Junior High

1. Junior High will be divided into Red/Blue meet with the top 4 top from each event qualifying for the League Championship Meet.
2. The International Athletic Federation (IAAF) rulebook will govern all CISAA competitions subject to any modifications accepted by the senior high parent organization, the ASAA.

https://worldathletics.org/about-iaaf
https://www.asaa.ca/sport/track-and-field

3. Each school will be allowed **three** entries in each event, **per category** except the relays where one entry is allowed.
4. A competitor may enter a maximum of 4 events plus a relay. An athlete may enter 3 track events which do not include the relay.
5. A competitor may only enter one of the following age classifications.
    a. U13: under 13 as of September 1 of the school year and in grade 7.
    b. U14: under 14 as of September 1 of the school year and in Grade 7 or 8
    c. U17: under 17 as of September 1 of the school year and in Grade 7,8 or 9

The following events will be scheduled at the CISAA competition for boys and girls;

The following events will be scheduled at the CISAA competition for boys and girls;

1.
    a. 100 m (U13 / U14 / U17)
    b. 150 m (U13 / U14 / U17)
    c. 300 m (U13 / U14 / U17)
    d. 800 m
    e. 1200 m
    f. 2000m
    g. 80 m Hurdles (U13 / U14/ U17 girls)
    h. 100m Hurdles (U17 boys)
    i. 4 x 100 m relay
    j. 4 x 400 m relay (open)
    k. Long Jump

l. Triple Jump
m. High Jump
n. Discus
o. Javelin
p. Shot Put

Technical specifications for boys and girls Hurdles and Field events

	Hurdles	High Jump	Shot Put	Discus	Javelin
U13	27” or 30”height 12 m to first 7.5 m between	Start height 100 cm, increments of 5 cm	3kg	750g	400g
U14	30” height 12 m to first 8m between	Start height 105 cm Increments of 5 cm	3kg - girls 4kg - boys	1kg	500g - girls 600g - boys
U17	30” height 13 m to first 8.5 m between	Start height 110 cm Increments of 5 cm	3kg - girls 4kg - boys	1kg	500g - girls 600g - boys