



Horizon Central Athletic Association (HCAA)

2019 District Championship Track & Field Meet Glenn Hall Park, Humboldt

Meet Directors:

- Planning – Brian Grest – brian.grest@horizonsd.ca; 231-8284 (cell)
Garth Anderson – using Brian Grest's e-mail ; 272-7637
- Entries questions/changes – Tom Schwinghamer – tom.schwinghamer@horizonsd.ca
- Day of the meet – Barry Croshaw – barry.croshaw@horizonsd.ca; 946-7644 (cell)
Garth Anderson – 272-7637

Date & Time:

Tuesday, May 28, 2019

(alternate date: next possible day, in Humboldt)

9:30 a.m. – All teams have arrived (there are no coach packages this year)

9:45 a.m. – all workers are in place at their event (finalize details/duties)

10:00 a.m. – meet starts (on time!)

6:00 p.m. – Estimated end time

Pole Vault:

Will have been completed by May 26

3000m:

Thursday, May 23 @ 1:45 p.m. in Humboldt.

(This is a combined Pre-District/District event)

Details were sent in a separate file and posted on the track page of the HCAA website.

Entries Deadline:

Commissioners of the Pre-District meets will need to e-mail their entries to tom.schwinghamer@horizonsd.ca by **1:00 p.m., THURSDAY, MAY 23.**

Commissioners: instructions on how to compile the advancers from your meet and how to forward them via e-mail were e-mailed to you already. It is very important you communicate with the coaches from your Pre-District meet to ensure you have taken into account all scratches and replacements. Please remember to include your Pee Wee and Bantam relay teams in your entries.

Eligibility:

Refer to the SHSAA Handbook and HCAA Policy for guidelines.

Scratches:

All known changes or scratches (other than the ones already communicated to your Pre-District commissioner) must be e-mailed to

tom.schwinghamer@horizonsd.ca by **THURSDAY, MAY 23 @ 2:00 p.m..**

Changes after this date will be at the discretion of the meet director.

Scratches on meet day are to be made BY THE COACH ONLY during the meet PRIOR TO the calling of the event.

Numbers:

Schools are responsible for their athletes' numbers. There is no coaches package. Every athlete will wear the exact same number at the District Meet as they did at their Pre-District meet.



Horizon Central Athletic Association (HCAA)

2019 District Championship Track & Field Meet COACHES' NOTES

Pole Vault*: Will be completed by May 26

3000m*: Thursday, May 23 (1:45 p.m.) @ Humboldt

District Meet: Tuesday, May 28 (10:00 a.m.) @ Humboldt
(alternate date: next possible day, in Humboldt)

**pole vault and 3000m events combined with Pre-Districts*

Meet Directors:

- Planning – Brian Grest – brian.grest@horizonsd.ca; 231-8284 (cell)
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- Entries questions/changes – Tom Schwinghamer – tom.schwinghamer@horizonsd.ca
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1. We have been informed that there will be students attending the District Meet that have extreme allergic reactions (anaphylaxis) to **tree nuts, nuts, and peanuts**.

It is very important to talk to all your **participating students** and **team followers** and ask them to please refrain from bringing anything with **tree nuts, nuts, or peanuts** with them to the meet.

2. Athletes in TRACK EVENTS **MUST** wear numbers when competing on the track as follows:
 - ON THE BACK for events finishing in lanes: hurdles, 100m, 200m, 400m, 4x100m
 - ON THE FRONT for events not finishing in lanes: 800m, 1500m, 3000m, 4x400m

Athletes in FIELD EVENTS should wear their numbers (but not as essential as on the track) and wear them on the front.

3. Each of the three quadrants will be allowed a maximum of **four** entries per category (excluding relays).
4. Athletes are limited to 4 individual events (plus relays). Quadathlon athletes are limited to the quadathlon only (plus relays).
5. An athlete may compete in only one 4x100m relay. An athlete could run in one 4x100m relay AND the 4x400m relay.
6. Any athlete moved into an older age category must compete in that age category for ALL EVENTS, including the 4x100m relay. EXCEPTION: a quadathlon athlete may run a 4x100m relay in the age group they would normally be in (e.g. PeeWee aged in Bantam Quad can run in PeeWee relay).
7. Schools may use an athlete from a younger category to round a 4x100m relay team (but cannot use an athlete from an older category to round a younger 4x100m relay team).

8. SHSAA policy states that grade 8 students are **INELIGIBLE** to compete at Provincials (for policy on exceptions, please contact the SHSAA or Brian Grest).
9. Be sure your team eligibility form was filled out on the SHSAA website. A \$50 late fee applied to those who missed the deadline.
10. **POINTS** will be awarded to all 12 (twelve) places in the following manner:

1 st – 14 points	4 th – 9 points	7 th – 6 points	10 th – 3 points
2 nd – 12 points	5 th – 8 points	8 th – 5 points	11 th – 2 points
3 rd – 10 points	6 th – 7 points	9 th – 4 points	12 th – 1 point
11. **RIBBONS** are awarded to the top 6 (six) places.
12. **MEDALS** are awarded to the athletes accumulating the most individual points in their category.
NOTE: the quadathlon is a single event. The winner is awarded 14 points.
13. The pre-district section with the highest point total may be noted, but no award is presented.
14. **RIBBON DISTRIBUTION:**
 - The ribbons for **TRACK EVENTS** will be distributed at the finish line at the conclusion of each final (see **EXCEPTION** below).
 - The ribbons for **FIELD EVENTS** will be distributed at that event at the conclusion of that event (see **EXCEPTION** below).
 - The ribbons for the **QUADATHLON EVENTS** will be handed out at the booth after the final standings are tabulated.

EXCEPTION: The **1st and 2nd place finishers in midget, junior, and senior** events will obtain their ribbons from the results booth (or other designated area), as they need to confirm their entries at Provincials and obtain a uniform for provincials. Acceptance of the Provincial jersey represents a commitment. If an athlete knows they cannot or will not compete at Provincials, they should inform the booth **AND** the third place finisher immediately, so the third place finisher can take that spot at Provincials.
15. **SCRATCHES & CHANGES:** All known changes or scratches (other than the ones already communicated to your Pre-District commissioner) must be phoned or e-mailed to Tom Schwinghamer by **THURSDAY, MAY 23 @ 2:00**. Changes after this date and time will be at the discretion of the meet director. Scratches on meet day are to be made **BY THE COACH ONLY** during the meet **PRIOR TO** the calling of the event.
16. **ENTRY DEADLINE:** Commissioners of the Pre-District meets will need to e-mail their entries to tom.schwinghamer@horizonsd.ca by **1:00 p.m., THURSDAY, MAY 23**. Commissioners: instructions on how to compile the advancers from your meet and how to forward them via e-mail were e-mailed to you already. It is very important you communicate with the coaches from your Pre-District meet to ensure you have taken into account all scratches and replacements. Please remember to include your relay teams in your entries.
17. Competitors must dress in clothing appropriate for track and field (shorts/sweats/sports leggings, appropriate top, proper shoes, **NO HAT**, appropriate footwear).
18. **HIGH JUMP and POLE VAULT participants must remove all jewelry** to prevent snagging and subsequent injury caused from the mesh on the landing mat. SHSAA rules no longer prohibit the wearing of jewelry for other events, but HCAA policy requires athletes to remove clunky jewelry (e.g. loose and heavy chains that could hurt the athlete's face).

19. A **Bantam Quadathlon** (boys event and girls event, open to Bantams and PeeWees), a **Junior Quadathlon** (boys event and girls event, open to Juniors and Midgets), and a **Senior Quadathlon** (boys event and girls event, open to Seniors) will be contested at the District meet (100m, 800m, long jump, shot put).
20. The **QUADATHLON SHOT PUT** will be squeezed into the existing schedule (bantam quads right after the Senior Girls are done and the junior and senior quads right after the Bantam Boys are done).

The **QUADATHLON LONG JUMP** will take place at an alternate site – St. Augustine School (5 minute walk from the track). All quad athletes will marshal at the track and will then walk together to St. Augustine and walk back together when the event has been completed.

21. Athletes in the **throws** and **horizontal jumps** (shot put, discus, javelin, long jump, triple jump):
Senior, Junior, Midget – three attempts with top six given three more attempts
Bantam, PeeWee, all Quadathlon – three attempts IN TOTAL
22. In the **100m & 200m** sprint, 6 lanes will be used in the heats. Six runners in the 100m & 200m (top 2 in each heat plus the next 2 fastest times) will advance to the final.

The **400m** and all **hurdles** races will be run as **timed section finals** with the six fastest qualifying times in the second heat.

The **800m, 1500m, and 3000m** will be run as **finals**. Some races may be combined.

The **3000m** event is to have been held on Thur. May 23. Detailed information will have been sent in a separate document and posted on the Track Page of the HCAA website.

23. The **POLE VAULT** event will have been completed. Only students which had prior qualified instruction were permitted to enter pole vault.
24. The **HIGH JUMP** and **JAVELIN** runways will be **grass**. Have your athletes plan footwear accordingly.
25. All **races will be hand-timed**. An iPad video capture will be used at the finish line to determine order of finish in close finishes.
26. The Pee Wee and Bantam 4x100m relay teams will consist of the top two school teams from each Pre-District meet.

The Midget, Junior, and Senior 4x100m relay teams will consist of runners chosen and assembled from their pre-district meet.

There will be **no 4x400m relays** at the District Meet.

Each District 4x100m relay team for **Provincials** shall be chosen and organized by the coach of the athlete winning the 100m in that category. **That coach may choose another coach to take their place**. Finalizing the roster and arranging of practice times will be in this person's hands. Similarly, the District 4x400m relay team for Provincials shall be chosen and organized by the coach of the athlete winning the SENIOR 400m (that coach may choose another coach to take their place). Finalizing the roster and arranging of practice times will be in this person's hands.

27. **HURDLE** Placement:

- | | | |
|--------------------------------|-------------------------------|----------------------|
| ➤ 100m hurdles (SB, JB, MB) | 13m to 1 st hurdle | 8.5m between hurdles |
| ➤ 80m hurdles (SG, JG, BB) | 12m to 1 st hurdle | 8.0m between hurdles |
| ➤ 80m hurdles (PB, MG, BG, PG) | 12m to 1 st hurdle | 7.5m between hurdles |

28. The **SHOT PUT** will be: 12lb (Jr. & Sr. Boys)
 4kg (Mid. & Ban. Boys, Sr. & Jr. Girls)
 3kg (PW Boys, Mid. & Ban. & PW Girls)

The **JAVELIN** will be 600g (EXCEPT Jr. & Sr. Boys who throw 800g)

The **DISCUS** will be 1.0kg (EXCEPT Jr. & Sr. Boys who throw 1.6kg)

29. **RESULTS** will be posted on the wall of the sound booth. We will work hard to get them posted as quickly as possible. Thanks for your patience.

30. Please remind your athletes how to follow protocol in the event of **SCHEDULING CONFLICTS**. Track events take priority over field events. Races will not be delayed (we can wait for a throw or jump, but cannot hold a race for your athlete). Athletes need to inform the field judges of the conflict. Field judges will be asked to accommodate these conflicts within reason (even if they have to allow an athlete 2 or 3 jumps or throws in the same round), but an athlete missing all of the first three rounds in the horizontal jumps and throws will be disqualified.

31. In the **VERTICAL JUMPS** (high jump and pole vault), we will **NOT LOWER THE BAR** for an athlete who missed a round. Vertical jumps judges will be asked to change the order of jumpers or wait a reasonable time for an athlete to return, but if staying on schedule becomes an issue, they will move to the next height and the returning athlete will have to simply join in at that height.

- 32. There will **NOT** be a sports first aider on site. Coaches will be responsible for dealing with minor injuries (taping etc.) with their athletes. Coaches must **BRING THEIR OWN TRAINING/FIRST AID KITS AND SUPPLIES** (tape, ice packs, etc.).*

There is full service medical emergency service nearby (and ambulance service, of course).

33. **PARKING:**

- DO NOT park in the parking lot accessed from Hwy 5. This lot has daycare traffic, so best if we leave ample space for parents picking up their children.
- Buses, vans, and cars - please park in one of the following places:
 - i. There is a large gravel **parking lot west of the track** (just east of the seniors condos). Access is from Ogilvie Avenue.
 - ii. On **4th street** (east side of the track, the street that runs past the golf course fairway). Best to stay on the west side of the road (less stray golf balls)
- On **Ogilvie Avenue** (north side of the track). Residential street (not great for buses)

34. **SPECTATORS** – We would prefer all athletes and spectators use the bleachers and other areas on the **OUTSIDE** of the track and **stay off the infield as much as possible** to ensure our finish line officials' view is not obstructed and our runners are safe from people continuously crossing the track during races. Should there be spectators on the infield, we ask that a) they stay there (instead of crossing the track repeatedly) and b) they stay behind the line on the infield along the straightaway (sightlines for finish line officials).

35. ***TENTS will not be permitted due to concerns over the supervision of students. Shelters with open and/or see-through walls are permitted. COACHES MUST TAKE RESPONSIBILITY FOR THIS, NOT THE MEET DIRECTORS.***
36. **FOOD SERVICES:** There will be a full service food booth on site run by school. Thank you for supporting this, for remembering to use the garbage cans and recycling bins, and for remembering students should not be leaving the track site unsupervised.
37. **BATHROOMS:** There will be portapotties on site. As well, Humboldt Public School will have some bathrooms available to the athletes. Athletes must use the doors facing the school's paved parking lot and **MUST** be respectful of the facility and the fact classes are still on (it is not a hang-out).
38. Schools will be assigned various duties for the meet (the list of workers and responsibilities will be sent in a separate file). It is imperative that each field event has **THREE** people (**minimum two teachers/adults** and often a third student-helper) running it at all times. **Students shall be assistants only and shall not be asked to judge (e.g. long jump board, javelin/discus/shot put landing area) or read measurements.**
39. Humboldt Collegiate will provide much of the equipment needed to run each event. However, teams/coaches in charge of various events and duties will still need to bring **SOME** equipment (please consult with the other workers for your event to determine who is taking responsibility for your event). Humboldt Collegiate will provide clipboards, entry sheets, instruction sheets, runway markers, pencils, and ribbons (with some exception). **RAKES, RUNWAY MARKERS, and HIGH JUMP CROSSBAR & MEASURING STICK should all be available on-site.**

<p style="text-align: center;">If you are running DISCUS please bring:</p> <p>- (1) 50m tape measure</p> <p><i>HCI will provide:</i></p> <p>- (2) regulation 1.0kg discuses - (2) regulation 1.6kg discuses</p>	<p style="text-align: center;">If you are running SHOT PUT please bring:</p> <p>- (1) 25m tape measure</p> <p><i>HCI will provide:</i></p> <p>- (2) regulation 3kg shots - (2) regulation 4kg shots - (2) regulation 12lb shots</p>	<p style="text-align: center;">If you are running JAVELIN please bring:</p> <p>- (1) 50m tape measure</p> <p><i>HCI will provide:</i></p> <p>- (2) identical 600g javelins - (2) identical 800g javelins</p>
<p style="text-align: center;">If you are running LONG JUMP please bring:</p> <p>- (1) 50m tape meas. (runway) - (1) 10m tape meas. (pit)</p> <p><i>HCI will provide:</i></p> <p>- 1 rake</p>	<p style="text-align: center;">If you are running TRIPLE JUMP please bring:</p> <p>- (1) 50m tape meas. (runway) - (1) 15m tape meas. (pit)</p> <p><i>HCI will provide:</i></p> <p>- 1 rake</p>	<p style="text-align: center;">If you are running HIGH JUMP please bring:</p> <p>- (1) 10m tape meas.</p> <p><i>HCI will provide:</i></p> <p>- small cones (runway marks)</p>

40. It is important to work hard to keep all events on time.
41. All results and updated HCAA records will be distributed to all schools as quickly as possible.
42. **Provincial Meet:**
- June 7 & 8 in Moose Jaw
 - Athletes must be accompanied by (and held responsible to) a teacher (or approved coach) from that athlete's **school division or band.**

- Brian Grest has booked a number of rooms at the Days Inn to be used and shared by HCAA athletes and coaches. **All booking of these rooms must be done directly through Garth Anderson (using Brian Grest's e-mail)**. HSD will pay for the rooms and bill any non-HSD schools their share if applicable.
- Each athlete is given an HCAA singlet which must be returned. Failure to do so will result in the school being charged a \$50.00 replacement/inconvenience fee.
- Horizon Central District is responsible for having **two officials on the TRACK for all sessions**. Coaches from all schools in the District taking athletes to Provincials may be asked to help. Failure to meet our obligation will result in the District being fined by the SHSAA.
- Again, once an athlete has confirmed his/her intentions to participate and has accepted the Provincial track uniform, he/she has made a commitment to participate in the Provincial meet. Failure to do so will result in sanctions. If an athlete has no intention or desire to attend the Provincial meet or take part in every event they are entered in, he/she must inform the uniform assignor in the sound booth at the District meet and also inform the third place finisher so our District may fill out its roster.

43. Please notify the meet directors of any corrections or issues that need to be raised.