



Edmonton Catholic
Schools

Junior High Track
and Field

2025-2026
Handbook

League Organization and Structure:

- 4 full day zone meets – 9:30AM to 2:30PM
- Each school may enter 2 entrants in 100M, 200M, 800M, 1500M and all Field events.
- Each school may enter 1 entrant in 400M and Relay. Each athlete can compete in 4 events plus relay.
- Competitors must remain in their age classification for all events. Exception: competitor may compete at a higher classification but must compete at that classification in all other events.
- Competitors must compete in their school's allocated zone meet event.
- Events not requiring heats will be run as finals at the designated time of the heats.
- The following will qualify for City Championships:
 - Top 4 from each zone: 100M, 200M
 - Top 3 from each zone: 800M, 1500M, ALL field events
 - Top 2 from each zone: 400M, Relay
- All entries for zone meets must be sent electronically on Hy-tek to Valerie Kemp at emocktrack@gmail.com by 4:00PM. If your school track meet is after your deadline please let Val know.
 - Zone 1 – Entries due by May 20
 - Zone 2 – Entries due by May 22
 - Zone 3 – Entries due by May 25
 - Zone 4 – Entries due by May 27
- Records may be broken for field events at Zones and at City Championships
- Records may be broken for track events at City Championships

Athlete Requirements:

Age Categories:

- Junior: Students born in 2013 or later
- Intermediate: Students born in 2012
- Senior: Students born in 2011 or earlier

Shot Put:

- Girls: 2.7 KG
- Boys: 4.0 KG

High Jump Starting Height:

- BOYS: Junior 1.20M; Intermediate 1.25M; Senior 1.30M
- GIRLS: Junior 1.10M; Intermediate 1.15M Senior 1.20M

Javelin:

- 500 Gram implements used for ALL age categories for both Boys and Girls

Lane Assignments for City Championships:

- HyTek Results program will assign lanes according to times and placings among all Zone meets.

Hy-Tek Track and Field Entries

- Schools are required to submit their zone entries using Hy-Tek Track and Field 4.2 Team Manager Lite Da version (an updated version from last year). If you have never used the program before, you are encouraged to attend a training session on how to submit your school entries. **Dates for these training sessions are TBA at Michael Phair School.**
- You do not need to request the event file like in the past. It can be downloaded from <http://www.ellistiming.ca/ECSDJH/>

Entry Instructions:

- Hy-Tek notes, tips and tricks can be found at the end of this handbook. Quick Notes from the training sessions can be found on the website at www.ecsdjuniorhighathletics.goalline.ca
- Be sure to enter your age groups (Jr/Int/Sr) **BEFORE** importing the event file.
- Enter your team. Use the school code, if you require the code, please request the code when you request the event file. Full name of school. Short team name -use team code. Team type is age group. If you are unaware of your school code, contact Val at emoctrack@gmail.com
- Under set-up – Age Divisions – Only three divisions are required. Jr – Junior – 11-13 years, Int – Intermediate – 14 years and Sr – Senior – 15-16 years. Delete any extra divisions.
- Entry Rules: All schools can enter two athletes in 100M, 200M, 800M, 1500M and field events. 1 entry for 400M and Relay. **Each athlete can enter up to 4 events plus relay.**
- If you know the birth year and not the exact date of birth – enter as 06-01-01 (example)
- Entries by name or event. Relays – use entry by event and scroll down to relays, and then entry relay(s). IF you know the relay names enter those as well
- When the entries are complete and have been reviewed, please EXPORT the event file to emoctrack@gmail.com. The entry file will be attached to the email with a subject line including ECS – School Name – Zone – Day of Meet. An entry file will be in this format. STA-Entries.001.zip (example). An email will be sent back with an entry list attached. Please confirm all is correct for athlete names, events, relays, gender, and age category (Jr, Int or Sr). If any changes are required, email required changes to Valerie at emoctrack@gmail.com

Starter/Marshall Information for Officials

Equipment Required:

- Two starting pistols and sufficient cartridges for the meet
- An official whistle
- A portable loudspeaker to be used for starting the 200M and 400M races. (If possible assistant starter should also have a loudhailer)

Duties of Assistant Starter (Recall Starter):

- To check the competitors to ensure that they are in the correct race and heat.
- To place competitors in the lanes previously established by the meet officials.
- Assemble starters in case of a false start.
- Power of recall in case of an unfair start, especially in case of a staggered start, or misfire of starter's pistol (see note below).
- Set the competitors and their lanes 3 races in advance to expedite process time between races (eg. "set" all 3 classification boys or girls for the 400M races).
- Maintain a close to complete silence as possible in the area adjacent to and surrounding the start line when the starter has begun his/her commands.

High Jump Information for Officials

Competition:

- A competitor should take off from one foot.
- A competitor fails if after the jump the bar does not remain on the supports because of the action of a competitor while jumping.
- Extraneous Forces: When it is clear that a force was not associated with the competitor has displaced the bar; ex. Gust of wind, if such a displacement occurs after a competitor has cleared the bar without touching it, then the attempt should be considered successful, or, if such a displacement occurs under any other circumstances, a new attempt should be awarded.

Measurement:

- Before starting a competition, judges should announce starting heights and successive later heights intended.
 - Boys: Junior 1.20M Intermediate 1.25M Senior 1.30M
 - Girls: Junior 1.10M Intermediate 1.15M Senior 1.20M
- A competitor may start jumping at any height about starting height and may jump or not at their own discretion at any subsequent height. Thus, they may “pass” their 2nd or 3rd attempt at a height (after failing first try) and still jump at a later height.
- Three consecutive failures, regardless of the height at which they occur, disqualify the competitor.
- The winner is entitled to continue jumping until they have failed 3 consecutive times (usually going for a record)
- Circle the height for each competitor.

Ties:

- The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- If the tie remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- If the tie remains:
 - If it concerns the first place, the competitors tying shall have one more jump at the lowest height at which any of those involved in the tie have lost their right to continue jumping, and if no decision is reached, the bar shall be raised if the tying athletes were successful or lowered if not, 2cm for the High Jump. They shall then attempt one jump at each height until the tie is resolved. Competitors still tying must jump on each occasion when resolving the tie (see example)
 - If it concerns any other place the competitors shall be awarded the same place in the competition

High Jump Example:

- Heights announced by the Judge at the beginning of Competition: 1.75M; 1.80M, 1.84M, 1.88M, 1.91M, 1.94M, 1.97M, 1.99M.

0 = Cleared

X = Failed

- = Did not jump

Competitor	Heights							Failures	Jump Off			Position
	1.75M	1.80M	1.84M	1.88M	1.91M	1.94M	1.97M		1.94M	1.92M	1.94M	
A	0	X0	0	X0	X-	XX		2	X	0	X	2
B	-	X0	-	X0	-	-	XXX	2	X	0	0	1
C	-	0	X0	X0	-	XXX		2	X	X		3
D	-	X0	X0	X0	XXX			3				4

- A, B, C and D all cleared 1.88M
- The rule regarding ties now comes into operation; the judge adds up the total number of failures, up to and including the height last cleared, eg. 1.88M
- “D” has more failures than A, B or C, and is therefore awarded 4th place. A, B and C are still tied and as this concern to 1st place, they shall have one more jump at 1.94M where A and C lost their right to continue jumping.
- As all the competitors tying failed, the bar is lowered to 1.92M for another jump off. As only C failed to pass 1.92M, the 2 other tying athletes A and B shall have a 3rd jump off at 1.94M, which only B has cleared and is therefore declared the winner.

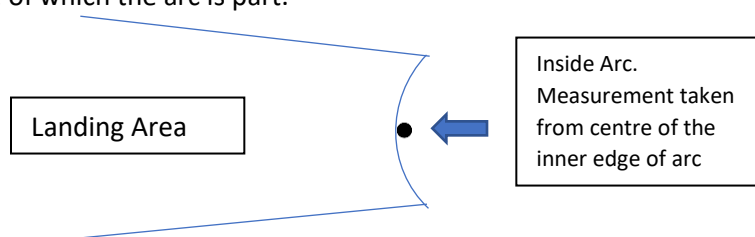
Turbo Javelin Information for Officials:

Competition:

- The javelin should be thrown from within the javelin runway and released prior to the inner edge of the arc.
- The javelin should be held at the grip.
- It should be thrown over the shoulder or upper part of the throwing arm and not be slung or hurled. There must be a slight bend in the elbow when throwing.
- A throw is good ONLY if the tip of the head strikes the ground before any other part of the javelin and it lands within the landing sector.
- At no time during the throw, until the javelin has been discharged into the air, may a competitor turn completely around, so that their back is towards the throwing arc.

Measurement:

- In all throwing events, distances should be recorded to the nearest 0.01M below the distance measured if the distance measured is not a whole cm (zero end of tape at landing area).
- The measurement of each throw should be made immediately after the attempt; in javelin, from where the tip of the javelin first struck the ground to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.



- Each competitor is allowed 3 trials, the top 6 of the competitors are allowed 3 additional trials.
- Ties are resolved by comparing 2nd best trial or 3rd best trial, etc.
- The 500-gram implement will be used by ALL age categories for both boys and girls.

Shot Put Information for Officials

Competition:

- The shot should be put from the shoulder with only one hand. At the time a competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot should not be taken behind the line of the shoulders.
- In throws, a competitor may not touch top of the stop board, circle, or line. May touch inside of stop board iron circle.
- In throws, a competitor must leave circle from rear half after implement has landed.
- Each competitor is allowed 3 trials, top 6 of competitors are allowed 3 additional trials.
- Girls: 2.7 KG
- Boys: 4.0 KG

Measurement:

- In all throwing events, distances should be recorded to the nearest 0.01M below the distance measured if the distance measured is not a whole cm (zero end of tape in landing area)
- The measurement of each throw should be made immediately after the attempt: from the nearest mark made by the fall of the shot to the inside of the circumference of the circle along a line of the centre of the circle.
- Ties are resolved by comparing 2nd best trial or 3rd best trial, etc.

Triple Jump Information for Officials

Competition:

- The triple jump should consist of a hop, step, and a jump in that order.
- Except as shown below in point 2, if a competitor takes off before reaching the board it shall not for that reason be counted as a failure.
- Each competitor is allowed 3 trials, top 6 competition allowed 3 additional trials.

- A competitor fails if he/she:
 - 1. While taking off touches the ground beyond the takeoff line with any part of their body, whether running up without jumping or in the act of jumping
 - 2. Takes off from outside either end of the board, whether beyond or before the extension of the take off line
 - 3. Touch the ground between takeoff line and the landing area
 - 4. Employs any form of somersaulting while running up or in the act of jumping
 - 5. While landing, touch the ground outside the pit closer to the takeoff line than the nearest break made in the sand
 - 6. When leaving the landing area, first contact with the ground outside the pit is closer to the takeoff line than the nearest break made in the sand on the landing, including any break made on overbalancing on the landing which is completely inside the pit but closer to the takeoff line than the initial break made on the landing.
- Note:
 - It is not a foul if a competitor runs outside the white lines marking the runway at any point.
 - It is not a foul if a part of the competitor's shoe/foot is touching the ground outside either end of the take off board before the takeoff line.
 - It is not a foul, if a competitor walks back through the landing area after having left the landing area in the correct way.

Measurement:

- In all horizontal jump events, distances should be recorded to the nearest 0.01M below the distance measured if the distance measured is not a whole cm (zero end of tape in landing area)
- All jumps shall be measured from the nearest break in the landing area made by any part of the body or limbs to the takeoff line, or takeoff line extended. The measurement shall be taken perpendicular to the takeoff line or its extension.
- Ties are resolved by comparing 2nd best trials or 3rd best trials, etc.

Long Jump for Officials

Competition:

- Except as shown below in point 2, if a competitor takes off before reaching the board it shall not for that reason be counted as a failure.
- Each competitor is allowed 3 trials, top 6 competition allowed 3 additional trials.

- A competitor fails if he/she:
 - 1. While taking off touches the ground beyond the takeoff line with any part of their body, whether running up without jumping or in the act of jumping
 - 2. Takes off from outside either end of the board, whether beyond or before the extension of the take off line
 - 3. Touch the ground between takeoff line and the landing area
 - 4. Employs any form of somersaulting while running up or in the act of jumping
 - 5. While landing, touch the ground outside the pit closer to the takeoff line than the nearest break made in the sand
 - 6. When leaving the landing area, the first contact with the ground outside the pit is closer to the takeoff line than the nearest break made in the sand on the landing, including any break made on overbalancing on the landing which is completely inside the pit but closer to the takeoff line than the initial break made on the landing.
- Note:
 - It is not a foul if a competitor runs outside the white lines marking the runway at any point.
 - It is not a foul if a part of the competitor's shoe/foot is touching the ground outside either end of the take off board before the takeoff line.
 - It is not a foul, if a competitor walks back through the landing area after having left the landing area in the correct way.

Measurement:

- In all horizontal jump events, distances should be recorded to the nearest 0.01M below the distance measured if the distance measured is not a whole cm (zero end of tape in landing area)
- All jumps shall be measured from the nearest break in the landing area made by any part of the body or limbs to the takeoff line, or takeoff line extended. The measurement shall be taken perpendicular to the takeoff line or its extension.
- Ties are resolved by comparing 2nd best trials or 3rd best trials, etc.

ECSD JUNIOR HIGH ATHLETICS
TRACK AND FIELD ZONE PLACEMENT 2024-2025

<u>ZONE 1</u> <u>Wed. May 27</u> Rollie Miles 9:30AM - 2:30PM	<u>ZONE 2</u> <u>Fri. May 29</u> Rollie Miles 9:30AM - 2:30PM	<u>ZONE 3</u> <u>Mon. June 1</u> Rollie Miles 9:30AM - 2:30PM	<u>ZONE 4</u> <u>Wed. June 3</u> Rollie Miles 9:30AM - 2:30PM
ST. CATHERINE ST. BRENDAN H.E. BERIAULT FATHER MICHAEL MCCAFFERY SISTER ANNATA BROCKMAN ARCHBISHOP JOSEPH MACNEIL ST. THOMAS MORE J.J. BOWLEN	BISHOP DAVID MOTIUK ST. ELIZABETH SETON SIR JOHN THOMPSON HOLY FAMILY ST. EDMUND ST. THOMAS AQUINAS ST. ROSE ST. JOHN XXIII ST. JOSEPHINE BAKHITA	ST. MARK FATHER MICHAEL TROY ST. ALPHONSUS JOAN CARR J.H. PICARD ST. NICHOLAS JOSEPH MOREAU BEN CALF ROBE ST. CLEMENT	CORPUS CHISTI CHRIST THE KING CARDINAL LEGER FATHER MICHAEL MIREAU MONSIGNOR FEE OTTERSON ST. CECILIA LOUIS ST. LAURENT HOLY CROSS ST. HILDA
<u>ZONE ENTRIES:</u> All schools will be allowed the following entries for each category (Jr/Int/Sr) <u>2 Entrants per school:</u> 100M, 200M, 800M, 1500M, All Field <u>1 Entrant per school:</u> 400M, Relay			
<u>Qualifying for City Finals:</u> Top 4 from each zone: 100M, 200M Top 3 from each zone: 800M, 1500M, All Field Events Top 2 from each zone: 400M, Relay			
<u>Zone Athlete Entry Deadline:</u> Zone 1: Wednesday May 20 Zone 2: Friday May 22 Zone 3: Monday May 25 Zone 4: Wednesday May 27			
<u>Zone Rainouts:</u> Friday June 5 @ Rollie Miles Monday June 8 @ Rollie Miles			
<u>City Finals:</u> Wednesday June 10 @ Rollie Miles. 9:30AM - 2:30PM			
<u>City Finals Rainout:</u> Friday June 12 @ Rollie Miles. 9:30AM – 2:30PM Monday June 15 @ Rollie Miles. 9:30AM – 2:30PM			

Edmonton Catholic Schools 2025-2026 Junior High Track & Field

SCHEDULE OF EVENTS

*Please be advised that times indicated are subject to minor changes

** For 100m heats – top 2 times from each heat automatically advance followed by next best times

Track Events

9:30 a.m.

Finals 1500m

Jr. Boys
Int. Boys
Sr. Boys
Jr. Girls
Int. Girls
Sr. Girls

***top 3 advance to city finals**

10:45 a.m.

Heats 100m

Jr. Boys
Int. Boys
Sr. Boys
Jr. Girls
Int. Girls
Sr. Girls

11:30 a.m.

Finals 800m

Jr. Boys
Int. Boys
Sr. Boys
Jr. Girls
Int. Girls
Sr. Girls

***top 3 advance to city finals**

12:15 p.m.

Timed 200m Finals

Jr. Boys
Int. Boys
Sr. Boys
Jr. Girls
Int. Girls
Sr. Girls

***top 4 advance to city finals**

12:45 p.m.

Finals 100m

Jr. Boys
Int. Boys
Sr. Boys
Jr. Girls
Int. Girls
Sr. Girls

***top 4 advance to city finals**

1:15 p.m.

Finals 400m

Jr. Boys
Int. Boys
Sr. Boys
Jr. Girls
Int. Girls
Sr. Girls

***top 2 advance to city finals**

1:35 p.m.

Garbage Cleanup

1:45 p.m.

Finals 4x100m Relay

Jr. Boys
Int. Boys
Sr. Boys
Jr. Girls
Int. Girls
Sr. Girls

***top 2 advance to city finals**

Field Events

***top 3 advance to city finals for ALL field events**

9:30 a.m.

Jr. Boys – High Jump
Jr. Girls – High Jump
Sr. Boys – Triple Jump
Sr. Girls – Triple Jump
Sr. Boys - Javelin
Sr. Girls - Javelin

9:45 a.m.

Int. Boys – Shot Put
Int. Girls – Shot Put

10:30 a.m.

Jr. Boys – Long Jump
Jr. Girls – Long Jump
Int. Boys - Javelin
Int. Girls - Javelin

10:45 a.m.

Jr. Boys – Shot Put
Jr. Girls – Shot Put
Int. Boys – Triple Jump
Int. Girls – Triple Jump
Sr. Boys – High Jump
Sr. Girls – High Jump

11:30 a.m.

Int. Boys – Long Jump
Int. Girls – Long Jump
Jr. Boys - Javelin
Jr. Girls - Javelin

11:45 a.m.

Sr. Boys – Shot Put
Sr. Girls – Shot Put

12:00 p.m.

Int. Boys – High Jump
Int Girls – High Jump

12:15 p.m.

Sr. Boys – Long Jump
Sr. Girls – Long Jump
Jr. Boys – Triple Jump
Jr. Girls – Triple Jump

Edmonton Catholic Schools Jr. High Athletic Association

BOYS TRACK AND FIELD RECORDS AS OF JUNE 30, 2023

JUNIOR BOYS

Event	Name	School	Record	Year
100 Meters	Michael King McKenzie	Sir John Thompson	11:63	2007
200 Meters	Emmanuel Nuski	Maurice Lavallee	24.49	2008
400 Meters	John Corpuz	Holy Family	55:81	1990
800 Meters	Ray Deane	St. Cecilia	2:15:00	1981
1500 Meters	Ray Deane	St. Cecilia	4:46:4	1982
4x100 Relay		St. Nicholas	50:64	2018
Long Jump	Mark Grozic	St. Cecilia	5.62	1986
High Jump	Athiey Lwal	J.J. Bowlen	1.66	2004
Shot Put	Carlington Thomas	St. Elizabeth Seton	12.77	2004
Triple Jump	McKail Brathwaite	St. T More	11.70	2016
Turbo Javelin	Reece Devlin	Joseph Moreau	32.38	2015

INTERMEDIATE BOYS

Event	Name	School	Record	Year
100 Meters	Abi Isaac	J.J. Bowlen	11:10	1988
200 Meters	Michael K Mackenzie	Sir John Thompson	23:68	2008
400 Meters	Abi Issac	J.J. Bowlen	53:65	1988
800 Meters	Joel Lauzon	J.J. Bowlen	2:08:57	2003
1500 Meters	Jol Lauzon	J.J. Bowlen	4:28:04	2003
4x100 Relay		Sir John Thompson	47:7	1984
Long Jump	Jordy Ntambwe	J. J. Bowlen	6.11	2010
High Jump	Athiey Lwal	J.J. Bowlen	1.83	2005
Shot Put	Christian Manucci	J.J. Bowlen	13.69	1999
Triple Jump	Emanuel Goi	St. Cecilia	13.23	2018
Turbo Javelin	Lucas Parent	J.J. Bowlen	43.26	2023

SENIOR BOYS

Event	Name	School	Record	Year
100 Meters	Alfred Kamara	St. Hilda	10.93	2008
200 Meters	Evan Roesch	Louis St. Laurent	22.25	2007
400 Meters	Abi Issac	J.J. Bowlen	52:1	1989
800 Meters	Andrew Weinkauff	MF Otterson	2:03:17	2016
1500 Meters	John Stanton	J.J. Bowlen	4:21:00	1984
4x100 Relay		Maurice Lavallee	46:35	2004
Long Jump	Charles Bazerd	Maurice Lavallee	6.31	2004
High Jump	Bennett Rathje	LSL	1.83	2015
Shot Put	Hank Ilesic	St. Basil	15.63	1973
Triple Jump	David Adekanmbi	Sir John Thompson	13.00	2023
Turbo Javelin	Alexi Dufour	Joseph Moreau	45.72	2019

Edmonton Catholic Schools Jr. High Athletic Association

GIRLS TRACK AND FIELD RECORDS AS OF JUNE 30, 2023

JUNIOR GIRLS

Event	Name	School	Record	Year
100Meters	Joy Vela	St. Nicholas	12.24	2017
200 Meters	Chantelle Suito	Father Michael Troy	27:20	2009
400 Meters	Gracia Muamba	Joseph Moreau	1:03.37	2011
800 Meters	Madison Marguez-Stricker	Louis St. Laurent	2:28.62	2012
1500 Meters	Madison Marquez-Stricker	Louis St. Laurent	5:03.42	2012
4x100 Relay		Father Michael Troy	53.80	2009
Long Jump	Joanne Orysiuk	St. Thomas More	4:94	1975
High Jump	M. DeChamplain	St. Francis of Assisi	1:50	1979
High Jump	Heather MacArthur	Cardinal Leger	1:50	1980
Shot Put	Alysia Rissling	St. Rose	11.46	2002
Triple Jump	Carmen Chu	Father Michael Troy	10.54	2019
Turbo Javelin	Madison Maximo	J.J. Bowlen	26.11	2018

INTERMEDIATE GIRLS

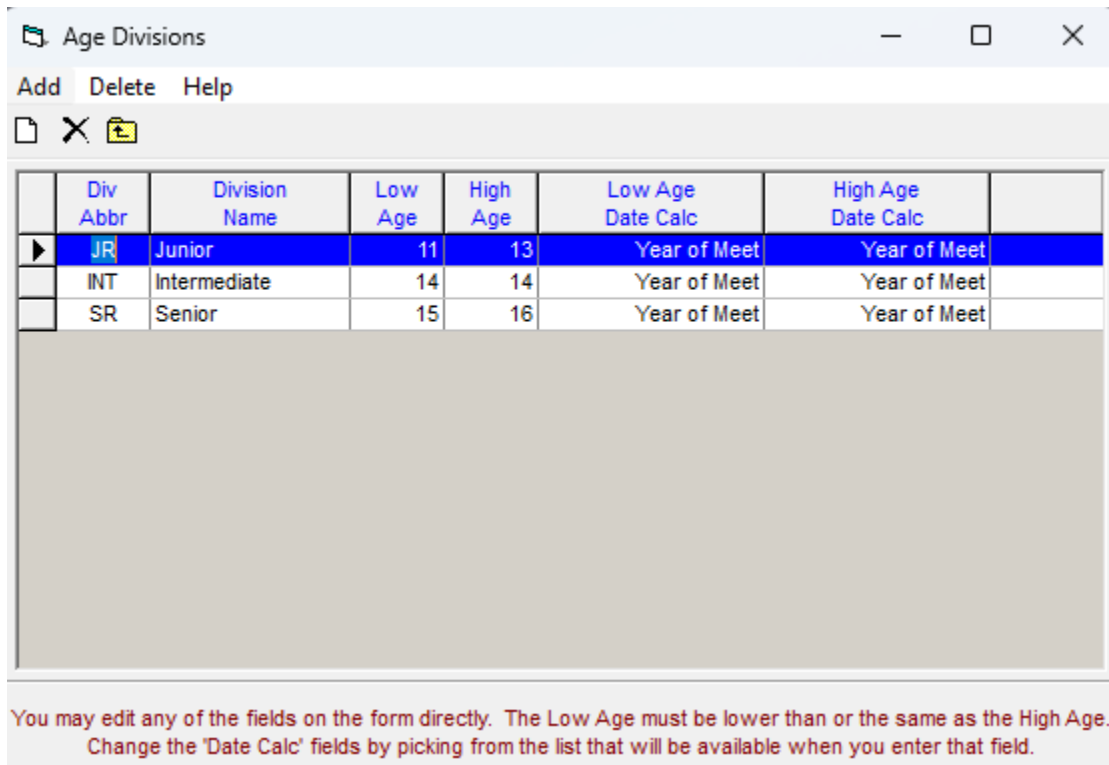
Event	Name	School	Record	Year
100Meters	Andrea Jokic	St. Elizabeth Seton	12:34	2014
200 Meters	Chantelle Suito	Fr. Michael Troy	26:14	2010
400 Meters	Jennifer Kemp	Louis St. Laurent	1:00:85	1997
800 Meters	Jennifer Kemp	Louis St. Laurent	2:23:1	1997
1500 Meters	Taylor Patterson	Louis St. Laurent	5:06:09	2005
4x100 Relay		St. Cecilia	52:8	1978
Long Jump	Joy Vela	St. Nicholas	5.30	2018
High Jump	Jane Plaxton	J.H. Picard	1.58	1980
Shot Put	Maria Gouveia	J.J. Bowlen	12.28	1989
Triple Jump	Madelyn Valpy	St. Brendan	10.86	2018
Turbo Javelin	Chyler Figueroa	St. Mark	27.19	2017

SENIOR GIRLS

Event	Name	School	Record	Year
100 Meters	Gracia Muamba	Joseph Moreau	12:08	2013
200 Meters	Monica Galouon-Eta	Joseph Moreau	25.27	2023
400 Meters	Ashley Patterson	Louis St. Laurent	1:00.60	2002
800 Meters	Jennifer Kemp	Louis St. Laurent	2:20.53	1998
1500 Meters	Hannah Leggatt	H.E. Beriault	4:59.83	2011
4x100 Relay		St. Rose	51:71	2008
Long Jump	Joy Vela	St. Nicholas	5.40	2019
High Jump	R.Godlewski	St. Cecilia	1.58	1977
Shot Put	Mandy Squire	Sir John Thompson	12.42	1997
Triple Jump	Madelyn Valpy	St. Brendan	11.35	2019
Turbo Javelin	Sylvie Berg	Holy Cross	37.02	2023

Hy Tek Lite

- 1) Download and install Hy Tek Lite Da (this is an updated version from last year, you may need I.T. to do it).
- 2) Click Open/New and enter your school name – team
- 3) Check for updates
- 4) Under Set up correct age divisions to **only show** JR, INT, SR



	Div Abbr	Division Name	Low Age	High Age	Low Age Date Calc	High Age Date Calc	
▶	JR	Junior	11	13	Year of Meet	Year of Meet	
	INT	Intermediate	14	14	Year of Meet	Year of Meet	
	SR	Senior	15	16	Year of Meet	Year of Meet	

You may edit any of the fields on the form directly. The Low Age must be lower than or the same as the High Age. Change the 'Date Calc' fields by picking from the list that will be available when you enter that field.

- 5) **NOW**, import event file. Do not open event file. Files are posted on website.
- 6) Set up team
- 7) Set up athletes
- 8) Go to meet, complete entries .
- 9) Complete relay entries.
- 10) Check entries under reports – **Please print and review all your entries before submitting them to Val.**
- 11) Export entries for Junior High to emocktrack@gmail.com