laurent	Jordan
TRIPLE JUMP (S) – A.M. (Head & 2 students)		Beaumont	Eastglen	Beaumont	Eastglen
TRIPLE JUMP (S) – P.M. (Head & 2 students)		Sturgeon	Oscar Romero	Sturgeon	Oscar Romero
DISCUS - A.M. (head & 2 students)		Austin O'Brien	Holy Trinity	Austin O'Brien	Holy Trinity
DISCUS - P.M. (head & 2 students)		O'Leary	McNally	O'Leary	McNally
HIGH JUMP - A.M. (head & 2 students)		Memorial	Spruce Grove	Memorial	Spruce Grove
HIGH JUMP - P.M. (head & 2 students)		Leduc	J.H. Picard	Leduc	J.H. Picard
JAVELIN – A.M. (head & 4 students)		W.P. Wagner	Queen Elizabeth	W.P. Wagner	Queen Elizabeth
JAVELIN – P.M. (head & 4 students)		Ardrossan	M.E. Lazerte	Ardrossan	M.E. Lazerte
POLE VAULT (head & 3 students)		Competing Vaulters	Competing Vaulters	Competing Vaulters	Competing Vaulters
TRACK REFEREE (1 adult)		--	--	Harry Ainlay	Strathcona
FIELD REFEREE (1 adult)		--	--	Beaumont	McNally

2009 Edmonton High School Zone Track & Field Divisional Schedule

- All officials and students should arrive by 8:15 a.m.
- Athletes' must wear assigned numbers for all track events.

8:30 a.m.	200 m Heats Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	1:00 p.m.	400 m Timed Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
9:15 a.m.	3000 m Final (heats may be combined) Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	1:30 p.m.	100 m Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
10:15 a.m.	200 m Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	2:00 p.m.	1500 m Final (heats may be combined) Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
10:45 a.m.	800 m Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	3:00 p.m.	4 X 100 m Relay – Timed Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
11:30 a.m.	Hurdles – Time Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	**3:30 p.m.	4 x 400 m Relay- Timed Final Open Girls Open Boys
12:15 a.m.	100 m Heats Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys		
		** Times may be moved up approx. 1/2 hour. If heats are not required in a certain track event, the final will be run at the heat time. 3000 m events may be combined.	

Field Events Schedule

Time	High Jump	Long Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault
9:00 a.m.	SG	SB	JG	JB	IG	IB	JB
10:00 a.m.	JB	SG	IB	JG	SB	IG	IB/SB
11:00 a.m.	JG	JB	IG	IB	SG	SB	JG/IG/SG
12:30 p.m.	IB	JG	SB	IG	JB	SG	
1:30 p.m.	IG	IB	SG	SB	JG	JB	
2:30 p.m.	SB	IG	JB	SG	IB	JG	

2009 Edmonton High School Zone Track & Field Zone Schedule- Saturday, May 30, 2009

- All officials and students should arrive by 8:30 a.m.
- Athletes must wear assigned numbers for all track events.

9:00 a.m.	200 m Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	1:30 p.m.	400 m Timed Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
9:30 a.m.	3000 M Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	2:00 p.m.	1500 m Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
11:00 a.m.	Hurdles Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	2:45 p.m.	4 X 100 m Relay – Timed Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys
11:45 a.m.	800 m Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys	3:30 p.m.	4 x 400 m Relay Timed Final Open Girls Open Boys
1:00 p.m.	100 m Final Junior Girls Intermediate Girls Senior Girls Junior Boys Intermediate Boys Senior Boys		

Field Events Schedule

Time	High Jump	Long Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault
9:00 a.m.	SG	SB	JG	JB	IG	IB	JB
10:00 a.m.	JB	SG	IB	JG	SB	IG	IB/SB
11:00 a.m.	JG	JB	IG	IB	SG	SB	JG/IG/SG
12:30 p.m.	IB	JG	SB	IG	JB	SG	
1:30 p.m.	IG	IB	SG	SB	JG	JB	
2:30 p.m.	SB	IG	JB	SG	IB	JG	

OFFICIATING ASSIGNMENTS - ZONE FINAL

May 30, 2009 – Rollie Miles Athletic Field

RESULTS RUNNERS (2 students)		Ross Sheppard	
AWARDS		Bev Facey	
START LINE MARSHALL		Don Zabloski	
ANNOUNCER		Ken Agrell Smith	
TIMERS (6 students)	9:00 - 12:30	St. Francis	
	12:30 - 3:30	Jasper Place	
JUDGES/FINISH LINE		Strathcona	
STARTER		ATFA	
ASSISTANT STARTER		ATFA	
HURDLE MOVERS		All Schools	
RELAY EXCHANGES (2 teachers each zone)	Zone 1	Strathcona	Ross Sheppard
	Zone 2	Holy Trinity	Austin O'Brien
	Zone 3	Harry Ainlay	W.P. Wagner
SHOT PUT - A.M.	*	Bellerose	Paul Kane
SHOT PUT - P.M.	*	St. Albert	J. Percy Page
LONG JUMP (S) - A.M.	*	MacDonald	St. Joseph
LONG JUMP (S) - P.M.	*	Jordan	Sturgeon
TRIPLE JUMP (S) – A.M.	*	Eastglen	Beaumont
TRIPLE JUMP (S) – P.M.	*	Louis St. Laurent	Oscar Romero
DISCUS - A.M.	*	Holy Trinity	Austin O'Brien
DISCUS - P.M.	*	O'Leary	McNally
HIGH JUMP – A.M.	*	J. H. Picard	Leduc
HIGH JUMP – P.M.	*	Spruce Grove	Memorial
JAVELIN – A.M.	*	Queen Elizabeth	W.P. Wagner
JAVELIN – P.M.	*	M.E. Lazerte	Ardrossan
POLE VAULT	*	Strathcona	
FIELD REFEREE		Ross Sheppard	
TRACK REFEREE		Harry Ainlay	

***Schools with field event assignments are required to supply 2 students and one adult to co-chief the event with the other school.**

In the event your school is not assigned to work the Zone Meet and you have students available, please contact Athletics Office (429-8343).

**EDMONON HIGH SCHOOL ATHLETICS
GIRLS TRACK AND FIELD RECORDS AS OF 2008**

JUNIOR

100 m	:12.00	Kay Vogel	OSCN	1982
200 m	:25.09	Janice Zawaski	BEA	1997
400 m	:57.32	Janice Zawaski	BEA	1997
800 m	2:10.27	Tanya Wright	BEA	1997
1500 m	4:45.10	R. Bennett	QE	1984
3000 m	10:21.40	Megan Metcalfe	SCN	1998
Hurdles 80 m	:11.43	Elizabeth Iginla	SCN	2004
Hurdles 100 m	:15.30	Joanna Cooper	PK	1993
4 x 100 m Relay	:42.12	Strathcona	SCN	2002
High Jump	1.69 m	Lynda McGargar	MAC	1978
Long Jump	5.68 m	Joanne Otto	SCN	1982
Triple Jump	11.10 m	Renee Fredrick	BF	1996
Shot Put	13.36 m	Toni Kordic	MAC	1980
Discus	37.50 m	Sandy Ketterer	SJ	1979
Javelin	34.54 m	Lauren Simpson	JP	2007
Pole Vault	2.80 m	Tiffany Kinding	SCN	2006

INTERMEDIATE

100 m	:11.80	Amorette Bradshaw	OL	1995
200 m	:24.50	Senzeni Steingruber	RS	1988
400 m	:55.40	Senzeni Steingruber	RS	1988
800 m	2:13.25	Tanya Wright	BEA	1998
1500 m	4:48.35	Hayley Degaust	RS	2007
3000 m	10:16.46	Tara Struyk	JP	1998
Hurdles 80 m	:11.18	Heather Bergland	SFX	2004
Hurdles 100 m	:14.38	Senzeni Steingruber	RS	1988
4 x 100 m Relay	:50.40	Harry Ainlay	HA	1984
High Jump	1.66 m	Andrea Donaldson	JPP	1985
Long Jump	5.29 m	Joanne Otto	SCN	1983
Triple Jump	10.91 m	Brittney Harysh	LED	2007
Shot Put	12.86 m	Heather Fairbairn	RS	1987
Discus	43.01 m	Sandy Ketterer	SJ	1980
Javelin	39.68	Lauren Simpson	JP	2008
Pole Vault	2.85 m	Tiffany Kinding	SCN	2007

SENIOR

100 m	:11.80	Cheryl Allen	SCN	1989
200 m	:24.30	Cheryl Allen	SCN	1989
400 m	:56.60	Teresa Rich	BD	1987
800 m	2:13.90	Raeleen Hunter	BEA	2005
1500 m	4:44.38	Sophie Trageser	MAC	2005
3000 m	9:55.06	Tara Struyk	JP	1999
Hurdles 80 m	:11.63	Heather Bergland	SCN	2005
Hurdles 100 m	:13.72	Angela Whyte	RS	1998
4 x 100 m Relay	:47.00	Bonnie Doon	BD	1982
High Jump	1.69 m	Lynda McGargar	MAC	1979
Long Jump	5.49m	Eve Kosik	STA	2003
Shot Put	13.62 m	Sandy Ketterer	SJ	1981
Triple Jump	11.24 m	Ashley Patterson	LSL	2005
Discus	44.24 m	Sandy Ketterer	SJ	1981
Javelin	37.80 m	L. Sadownik	OSC	1983
Pole Vault	3.25 m	Kirstin Flesher	SCN	2006
4 x 400 m Relay Open	4:04.70	Strathcona	SCN	1980
3000 m Open	10:36.60	Adrienne Leversedge	McN	1984
Open Medley Relay	4:40.50	Ardrossan	ARD	1996
Open Pole Vault	3.00 m	Courtney Ewaschuk	RS	2001

**EDMONTON HIGH SCHOOL ATHLETICS
BOYS TRACK AND FIELD RECORDS AS OF 2008**

JUNIOR

100 m	:10.56	Tyler O’Gorman	SCN	2001
200 m	:22.50	Jack Sugget	JP	1977
	:22.50	Darren Gumbs	RS	1989
400 m	:50.05	Neil Chomos	OL	1985
800 m	1:58.77	Jason Wesolosky	SCN	1991
1500 m	4:08.04	Jamie Flower	RS	1985
3000 m	9:04.00	Matt Pearce	EG	1992
Hurdles 100 m	13.90 m	Mario Arriaza	SCN	1999
Hurdles 110 m	:14.50	G. Fuller (30’’)	SCN	1977
Hurdles 110 m	:14.40	Jeff Begg (33’’)	SCN	1990
4 x 100 m Relay	:42.12	Strathcona	SCN	2002
High Jump	1.94 m	Brad Kernan	RS	1980
Long Jump	6.58 m	Victor Jereniuk	VIC	1972
Triple Jump	14.11 m	Dexter Amour	MEL	1983
Pole Vault	3.90 m	Darcy Molstad	SCN	1994
Shot Put	16.10 m	D. Styles (4.0 k)	SCN	1967
	16.10 m	J. Samoil (5.5 k)	SCN	1979
Discus	45.77 m	Paul Rains	SCN	1983
Javelin	49.74 m	Pierre Lueders	JP	1987

INTERMEDIATE

100 m	:10.10	Abi Isaac	OL	1991
200 m	:21.85	Abi Isaac	OL	1991
400 m	:49.10	Jason Wesolosky	SCN	1993
800 m	1:55.60	Jason Wesolosky	SCN	1993
1500 m	4:03.10	Chris Judge	SCN	1980
3000 m	9:10.56	Travis McKay	HA	2002
Hurdles 100 m	:13.22	Colin Amsbaugh	HA	2001
Hurdles 110 m	:14.03	John Kistenkas	McN	1991
4 x 100 m Relay	:43.34	Jasper Place	JP	1980
High Jump	2.00 m	Isaac Tyler	EG	2007
Long Jump	6.72 m	Edmund Ledi	STA	1991
Triple Jump	13.81 m	Dewayne Douglas	RS	1994
Pole Vault	4.24 m	John Moss	SCN	1992
Shot Put	14.41 m	George Samaha	JP	1986
	14.41 m	Greg Whelan	HT	2001
Discus	46.48 m	Paul Rains	SCN	1984
Javelin	50.70 m	Pierre Leuders	JP	1987

SENIOR

100 m	:10.40	John Rosary	SJ	1989
200 m	:21.40	John Rosary	SJ	1989
400 m	:48.10	Khane Bolster	JP	1987
800 m	1:55.10	Mike McLean	SJ	1989
1500 m	3:59.70	Blair Rosser	SCN	1980
3000 m	8:33.43	Aaron Robson	HA	2004
Hurdles 110 m	:13.87	Yves McDavid	HA	1986
Hurdles 100 m	:14.14	Matthew Cordoza	HA	2007
4 x 100 m Relay	:42.80	Harry Ainlay	HA	1987
High Jump	2.12 m	Jesse Lipscombe	STA	1998
Long Jump	7.10 m	Selwyn Taylor	HA	1987
Triple Jump	14.31 m	Oral Ogilvie	HA	1987
Pole Vault	4.45 m	Brad Young	SCN	1995
Shot Put	17.04 m	Ron Lundquist	VIC	1971
Discus	46.46 m	Paul Rains	SCN	1985
Javelin	52.30 m	Rick Magdziasz	SCN	1979
4 x 400 m Relay	3:24.70	Strathcona	SCN	1988
3000 m Open	8:46.90	Chris Judge	SCN	1980
Open Medley Relay	3:43.20	Beaumont	BEA	1994

MacDonald's ASAA High School Provincial Track and Field

Friday	Junior Men	Junior Women	Intermediate Men	Intermediate Women	Senior Men	Senior Women
10:00	3000/Pole Vault			High Jump		
10:20	Long Jump	3000M				
10:40		Triple Jump	3000M			
11:00			Shot Put	3000M	Javelin	
11:20					3000M	
11:30						Discus
11:35						3000M
12:00	200/Heats					
12:10		200/Heats				
12:20			200/Heats			Long Jump
12:30			Pole Vault	200/Heats	Triple Jump	
12:40			High Jump		200/Heats	
12:50						200/Heats
1:00	TO BE CONFIRMED					
1:10	TO BE CONFIRMED					
1:20	TO BE CONFIRMED					100M Hurdle Heats
1:30	Disc/100 M Hurdle Heats					
1:40			100M Hurdle Heats			
1:50					110m Hurdle Heats	
2:00	800M					
2:10		800M				
2:20			800M			
2:30				800M/Long Jump		High Jump
2:40	Triple Jump				800M	
2:50						800M
3:00		Javelin			110M Hurdle Final/ Pole Vault	
3:05			100M Hurdle Final		Shot Put	
3:10	100M Hurdle Final					
3:15			Discus			100M Hurdle Final
3:20				80 M Hurdle Final		
3:25		80 M Hurdle Final				
4:00	200M Final					
4:05		200M Final				
4:10			200M Final			
4:15				200M Final		
4:20					200M Final	
4:25						200M Final
4:45	4x100 Heats					
4:55		4x100 Heats				
5:05			4x100 Heats			
5:15				4x100 Heats		
5:25					4x100 Heats	
5:35						4x100 Heats
5:45	4x400 Open		4x400 Open		4x400 Open	
6:00		4x400 Open		4x400 Open		4x400 Open

MacDonald's ASAA High School Provincial Track and Field

Saturday	Junior Men	Junior Women	Intermediate Men	Intermediate Women	Senior Men	Senior Women	
9:00	400/Heats	L. Jump/P Vault			High Jump		
9:10		400/Heats					
9:20			400/Heats	Discus			
9:30			Triple Jump	400/Heats			
9:40					400/Heats		
9:50	Shot Put					400/Heats	
10:00	100/Heats		Javelin				
10:10		100/Heats					
10:20			100/Heats				
10:30				100/Heats			
10:40					100/Heats		
10:50						100/Heats	
11:00	High Jump/1500			Pole Vault			
11:10	TO BE CONFIRMED						
11:20							
11:30							
11:40							
11:50						1500	
12:00	Javelin					Shot Put	
1:00	100 Final	High Jump					
1:05		100 Final				Pole Vault	
1:10			100 Final				
1:15				100 Final			
1:20					100 Final		
1:25						100 Final	
1:30		Discus	Long Jump			Triple Jump	
1:45				Shot Put		Javelin	
2:00	400 Final						
2:05		400 Final					
2:10			400 Final				
2:15				400 Final			
2:20					400 Final		
2:25						400 Final	
2:40	4x100 Final						
2:45		4x100 Final					
2:50			4x100 Final				
2:55				4x100 Final			
3:00					4x100 Final		
3:05						4x100 Final	