

SPORT. EDUCATION. PRIDE.



G M A A

Greater Montreal Athletic Association – 5925 Monkland Ave, Suite 101, H4A 1G7

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### Provincial Outdoor Track & Field Info Sheet – For Coaches

**Date of Meet:** Friday, June 9, Saturday, June 10 and Sunday, June 11, 2023, in Rivière-du-Loup, Québec (L'école Secondaire Rivière du Loup).

#### Travel and Location:

The GMAA team will travel by bus to Rivière-du-Loup, Québec (L'école Secondaire Rivière du Loup). Bus pick up spot and time will be determined when the GMAA team is confirmed. The team will leave Friday afternoon and return Sunday night.

**Chaperones:** A staff member from the school must accompany the students for the duration of the weekend. (A staff member may assume responsibility for a maximum of 3 students from other schools.)

**How to Register Students:** 2 athletes from the GMAA Championship Meets in each event are eligible to attend the provincials (excluding the relays). A student may compete in a maximum of 3 individual events – 2 field and 1 track **or** 2 track and 1 field. If you have students that finished in the top 4 of an event at the GMAA championships and who are interested in attending the Provincial, please have them fill out the "Provincial Permission Form" found on the track and field page on the GMAA website and e-mail it into the office by **Thursday, May 25<sup>th</sup>, 2023 at 4:00pm**. This form must be signed by the student and their parents.

**Confirmed Team:** A team confirmation will be sent out by e-mail to the coaches the week of May 29<sup>th</sup>.

**Cost:** You will be informed of the final costs per student once it is confirmed, however, registration for Outdoor Track and Field will be approximately \$150.00 per student. This includes the entry fee, meals, lodging and an official GMAA singlet. **All students and coaches must check-in together, and they must sleep at the school both Friday and Saturday nights.**

#### RULE DIFFERENCE AT PROVINCIALS:

**A maximum of 3 individual events is permitted:**

2 Track events and 1 Field event

1 Track event and 2 Field events



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## Events for the Provincial Competition.

	EVENT	GIRLS			BOYS		
		Bantam	Midget	Juvenile	Bantam	Midget	Juvenile
1.	80 m	X			X		
2.	100 m		X	X		X	X
3.	150 m	X			X		
4.	200 m		X	X		X	X
5.	400 m			X			X
6.	800 m	X	X	X	X	X	X
7.	1200 m	X	X		X	X	
8.	1500 m			X			X
9.	2000 m		X			X	
10.	3000 m			X			X
11.	80 m hurdle	30" (0.76m)	30" (0.76m)		30" (0.76m)		
12.	100 m hurdle			30" (0.76m)		33"(0.84m)	
13.	110 m hurdle						36"(0.91m)
17.	High jump	X	X	X	X	X	X
18.	Long jump	X	X	X	X	X	X
19.	Triple jump		X	X		X	X
20.	Pole vault		X	X		X	X
21.	Shot Put	2 kg	3 kg	3 kg	3 kg	4 kg	5 kg
22.	Discus	600 gr	1 kg	1 kg	750 gr	1 kg	1.5 kg
23.	Javelin	400 gr	500 gr	500 gr	500 gr	600 gr	700 gr
24.	4 X 100 m relay	X	X	X	X	X	X
25.	4 X 400 m relay			X			X