

**MAY 31st - JUNE 2nd, 2023**

**TRACK & FIELD COACHES**

Welcome to the 30th annual Track & Field Championships. Please find enclosed a registration package for the upcoming NWT Track & Field Championships to be held in Hay River on May 31st,

June 1st, and 2nd.

The Opening Ceremonies will take place the evening of Wednesday May 31st at 7:15 p.m., in the Don Stewart Recreation Centre.

***Please note the following events that will be run Wednesday afternoon:***

***\*These are proposed times only (subject to change after final registrations received)***

***\*\* Due to the large numbers of competitors we have added some Long jump and Discus events to Wednesday’s schedule.***

|  |  |
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| **Wednesday, May 31st**  **1:30 p.m.** – **1500 meters** 13U Girls FINAL  - **1500 meters** 13U Boys FINAL  **2:15 p.m.** – **1000 meters** 11U Girls FINAL  - **1000 meters** 11U Boys FINAL  **2:50 p.m. - 3000 meters** 15U Girls FINAL  **- 3000 meters** 15U Boys FINAL  **3:50 p.m.** – **3000** **meters** 17U/19U/20-34/35+ Women FINAL  **4:15 p.m**. – **5000 meters** 17U/19U/20-34/35+ Men FINAL  – **5000 meters** 17U/19U/20-34/35+ Women FINAL | **Wednesday, May 31st**  **\*1:00pm-** 15U Boys Javelin  - 15U Girls Shot Put  - 13U Boys High Jump  - 17U Girls Long Jump  - 20-34/35+Men Discus  \*These are the starting field events for Wednesday.  \*Based off our numbers, there will be addition field events for 13U,15U,17U,19U, 20-34 & 35+ categories scheduled during this afternoon. Please be prepared to compete on Wednesday afternoon. |

The total charge of $75.00 per athlete is required. **Please note that there will be no refunds after the withdrawal date of Wednesday, May 17th, except for unexpected unavoidable reasons. Please ensure your registration lists are accurate.**  Also a **$1,000.00** damage deposit is required from all out-of-town teams requiring accommodations and will be refunded after the meet. A non-refundable $50.00 per night is required for teams staying in accommodations for incidentals and custodial consumables.

To assist our organization, please note the following:

* Athletes may enter a **maximum of 4 events** (excluding relays)

(ie 3 Track & 1 Field or 3 Field & 1 Track or 2 Track and 2 Field)

* Athletes should be familiar with events entered. Although each athlete may enter 4, it is acceptable to be registered in only 1 or 2 events.
* Minimum standards will be identified in throwing and jumping events and only those passing the minimum will be measured.
* **As always there will be an age cut off for younger athletes. Participants in this meet must be in grade one and up.**
* Safety in throwing events is a major concern. Any athlete registered in Shot Put, Discus, or Javelin, may be disqualified if a dangerous throwing technique is observed by officials.
* Ribbons are awarded for finals only.
* Records that are broken will become official when verified.
* There is a coaches meeting scheduled for Wednesday evening at 6:15pm inside DJSS.
* To view results from 2018 and results as they come in for 2023 please go to: [itechnt.com](http://itechnt.com) and click on the “community tab”. Click on the “year” you wish to see results for.
* **THE DEADLINE FOR RECEIVING ENTRIES IS FRIDAY, MAY 12th, 2023.**
* **Late additions have caused considerable organizational stress, therefore we will not be accepting any additions after registration due date. After input into the system we will email you your registrations that you have submitted, please proofread and ensure entries are correct. If we have made any errors please contact us and we will make the necessary corrections**.

Good luck with your spring training. We're looking forward to seeing you May 31st.

Sincerely,

Rachel Yee/Tim Borchuk/JJ Hirst

SCHOOL/CLUB NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COACH:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL ADDRESS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(this email will be used to send registration confirmations)

PHONES: SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FAX\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

OTHER ADULTS COMING WITH THE TEAM:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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R**EGISTRATION/MEAL PACKAGE**

Total number of **participating** coaches/athletes \_\_\_\_\_\_\_\_\_\_\_\_\_x $75.00 = $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total number of **non-participating** coaches/supervisors \_\_\_\_\_\_\_\_\_\_\_\_\_ x $50.00 = $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please make cheques payable to N.W.T. Track & Field Championships and **indicate on the front of the cheque which school it is for.** Separate cheques for damage deposit please.

Total (cheque enclosed) = $\_\_\_\_\_\_\_\_\_\_\_\_\_

Total (damage Deposit) = $\_\_\_\_\_\_\_\_\_\_\_\_\_

Total (incidentals) = $\_\_\_\_\_\_\_\_\_\_\_\_\_

PLEASE NOTE THE FOLLOWING:

* Categories are established according to year of birth. In keeping with Track and Field Organizations in the rest of Canada all athletes will be registered in this way. **Please ensure that the correct, complete birth date is recorded for each athlete.**
* Please note Athletics Canada has modified Rule 141 of the IAAF Rulebook. **Master Women and Men both start at 35 years of age now.**
* **If registration forms are typed or neatly printed** it assists our organization. All information should be easily recognized for input into our computer system. Please feel free to xerox extra forms as required for your initial draft copies.
* Please send the entry form back ASAP. A**ll entries must be received no later than Friday, May 12th, 2023. Entries can be withdrawn until noon on Wednesday, May 17th, 2023.**
* **All student aged athletes must be in good standing with their respective school.**

**ENTRY FORMS SHOULD BE SENT TO:**

**NWT Track and Field Championships**

**Diamond Jenness Secondary School**

**58 Woodland Drive Phone: 874-6538**

**Hay River, NT X0E 0R8 Fax: 874-3163**

[**mmarshall@ssdec.nt.ca**](mailto:mmarshall@ssdec.nt.ca)



2023 - EVENT CATEGORIES ARE AS FOLLOWS:

7U -Born 2016 (must be in grade 1 or higher)

9U -Born 2014-15

11U -Born 2012-13

13U -Born 2010-11

15U -Born 2008-09

17U -Born 2006-07

19U -Born 2004-05

20-34 -Born 1989 - 2003 (women & men)

35+ -Born 1988 or earlier (women & men)



**(WOMEN) OFFICIAL WEIGHTS FOR THE 2023 N.W.T. TRACK & FIELD CHAMPIONSHIPS**

CLUBS MAY BRING THEIR OWN IMPLEMENTS FOR THE COMPETITION. THEY MUST BE REGISTERED WEDNESDAY AND ALL COMPETITORS MUST HAVE ACCESS DURING THE MEET.

|  |  |  |  |
| --- | --- | --- | --- |
| **WOMEN** | **SHOT PUT** | **DISCUS THROW** | **JAVELIN THROW** |
| 9U 2014/15 |  |  |  |
| 11U 2012/13 | 2 kg | 750 g |  |
| 13U 2010/11 | 3 kg | 750 g |  |
| 15U 2008/09 | 3 kg | 1 kg | 500 g |
| 17U 2006/07 | 3 kg. | 1 kg | 600 g |
| 19U 2004/05 | 4 kg | 1 kg | 600 g |
| 20-34 1989 TO 2003 | 4 kg | 1 kg | 600 g |
| 35+ 1988 | 4 kg | 1 kg | 600 g |

**(MEN) OFFICIAL WEIGHTS FOR THE 2023 N.W.T. TRACK & FIELD CHAMPIONSHIPS**

CLUBS MAY BRING THEIR OWN IMPLEMENTS FOR THE COMPETITION. THEY MUST BE REGISTERED WEDNESDAY AND ALL COMPETITORS MUST HAVE ACCESS DURING THE MEET.

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| --- | --- | --- | --- |
| **MEN** | **SHOT PUT** | **DISCUS THROW** | **JAVELIN THROW** |
| 9U 2014/15 |  |  |  |
| 11U 2012/13 | 2 kg | 750 g |  |
| 13U 2010/11 | 3 kg | 750 g |  |
| 15U 2008/09 | 4 kg | 1 kg | 600 g |
| 17U 2006/07 | 5 kg | 1.5 kg | 700 g |
| 19U 2004/05 | 6 kg | 1.75 kg | 800 g |
| 20-34 1989 TO 2003 | 7.26 kg | 2 kg | 800 g |
| 35+ 1988 | 7.26 kg | 2 kg | 800 g |

Track and Field 2023

(Accommodations and Bus Services)

**Please complete this form and send (as soon as possible) to the fax number at the bottom of the page.**

Name of school - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach (name) and email address - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total number of parent volunteers - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total number of athletes - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your school require accommodations - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of arrival in Hay River - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Arrival time (precise) in Hay River - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which airline will you be traveling with - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Departure time from Hay River- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your school require bus pick-up to and from the airport - \_\_\_\_\_\_\_\_

**Thank you,**

**Karen Wall**

Fax number (867) 874 - 6912