

Sturgeon Junior High Track and Field Meet

Redwater School



Friday, May 30, 2025



Entry deadline: Friday, May 23rd, 2025 (for students and officials)

Age Classifications: Grade 7, Grade 8, Grade 9

All schools must provide event officials. Please register your students and officials via the google registration forms (contact Scott Bruchal with questions)

Track and field events will start promptly at **9:30 am**. COACHES MEETING 9:15.

RAIN OUT DATE: Tuesday , June 3, 2025

EVENTS

BOYS

100 M
200 M
400 M
800 M
1500 M
High Jump
Long Jump
Triple Jump
Disc - 1 kg
Shot - 4kg

GIRLS

100 M
200 M
400 M
800 M
1500 M
High Jump
Long Jump
Triple Jump
Disc - 1 kg
Shot - 4kg



Age Group Schedule of Field Events

TIME	Grade 7 Girls	Grade 8 Girls	Grade 9 Girls
9:30	Long Jump	Triple Jump	High Jump
10:00	Shot Put	Discus	High Jump
10:30	High Jump	Long Jump	Shot Put
11:00	High Jump	Shot put	
11:30			Discus
12:00	Discus	High Jump	Triple Jump
12:30	Triple Jump	High Jump	
1:00			Long Jump

TIME	Grade 7 Boys	Grade 8 Boys	Grade 9 Boys
9:30	Shot Put	Discus	High Jump
10:00	Triple Jump	Long Jump	High Jump
10:30	High Jump	Triple Jump	Discus
11:00	High Jump		Triple Jump
11:30		High Jump	
12:00	Long Jump	High Jump	Shot put
12:30	Discus	Shot Put	Long Jump
1:00			

TRACK EVENTS

PLEASE NOTE:

1. Track events take precedence over field events.
2. Please report at the time scheduled.
3. Do not go ahead of schedule.

FOR EACH EVENT GIRLS RUN FIRST, THEN BOYS RUN SECOND.

ORDER OF EVENTS

- | | | |
|-----------|--|--|
| A. 1500 m | Girls/Boys
7/8/9 | |
| B. 100 m | Girl's Heat 1 Timed
Girl's Heat 2 Timed | |
| C. 100 m | Boy's Heat 1 Timed
Boy's Heat 2 Timed | |
| D. 400 m | Girls/Boys | |
| E. 200 m | Girl's Heat 1 Timed
Girl's Heat 2 Timed | |
| F. 200 m | Boy's Heat 1 Timed
Boy's Heat 2 Timed | |
| G. 800 m | Girls/Boys | |
| H. 100 m | Finals (IF ENOUGH TIME) Otherwise timed runs | |
| I. 4x100 | Relays | |



- For the 100m final, TOP 4 from each heat move on to the FINAL.

Please advise all students to observe the following:

- a) All students must stay on the school grounds. No one is allowed to leave without their school's permission.
- b) All contestants are to be at their events on time, according to the schedule or when called. **ALL TRACK EVENTS TAKE PRECEDENCE OVER FIELD EVENTS.** Please pass out the schedules to all students and explain the format to the students.
- c) There will be a concession on the school grounds.
- d) **Please be at track meet at 9:15 am so that we can start at 9:30 am.**

1. Events

- a) Boys and girls grades 7, 8, 9
 - 100 m
 - 200 m
 - 400 m
 - 800 m
 - 1500 m
 - 4 x 100 m relay
 - High Jump
 - Long Jump
 - Triple Jump
 - Discus (Girls and Boys 750 g)
 - Shot (Girls and Boys 4 kg)

- b) Presentation of trophies.

2. Restrictions

- a) No contestant will be permitted to enter more than 5 events, excluding the relay.
- b) Contestants may not enter more than 3 track events, 2 throwing events and 2 jumping events.
- c) No student may enter more than one class, but may enter an older age classification and then must keep this classification for all events.
- d) Substitutions **may** be made on the morning of the meet.
- e) Track shoes are allowed.
- f) Starting blocks are also allowed.
- g) All contestants must wear some sort of top and shoes while participating.

3. Points

- a) First: red (5) Second:Blue (3) Third:white (2) Fourth: green(1)
- b) Should an event end in a tie which cannot be broken, points will be awarded for the position to both competitors and their schools with the following position eliminated:

I.e. Tie for First(5)
First(5)
Third (2)
Fourth(1)

4. Awards

- a) Ribbons will be awarded to the top four in each class; ribbons to be handed out after event by teacher in charge of event.
- b) Trophies will be awarded to the outstanding athlete (individual points winner/category)

5. Regulations for Specific Events

- 1. Races - 100 m -200 m -400 m -800 m -1500 m

- a) Starting commands
"Take your mark --- Get Set --- Gun(whistle)".
- b) There should be no forward motion after the "Get Set". Allow at least 2 seconds between "Get Set" and "Gun".
- c) Any contestant beginning before "Gun" has committed a "false start". Two false starts disqualify the runner.

- 2. Throwing - discus, shot. Shot = 2kg

Discus = 750g

- a) Each contestant has three non-consecutive attempts.
- b) Regular form is mandatory. See Jr. - Sr. Phys. Ed. Curr. Guide
- c) If the contestant steps out of the circle while throwing or during his follow-through, his attempt shall be void but still will be recorded as one attempt.
- d) Contestants must leave through the rear of the circle.
- e) Measurement: distance between edge of circle and point where shot or discus first struck the ground, providing it falls within the lines marking the sector.

3. High Jump

- a) Competitors may commence jumping at any height above the minimum heights and at their discretion, may jump at any subsequent height. Three consecutive failures - regardless of the height at which they occur - disqualify the competitor. The competitor may forego his second or third jump at a particular height after failing the first time, and still jump at a subsequent height.
- b) Knocking the bar off the supports, or touching the ground beyond the plane of the uprights with any part of the body before taking off counts as a failure.
- c) Three false approaches to any one level of the bar is scored as a failure
- d) In the event of a tie:
 - i. The competitor with the lowest number at the height at which the tie occurs shall be awarded the higher place.
 - ii. If the tie still remains, the jumper with the lowest total failures throughout the competition - up to and including the height last cleared - shall be awarded the higher place.
- e) If the tie still remains:

If it concerns the first place, the jumpers tying shall have one more jump at the heights at which they failed, and if no decision is reached, the bar shall be lowered to the previous height attained. Competitors tied for first place will have one jump at this height and one compulsory jump at each subsequent height until the tie is decided.

If the tie concerns any other place, the jumpers will be awarded the same place in the competition.

Example:

	110 cm	110 cm	120 cm	130 cm	140 cm	150 cm	Total 160 cm	Total Jump	Position	Failure
A	-	x	-	x	-	xx	xxx	4	8	2
B				x-	x	xx	xxx	4	9	3
C			x		xx	xx	xxx	5	-	4
D		-	-	xx	xx	x	xxx	-	-	1

Legend (-) did not jump
 () cleared

(x) failed
(F) false approach

4. Running Long Jump

- a) Each contestant has three non-consecutive tries.
- b) Any jump is a miss if any part of the foot is over the edge of the take-off board so as to leave a mark in the sand.
- c) Measurement - from the front edge of take-off board to hindmost mark made in the sand by any part of the jumper's body perpendicular to take-off board.

5. Triple Jump

Regulations and measurement- method is the same as those of Long Jump.

6. Relay Race - 4 x 100m

Staggered starts. Shuttle sticks to be made of 2.5 aluminum rod 30cm long. Schools may use their own.

For second and third passes, if two runners are approaching passing zone at the same time, the runners line up in lanes according to the other of the runners at the last turn approaching the start/finish line.

7. Entries

Each school is allowed 2 participants in each event, per age group; with the exception of the open events.

8. Cancellations

In the event of inclement weather please call Redwater School by 8 a.m. to confirm the commencement of the track meet.