SSSAD
SASKATOON SECONDARY SCHOOLS ATHLETIC DIRECTORATE
EDUCATION THROUGH ATHLETICS

2024 SHSAA Provincial Track & Field
Saskatoon on June 7-8

Saskatoon Team Information Sheet

1. **Schedule** can be found at www.shsaa.ca . Athletes need to be at GHSC Track & Field 1 hour before their events to make sure they have time to warm-up and be marshaled.

2. **Results** will be available on the Athletic Live (found on the SSSAD website, SHSAA website, or the PR Athletic website

3. **Entry To Track** – Each participant will need a wristband to get in. Registration tables will be set up outside the gates at GHSC Track & Field. You must register at the appropriate table and get your wristband. Without your wristband you will be required to pay. Admission: $8.00 adults and $6.00 high school students per day (Grade 7-12).

4. **Uniforms** – Saskatoon singlets are supplied for all competing athletes (singlets: gold with green number). Singlets will be issued by your school coach. **Be sure to return singlets to your school coach after your last event.** Shorts must be a solid color: black, navy, green, gray, blue. All Athletes must wear the proper uniform to compete.

5. **Spikes** – As per SHSAA Track & Field policy:
    a. Pyramid (cone) and Tartan (pin) spikes are allowed:
        i. 7 mm maximum
        ii. 9 mm heel spikes for high jump and javelin

6. **Conduct** – It is a privilege to represent Saskatoon at the SHSAA Provincial Track and Field Championships. As hosts for this event, we expect you to be ambassadors representing your school and our city. Treat visiting athletes, coaches, spectators, and officials with respect. Please recognize and applaud the efforts of other athletes. Watch your language and maintain self control at all times. We expect track athletes to keep their singlets on after the finish of their race until they pick up their warm-ups at the start line.

7. **Coaches** – Athletes will be responsible to their school coaches at all times.

8. **Relay Teams** – Athletes have been selected for all 4x100 and 4x400 relay teams. (Including alternates).

9. **Team Practices - 7:45PM - 8:45 PM (unless denoted otherwise)**
    a. All Events - Discuss (no Jav) – Tuesday, June 4 – GHSC Track & Field
    b. All Events - Javelin (no Disc) – Wednesday, June 5 – GHSC Track & Field
    c. Relays:
        i. 4 x 100 M – Wednesday, June 5 – GHSC Track & Field
        ii. 4 x 400 M – Saturday, June 8 – GHSC will be conducted at part of warm-up
    d. Pole Vault – Monday, June 3 - 6:45 PM to 8:00 PM – GHSC Track & Field

Good Luck!