

Prince Albert City Open Meet & North Central District Meet

Where – Harry Jerome Track

City Meet

- Entry deadline is Friday, May 17th at 4:00pm
- Wednesday May 22nd – Coaches meeting at 4:00pm and start time of 4:30pm
- Thursday May 23rd - Coaches meeting at 9:30am and start time of 10:00am

District Meet

- Entry deadline is Friday, May 24th at 4:00pm
- Wednesday May 29th – Coaches meeting at 4:30pm and start time of 5:00pm
- Thursday May 30th - Coaches meeting at 9:30am and start time of 10:00am

Who

- All schools in the North Central District are invited to the open meet. It is only for students in grades 9-12 and students must meet SHSAA eligibility requirements to compete.
- Each of the 5 conferences can use this meet to advance 3 athletes in each event to the district meet the following week. Be sure to let your athletes know that separate teams are being selected for the district meet, and that they may advance even if they are not in a final or top 8. Each conference is made up of the following schools.
 - Missinipe – Senator Myles Venne, Father Porte Memorial, Kimosom Pwatinahk, Father Gamache, Churchill, Nihithow Awasis, Sally Ross, Senator Allan Bird Memorial, Wapawolpscikan, Hector Thiboutot, Reindeer Lake, Rhonda Hardlotte Keethanow, and Father Megret
 - Parkland - Debden, W. P. Sandin, Canwood, Big River, Ahtahkakoop and Se Se Wa Hum)
 - P.A. City West – St. Mary, Rivier, and Wesmor.
 - P.A. Rural – Meath Park, Birch Hills, Kinistino, St. Louis, Sturgeon Lake Central, Little Red Education Centre, and Muskoday First Nations.
 - P.A. City East 3 per event – Carlton, P.A.C.I, Regent Academy, and Valois

What

- The meet will run the following events in each age and gender category
 - Pole Vault, High Jump, Long Jump , and Triple Jump
 - Shot Put, Discus, and Javelin
 - 100m, 80/100m Hurdles, 200m, 400m, 800m, 1500m, and 3000m
 - 4 x 100m relay, and 4 x 400m or Medley Relay
- The Quad event is not formally run at the City meet. If an athlete is interested in competing in the quad at districts, they should enter the 4 quad events at the city to qualify out of their own conference. In this case, our district will allow you to enter 5 events if you are entered in all 4 quad events for both the City and District meet.
- Our district will be allowed to enter 3 athletes in both the male/female Quad at the Provincial level. It will be a combination of Junior (grade 9/10) and Senior (11/12)
- Implement weights are as follows

| Category | Shot Put | Discus | Javelin |
|--------------|----------|--------|---------|
| Midget Girls | 3kg | 1kg | 600g |
| Junior Girls | 4kg | 1kg | 600g |
| Senior Girls | 4kg | 1kg | 600g |
| Midget Boys | 4kg | 1kg | 600g |
| Junior Boys | 12 lbs. | 1.6kg | 800g |
| Senior Boys | 12 lbs. | 1.6kg | 800g |

- Hurdle heights and spacing are as follows

| Category | Height | First Hurdle | Spacing |
|--------------|--------|--------------|---------|
| Midget Girls | 30" | 12m | 7.5m |
| Junior Girls | 30" | 12m | 8m |
| Senior Girls | 30" | 12m | 8m |
| Midget Boys | 30" | 13m | 8.5m |
| Junior Boys | 33" | 13m | 8.5m |
| Senior Boys | 36" | 13m | 8.5m |

- All races will advance the top 8 times to finals.

Responsibilities

- Adult officials are required. They need not be teachers, but must be parents or other responsible adults (not students) willing to help out. If assigned to a field event, please ensure that you have enough student workers to act as pit rakers,

implement retrievers, etc. Where more than one school is assigned to an event, please contact each other to ensure that you have enough student workers between you. If there is an event you would prefer to work, please make your own arrangements to trade events with another school, but let the meet director know.

- Athletes can enter a maximum of four individual events, plus relays. Each school can enter 1 relay team in each age/gender category. There is no limit to the number of entrants in each event; however, coaches must ensure that entrants are competitive at the level of the city meet. As stated earlier, if you enter the 4 quad events you have the option to enter a 5th event.
- Meet entry is done electronically. Please download the necessary software (requires a Windows computer) from; <http://www.ncdaa.ca> and click through to the link to the year 2017 entry procedure. Make sure you are using the latest version of the software. If you need software installed for team manager 3.0 lite, in Sask Rivers, see your computer tech. All of last year's meet results, and the city records are also available on this site.

Remember

- Athletes must compete in all events in which they are entered. Any athlete failing to start in an event after the evening or morning scratch meeting will be deemed to have dropped out of the meet for that day, and will be ineligible for further competition, including relays. Results achieved to that point will stand. Exceptions may be made only by the meet director for medical reasons only, when approved prior to the start of the event.
- All competitors must be in grade 9 or older, and eligible for SHSAA activities.
- Aggregate medals will be presented to the top athlete in each age and gender category at the completion of the meet. This is based on the points awarded in each event:
 - 1st = 10
 - 2nd = 8
 - 3rd = 6
 - 4th = 3
 - 5th = 2
 - 6th = 1
 - In cases of ties for points, the award will be given to the athlete who has the most higher place finishes.
- Because of the huge disparity in school sizes, team points will be tallied for your information, but not announced.
- Athletes must compete in appropriate dress. Going shirtless, or wearing a hat is not allowed by SHSAA rules.
- Athletes may not be given assistance by spectators or other non-competing athletes in any event. This includes pacing, giving water in distance races, or giving split times, except as given by the officials.

| Official | Ahtahkakoop | Big River | Birch Hills | Canwood | Carlton | Debden | Kinistino | Meath Park | Churchill | Montreal Lake | PACI | Little Red | Se Se Wa Hum | Shellbrook | St. Louis | St. Mary | Sturgeon Lake | Wesmor | Community |
|-------------------|-------------|-----------|-------------|---------|---------|--------|-----------|------------|-----------|---------------|------|------------|--------------|------------|-----------|----------|---------------|--------|-----------|
| Starter (1) | | | | | | | | | | | | | | | | | | | 1 |
| Recall (1) | | | | | | | | | | | | | | | | 1 | | | 0.5 |
| Chief Judge (1) | | | | | | | | | | | | | | | | | | | 1 |
| Photo Finish (2) | | | | | | | | | | | | | | | 1 | | | | 1 |
| Marshall (1) | | | | | | | | | | | | | | | | 1 | | | |
| High Jump (3) | | | | | 1 | | | | | | | 1 | | | | 1 | | | |
| Long Jump (3) | | | | | 2 | | | | | | 1 | | 1 | | | | | | |
| Triple Jump (3) | | | | | | | 1 | 1 | | | | | | | | | 1 | | |
| Pole Vault (3) | | | | | 1 | | | | | | | | | | | 1 | | | |
| Discus (3) | 1 | | 1 | 1 | | | | | | | | | | | | | | | |
| Javelin (3) | | | | | | | | | 1 | 1 | | | | | | 1 | | | |
| Shot (3) | | 1 | | | | 1 | | | | | | | | 1 | | | | 1 | |
| Results (1) | | | | | 1 | | | | | | | | | | | | | | |
| Announcer (1) | | | | | | | | | | | | | | | | | | | 1 |
| Meet Director (1) | | | | | | | | 1 | | | | | | | | | | | |
| Totals | 1 | 1 | 1 | 1 | 5 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 5 | 1 | 1 | 4.5 |