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CONTENTS



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6 Unified Jamboree

See pictures from the Unified Jamboree held May 28, 2019

10 Rugby VII's

Visit the photo albumn and see the provincial winners from this years Rugby 7's Championship

18 Rugby XV PROVINCIAL EVENT

See the results of the Rugby 15's Provincial Championship 2019

HAVE AN ARTICLE ABOUT ATHLETICS OR SPORTSMANSHIP IN YOUR AREA SUBMIT TO INFO@ASAA.CA.

30 Track & Field Provincial Results

Catch the highlights of of Unified Sports in your area.

44 TRACK & FIELD PROVINCIAL RECORDS

Check out the Track & Field Provincial Records to date.

49 COACHING

Coaching tips to start the school year off right.

ASAA Provincial Year Books Coming Soon to a School Near You

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MISSION STATEMENT

To advocate involvement in school sport as an integral part of education and to provide governance of

inter school sport activities for high school students through fair play and equal opportunity.

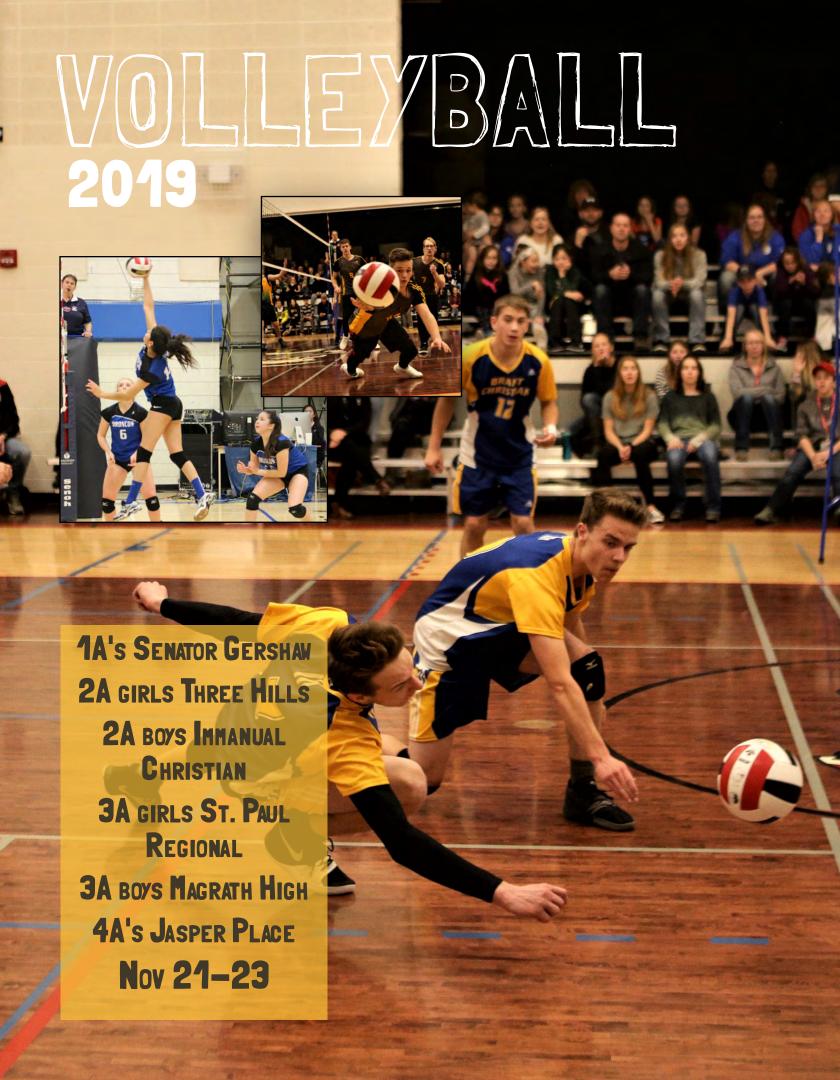




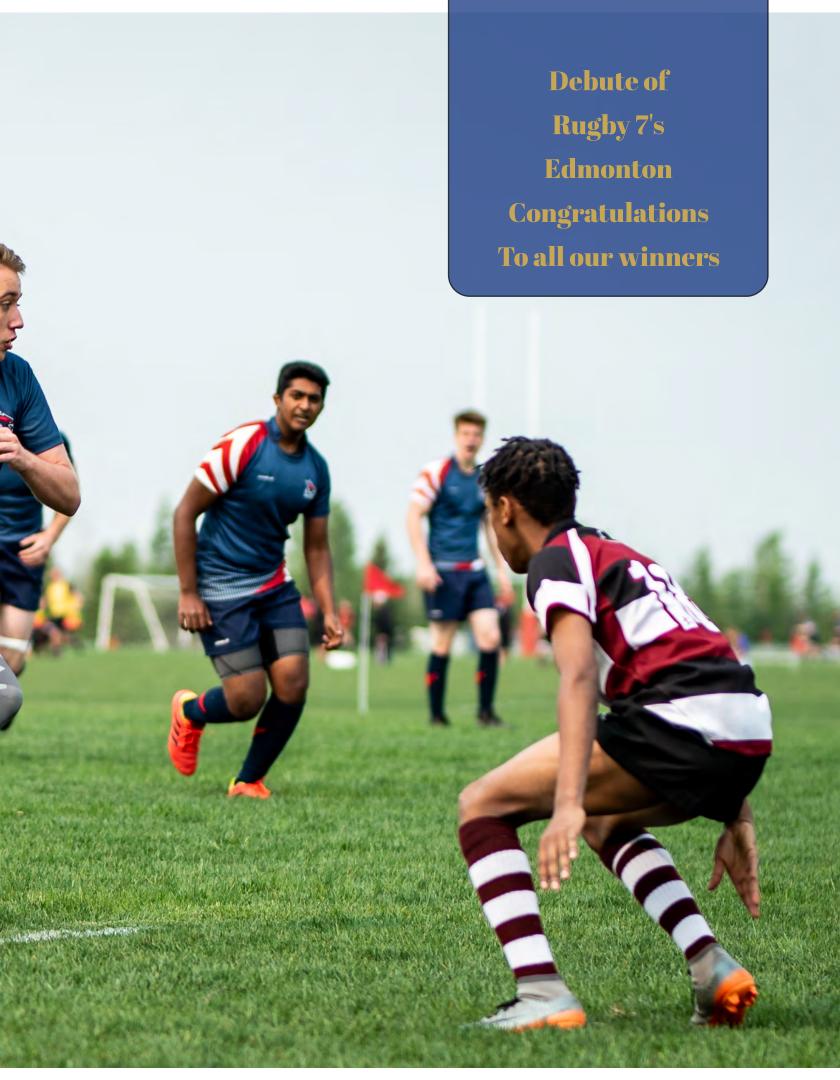














Raymond High School

Letter from the Chairperson Michelle Ross:

The inaugural year for Rugby T's in the province was an overwhelming success, even with the challenges that the smoke from fires up north brought in

The event was attended by 25 teams from 4 different zones and was hosted on the immaculate fields at the St. Albert Rugby Football Club. For the first time ever running the event, it was very well attended and very well received in the rugby community. The energy and enthusiasm that was brought by all teams, players, volunteers and spectators made it a memorable experience. It will be remembered for more than the looming threat of smoke in the air and as a successful first provincial championship for Rugby 7x.

We're excited to see the sport grow and to be received around the province.

We're excited to see the sport grow and to be received around the province.

Congratulations to all addletes and coaches for demonstrating the persevenance determination, competitive drive and enthusiasm that will ensure that this championship will remain at the ASAA level.

A huge thank you to the St. Albert Rugby Football Club and the volunteers







Back Row (L to R): Cally Atwood, Halle Smith, Mataya Francis, Elena Heggie, Taylor Ralph, Tunly Schmale, Winnie Li, Dixie Keeling, Lasca Jo, Taya Hamon, Clajer Strong, Hattie Anderson, Brooke Barfuna Front Raw (L to R): Bryalee Quinton, Taua Bohne, Jonlana Fraser







Tier II Boys Rugby 7's Champions

Rundle College, Calgary

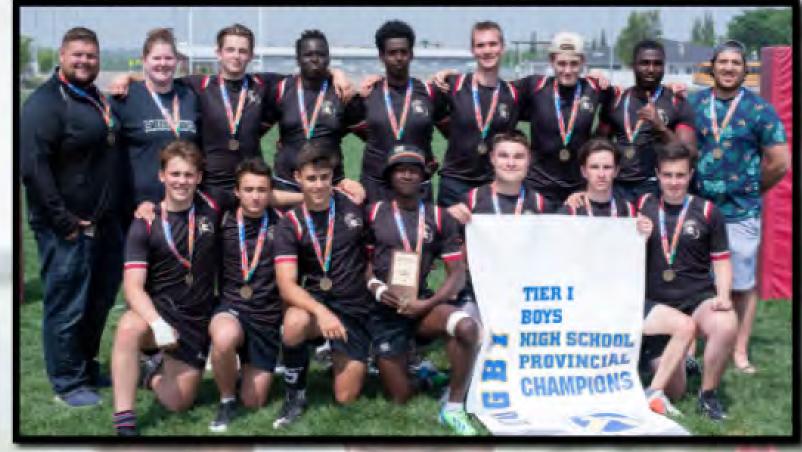


(L. to R): Malcolm Phillips, Brad James, Christian Gruending, Ben Sutton, Liam Kramer, Ryan Bradley, Kenneth Beveridge, Logan Turner, Jeremy Shukin, Collin Poole, Andrew Zutter, Bob Forman, Adham Young, Mukhtar Abdasalami, Gabe Kim, David Major, Damian Suidgrest, Andrew Beveridge, John Long



Tier I Boys Rugby 7's Champions

ArchBishop O'Leary, Edmonton



(L to R): Back row: Peter Weran, Danielle Weran, Keiran Harris, Morris Lako, Jonathon Seyoum, Brett Merkosky, Kaylem Nice (Manager), David Bunmi-Nathan, Connor Maclean

Front row: Ryan Perry Dante Samelli (Maniger), Sebasitan Saraolu, Daniel Omogiate, Justin Cygun, Luke Ashton, Tanner Michalyk

Letter from the Chairperson Michelle Ross:

The inaugural year for Rugby 7's in the province was an overwhelming success, even with the challenges that the smoke from fires up north brought in. The event was attended by 25 teams from 4 different zones and was hosted on the immaculate fields at the St. Albert Rugby Football Club. For the first time ever running the event, it was very well attended and very well received in the rugby community. The energy and enthusiasm that was brought by all teams, players, volunteers and spectators made it a memorable experience. It will be

remembered for more than the looming threat of amoke in the air and us a successful first provincial championship for Rugby 7s. We're excited to see the sport grow and to be received around the province. Congratulations to all athletes and coaches for demonstrating the perseverance, determination, competitive drive and enthusiasm that will ensure that this championship will remain at the ASAA level. A huge thank you to the St. Albert Rugby Football Club and the volunteers from the Edmonton and surrounding area schools.



Alberta Milk Proud Partner of Alberta Schools' Athletic Association



Tier I Boys Rugby Champions

Henry Wisewood, Calgary



Back (L to R): Eric Townshend (coach), Brent P. Gough (coach), Carson Savage, Liam Stilling, Mason Lowe Ford, William Roadhouse, Liam Adamson, Calem Davis, Derek Peterson, Ryan Austen, Steven Groves, Nathan Magnuson, Mazin Aboumrad, Alex Lamey, Diego Aligio Santos, Tyruss James, Joe Richardson, Seth Frizzell, Nik Fourlas, Lewis Ford, Tommy Nicologosalos, Taha Namh (inj), Armin Aghazadeh (trainer), Charlie Appleby, Duniel Hoover (student-teacher coach)

Front (L to R): Zach Krottner, Nikita Makarenko, Chris Gamage, Cam Uruena, Matt Sadler, Justin Collett-Durragh, Paul Spoering (coach), Richard Wilson (manager)

Letter from the Chairperson Jonathan Dick:

The 2019 ASAA Rugby Provincial Championships were hosted by Winston Churchill High School down in sunny south Lethbridge and by all accounts were a buge success. The event hosts had great support from the Church II staff with 19 teachers and administrators being directly involved as well as numerous other staff members contributing in different ways. Charaball in tilly came together to create a great atmosphere and outstanding event. The Lethbridge Sports Park is a fantastic facility to host this event as it offers large open areas as well as four International sized rugby pitches. The facility allowed for plenty of space to accommodate the 40 rusby teams who took part in the event. In addition to this, the space was great for the many volunteers and over 3000 spectators who came from all over the Province to enjoy some outstanding rugby and sportsmanship. With the addition of the Insugaral Sevens Provincial Championships, it created a slightly new look to the Fifteens Tournament, eliminating the Tier III Boys division from the event. Still, having all five divisions (Tier I Boys, Tier I Girls, Tier II Boys, Tier II Girls and Tier III boys) competing at the same location created an outstanding rugby strooghere with plenty of action and excitement. This year the Provincial tournament brought in over 1100 athletes and close to 160 coaches and team staff. Despite some not so favorable weather with the ever present Lethbridge wind and somewhat blustery conditions, spectators still came out in droves, creating a constant stream of activity in and out the Sports Park throughout Friday and Saturday. The 2019 tournament brought forth three new Provincial Champions and two repeat Champions from the 2018 campaign. In the Tier I Boys division, Harry Ainlay's bid to repeat as champions was folled by Lindsey Thurber who defeated the Titans in the semi-final by the narrow margin of 5-0. The second semi-final saw another good tilt between Henry Wisewood and St. Francis with Wisewood coming out on top 15-7. The Bronze medal ended up going to Hurry Ainlay who defeated St. Francis 17-5 in the third place game. The Gold medal went to Henry Wisewood as they were able to outlast the lads from Lindsey Thurber with a final score of 17-10. Congratulations to all of the winning teams and a large thank you to all of the competitors, spectators, referees and volunteers that made the 2019 ASAA Rugby Provincial Championships such an outstanding success.

Brent Gough Award

2006	Bowness, Calgary	2011	Modicine Hat High	2015	Winston Churchill, Lethbeidg
2007	McNally Composite, Edmonton	2012	Holy Trinity, Okotoka	2016	Centennial High Colgary
2008	Bowness, Calgary	2013	Holy Trinity, Okotoks	2017	Centennial High, Calgary
2009	Strathcone High, Edmonton	2014	Lethbridge Collegiate	2018	Hurry Ainlay, Edmonton
2010	Lindsay Thurber Red Deer	2015	Western Canada, Calgary	2019	Henry Wisewood, Calcary



Finalist: Lindsay Thurber Comprehensive, Red Deer Back zow (L to R): Wyan Hawken, Martin Leroy, Ben Tindall, Jackson McClemont . Till Millar, Ethan Jones, Aiden Nosterad, Brendan Strong, Connor McCrea, Kaiden Frank, Ethan Potts, Joel Colline, Nathan Plant, Cole Barker Middle Row (L to R): Tony Flanagan, Levi Johnston, Theo Ollewagen, Spencer Maier, Nik Kimmine, Couch Lonnie Amundsen, Couch Dean Flant Front row (L to R): Ken Watanabe, Wyatt Olean, Dylan Melchert, Jacob Brownell, Coach Wayne Morgan



Harry Ainley, Edmonton Bottom: Row (L to R): Chris Friskie (Coach) Logan Hoover, Tyler Burbank. Celani Mdjahni, Deshsun Cadieux, Isiah Depiesa, Josh Dobbin, Osfrayze Hundal, Easton Hughes, Tony Bird, Mark Armah. Clarence Romegeria. Middle Row (L to R): Dakota Phler, Wesley Ng, Zion Jackson, Anthiny Tierney, Hugh Mager, Liam Moore, Kade Mah. Nivan Rayret, Noah Nielson, Zach Harle. Matthew Armsh, Colby Daniels Front Row (L to R): Nosh Martin, Connor Tywoniuk, Brandon Onishenko, Moreise Lowe, Logan Proctor, Vanit Patel, Robert Reddix, Randal Assent, Evan Beck. Thomas Schettel, Albert Rette, Linn Thomson, Riley Oartman, Matterpiece



Consolation
Lethbridge Collegiate Institute
Back Row (L to R). Kalm Betts, Brandon
Kiehl-Griff, Loke Kazakawich, Jason
Baker, Tyler Devidson, Ethan Gray,
Bentley Douglas
Middle Row (L to R): Couch Jason Toly.
Coach Randy Hyland, Kolt Newton, Kenek
Avila, Jacoh Commber, Jaxon Henhager,
Noah Bolokowski, Josh Mandan, Ben
proctor, Todd Follock, Coach Jersmy
Newart

Pront Row (Lao R): Surya Timona, Johan Caballero, Kenneth Hernandez, Colby Bowie, Callum Hyland. Logan Lerisux, Dakar Christakon, Alea Pagrall

Tier I Girls Rugby Champions

Raymond High School



Back Row (L. to R): Coach Noel Smith, Jade Nelson, Haely Lamontagne, Hannah Barfuss, Jilliam Runquist, Rees Armener, Laynee Smith, Coroline Baldry, Sadie Nelson, Sabrina Steffensen, Abby Jensen, Cassie Salmon, Scarlett Heggie, Maddie Galbraith, Ellie Wilde, Breanne Je, Coach Don Baldry, Sadie Nelson, Sabrina Steffensen, Abby Jensen, Cassie Salmon, Scarlett Heggie, Maddie Galbraith, Ellie Wilde, Breanne Je, Coach Don Baldry, Sadie Nelson, Sabrina Steffensen, Abby Jensen, Cassie Salmon, Scarlett Heggie, Maddie Galbraith, Ellie Wilde, Breanne Je, Coach Don Baldry, Sadie Nelson, Sabrina Steffensen, Abby Jensen, Cassie Salmon, Scarlett Heggie, Maddie Galbraith, Ellie Wilde, Breanne Je, Coach Don Baldry, Sadie Nelson, Sabrina Steffensen, Abby Jensen, Cassie Salmon, Scarlett Heggie, Maddie Galbraith, Ellie Wilde, Breanne Je, Coach Don Baldry, Sadie Nelson, Sabrina Steffensen, Abby Jensen, Cassie Salmon, Scarlett Heggie, Maddie Galbraith, Ellie Wilde, Breanne Je, Coach Don Baldry, Sadie Nelson, Sadie Ne

Front Row (L to R): Makena Stewart, Lucy Wilde, Taylor Groves. Bella Zaremba, Saige Cobb, Kyla Bohne, Thandie Kauro, Talia Oviatt, Cassidy

Quinton

Letter from the Chairperson Jonathan Dick:

The 2019 ASAA Rugby Provincial Championships were booted by Winston Charchill High School down in sunny could Lethbridge and by all accounts were a huge success. The event hosts had great support from the Churchill staff with 19 teachers and administrators being directly involved as well as numerous other staff members contributing in different ways. Courciell really came together to create a great atmosphere and outstanding event. The Lethbridge Sports Park is a fantactic facility to host this event as it offers large open areas as well as four international sized rugby pitches. The facility allowed for plenty of space to accommodate the 40 ragby teams who took part in the event. In addition to this, the space was great for the many volunteers and over 3000 spectators who came from all over the Province to enjoy some outstanding rugby and sportsmanship. With the addition of the Inaugural Sevens Provincial Championships, it created a slightly new look to the Fifteens Tournament, eliminating the Tier III Boys division from the event. But still, having all five divisions (Tier I Boys, Tier II Oirls, Tier II Boys, Tier II Oirls and Tier III boys) competing at the same location created an outstanding rugby atmosphere with plenty of action and excitement. This year the Provincial sournament brought as over 1100 athletes and close to 160 coaches and team staff. Despite some not so favorable weather with the ever present Lethbeidge wind and somewhat blustery conditions, spectators still came out in droves, creating a constant stream of activity in and out the Sports Park throughout the day Friday and Saturday. The 2019 tournament brought forth three new Provincial Champions and two repeat Champions from the 2018 campaign. One of those repeat champions was the perennial powerhouse team from Raymond who continued their dominance, winning their teath Provincial title in eleven years. The Championship didn't come easy this year as they had a good battle with Notre Dame out of Calgary in the gold medal game, holding on for the win with a 22-17 final score. The team from Notre Dame should be proud, as they put up a good fight to take home the silver medal. The bronze medal match had Western Canada defeat Jasper Place by a score of 17-14 in another hard fought game. Congratulations to all of the winning teams and a huge thank you to all of the competitors, spectators, referees and volunteers that made the 2019 ASAA Rugby Provincial Championships such an outstanding success.

Pat Forsyth Award

2006	McNally, Edmonton	2010	Raymond High	2015	Raymond High
2007	Lethbridge Collegiate Institute	2011	Raymond High	2016	Bev Facey, Sherwood Park
2008	Lethbridge Collegiate Institute	2012	Raymond High	2017	Raymond High
2009	Raymond High	2013	Raymond High	2016	Raymand High
84		2014	Raymond High	2019	Raymond High



Finalist: Notre Dame, Calgary Back Row (L to R): Leah Conforti Matt Sartorelli, Julia Omokhuale, Caity Watson, Javi Garcia, Amelia Raso, Jackie Tsaasa, Jocelyn Kattenburg, Makayla Joseph, Anna Sofia Zaghini, Abby Cote, Kiana Adams, Alanta Terry, Taryn Shelestynsky, Michael Wynn, KJ Donald, Dan Zubkowski

Middle Row (L to R): Jill Schumann. Jaden Domos, Cassidy LaBoret, Ogugus Anadozie, Anwuli Obi-Ossai, Nicole Noble, Nicole Hoff, Rahwa Matiwot, Onyi Adindo, Mila Motos, Sydney Pedersen

Front Row (L to R) Tele Ososami, Orace Mwasalla, Ayu Osmani, Neisha Curtis, Kachi Chinwuba, Katie Salverda, Ani Ewowo, Sean Cruz, Codey Rathy, Reese Embres



Western Canada, Calgary Back Row (L. to R): Georgia Sumos, Shomon Rath, Maggie Smith, Atmabella. Breguzzi, Ella Hundert, Rosie Crisp. Madison Airos, Melke Boestra. Middle Row (L to R) | Annalises Scharlenberger, Ryan Quaife. Juliette Brodrick, Amelia van't Reit, Molly Hall-Jurust, Chlor Richardson, Madelyn. Palmquist, Alexia Blum, Miya Kendall. Jenus Jiang, Paige Croney, Dorn Gerov, Eve Taillon, Simon Breguzzi Front Row (L to R): Gabriela Bernal, Mikaela Striker, Cierra Kamis, Payton. Hoosy, Elly Foster, Jan Corong, Abes Limbu, Hillary Ogoke, Lucy Ogoke, Ilona Mangabat, Samantha Hayden, Vivien Chan

Sitting (Lto R): Ava Noely, Emma Parks



Holy Trialty Academy, Okotoka Front Row (L to R) Meyon Schlosser, Calista Milne, Min MacLaud, Jamine Leslie, Kylie Manner, Sydney Stevens, Sawyer Sprague, Brooklyn Reiter, Aliyah Pavelich, Grace Lake Middle Row (L to R): Jeens Tiedje, Brooklyn Leduc, Nassyah Binet, Alyssa. Elliott, Miranda Grant, Ireland Mills, Emily Tallon, Paige Kennett, Brooke Palin, Tianna Donnelly, Abby Ralph, Josie Yanona

Back Row (L to R): Calain Schneider, Sierra Milliken-Smith, Jessica Lundstrom, Amy Doc Mazes, Lara Obrigewitsch, McKinley Decoteau, Cariasa Watts, Elizabeth Herbst, Chantel Meyers, Cressa Wells, Joselynn McGee, Kennedy Power, Lauren Sinclair, Charlire Koopman, Claire 85 Minura

Tier II Girls Rugby Champions

Sturgeon Composite, Edmonton



(L to R) Back Row; Stacie Becker (Coach), Josh Elliot (Assistant), Julianne Roe, Robyn Young, Sydney Brenneis, Kiera Comeau, Maddie Campbell, Emily Robertson, Jesse Tufty, Mackenzie Hamm, Justina Lamanna, Drew Baldwin, Olivia Mercier, Brooke Hedstrom, Emily Power (L to R) Front Row: Ashley Rosychuk, Samantha Watts, Ashley Holden, Madi Gleson, Shelby Pierre, Samantha Mahoney, Jillian Zillinski, Ashley Nestor, Sarah Otto, Orace Chalifout

Letter from the Chairperson Jonathan Dick:

The 2019 ASAA Rugby Provincial Champioschips were bosted by Winsson Churchill High School down in sunny south Lethbridge and by all accounts were a huge success. The event hosts had great support from the Churchall stuff with 15 teachers and administrators being directly involved as well as numerous other staff members contributing in different ways. Churchill really came together to create a great atmosphere and outstanding event. The Lethbridge Sports Park is a fantastic facility to have this event as it offers large open areas as well as four international sized rupby puches. The facility allowed for plenty of space to accommodate the 40 rugby teams who took part in the event. In addition to this, the space was great for the many volunteers and over 3000 spectators who came from all over the Province to enjoy some outstanding rugby and sportsmanding With the addition of the Inaugural Sevens Provincial Championships, it created a slightly new look to the Fritzens Tournament, eliminating the Ti III Boys division from the event. But still, having all five divisions (Tier I Boys, Tier II Outs, Tier II Boys, Tier II Outs and Tier III boys) competing at the same location created an outstanding rugby atmosphere with plenty of action and excrement. This year the Provincial tournament brought in over 1100 athletes and close to 160 seaches and team staff. Despite some not so favorable weather with the ever present Lethbridge wind and somewhat blustery conditions, spectators still came out in droves, creating a constant stream of activity in and out the Sports Park throughout the day Friday and Saturday. The 2019 tournament brought forth three new Provincial Champions and two repeat Champions from the 2018 campaign. The Tier II Girls draw saw FP Walshe and Sturgeon teams move into the Gold medal match up unscathed, defeating their semi-final opponents 17-0 and 36-5 respectively. The unfortunate opponents in those two some final games, Wassian Churchill and Foothills Composite faced each other in the third place game with Foothills coming out on top 27-5 and taking the Bronze Medal home. The championship game was another close affair, which seemed to be the theme of the gold medal matches on Saturday. The Sturgeon guls eventually rising to the top with a 24-17 victory. Congratulations to all of the winning teams and a huge thank you to all of the competitors, spectators, referent and volunteers that made the 2019 ASAA Rugby Provincial Championships such an outstanding success.

Tier II Girls Trophy

2006	F.P. Walshe, Fort Macleod	2011	F.P. Walshe, Fort Macleod	2016	Winston Churchill Lethbridge
2007	F.P. Walshe, Fort Macleod	2012	Winston Churchill, Lethbridge	2017	Winston Churchill, Lethbridge
2008	F.P. Walshe, Fort Macleod	2013	Winston Churchill, Lethbridge	2018	Sturgeon Composite, Edmonton
2009	County Central, Vulcan	2014	F.P. Walshe, Fort Macleod	2019	Sturgeon Composite, Edmonton
2010	County Central, Vulcan	2015	Winston Churchill, Lethbridge		



Pinalist: F.P. Walshe High, Fort Macleed (L. to R)Back Row: Andrew Walmsley (coach) Tess Lother, Olivia Jensen. Kora Linle Shields, Avery Many Bears, Talyssa Stewart. Alysia Medema, Maddy Mazurinec, Kiera Hinch, Lakiya Van Herk, Devid Orr (coach) Middle Row: Cassie Walmsley (coach) Aria Hegedus, Raquel Healy, Hannah Poffenroth, Cassie McKienon, Manja Holwerda, Cassie Delver, Jalyn Iron Shart, Kender Olsen Front Row: Jane O'Conner (coach) Ines Lopez, Kylie Shipley, Bradi Feller, Tingan

Front Row: Jane O'Conner (couch) Ines Lopez, Kylie Shipley, Bradi Feller, Tiegan Troster, Haley Cervo, Orace Boutland. Ashley Smith, Cobi Bevans, Kierstyn Doyle, Quinn McKinnon. Missing: Sidney Wolff, Raelee Day Chief.



Third:

Foothills Composite, Okotoks
(L. to R.)Back Row: Coach Amanda.
McLanghlin, Isabele Nevin, Jordan Alsip.
Halley Palmer, Andrea Boulton, Clair
Sweeney, Raina Walker, Lauren Waldner,
Emilie Haugred, Chlor Sheen, Mikena
tenBroek, Etta Johnston, Corin ArmstrongFront Row (L. to R.): Shaylon White,
Brooke Shannon, Shelby Connors, Emily
Flegel, Kaitlyn Hogan, Keauna KirbyHarris, Paige Liebreich, Grace Scullion,
Sydney Aitken, Mattea Curtis, Mikayla
Page Kovach



Consolation:

Lloydminster Comprehensive (L. to R) Front Row: Brooks Inv. Olivia Riedel, Haley Wickham, Sam Freeman, Christel Jucar, Brooke Hardstaff, Venna Anderson, Paige Dembicki, Jane Mathias. Christine Jucar, Krissy McCallum, Sam. Kenyon, Emily Conlon-McCabe, Bianca Kohlman, Nicole Kruchkowski Back Row (Coach) Mark Grillandini, Haley Nykolaishyn, Nya MacEwan, Beenna Nelson, Natalie Oppissinow, Dayna Key. Asha Petrie, Rikea Thompson, Sarah Svenningson, Jillian MacArthur, Hannah Hennifent, Trinity Pineblanket, Santana Cross, Mekwan McAdam, (Coach) Hanna Oreening, (Couch) Rhae Flotcher

Tier II Boys Rugby Champions

Bowness High, Calgary



(L to R) Back Row Logan Johnson, Brendin Spence, Ethan Elliot, Carson Payne, Max Penny, Cl Thebesu, Evan Angeis, Levi Friesent, Coach Chris Fepatrick

Front Row: Andrew McKey, Noah Bray, Sheldon Downs, Tristen Jones, Enkh Erdenebut, Cade Arrell, Kieran Ruhmor, Ong Hongsa, Grant Welsh

Letter from the Chairperson Jonathan Dick:

The 2019 ASAA Rapby Provincial Championships were hosted by Winston Churchill High School down in sunny south Lethbeidge and by all counts were a large success. The event hosts had great support from the Churchall staff with 19 teachers and administrators being directly involved as well as comerous other staff members contributing in different ways. Churchill really came together to create a great atmosphere and outstanding event. The Lethbridge Sports Park is a fastastic facility to host this event as it offers large open areas as well as four international sized rugby pushes. The facility allowed for plenty of space to accommodate the 40 rugby teams who took part in the event. In addition to this, the space was great for the many volunteers and over 3000 spectators who came from all over the Province to enjoy some outstanding rugby and sportsmanship. With the addition of the Inaugural Sevent Provincial Championships, it created a slightly new look to the Fifteens Tournament, eliminating the Tier III Boys division from the event. But still, having all five divisions (Tier I Boys, Tier II Girls, Tier II Boys, Tier II Girls and Tier III boys) compenses at the same location created an outstanding rugby atmosphere with plenty of action and excitement. This year the Provincial tournament brought in over 1100 athletes and close to 160 coaches and team staff. Despite some not so favorable weather with the ever present Lethbridge wind and somewhat blustery conditions, spectators still came out in droves, creating a constant stream of activity in and out the Sports Park throughout the day Friday and Saturday. The 2019 tournament brought forth three new Provincial Champions and two repeat Champions from the 2018 campaign. Some of the "usual suspects" were found bartling it out for supremacy in the Tier II boys division. The defending champions and host team Winston Churchill were disappointed after defeating FP Walshe in the Zone championship game merely 4 days earlier, were downed by the eventual Silver medal winning team from Fort Macleod in the semi-finals by a score of 21-7. The small in numbers but mighty in heart team from Bowness defeated FP Walshe 24-19 to claim the Tier II boys crown. Robert Thirsk took home the Bronze medal after defeating the host Buildage 34-19. Congratulations to all of the winning teams and a huge thank you to all of the congretators, referens and volunteers that make the 2019 ASAA Rugby Provincial Championships such an outstanding success

Tier II Boys Trophy

2006	St. Albert Catholic	2011	Banff Community High	2016	Winston Churchill, Lethbridge
2007	Strathcona-Tweedsmur, Okotoks	2012	Winston Churchill, Lethbridge	2017	Henry Wise Wood, Calgary
2008	Holy Trinity Academy, Okotoks	2013	Winston Churchill, Lethbridge	2018	Sir Winston Churchill, Lethbridge
2009	Holy Trinity Academy, Okotoka	2014	Winston Churchill, Lethbridge	2019	Bowness, Calgary
2010	Winston Churchill, Lethbridge	2015	Strathcone - Tweedsmair, Okotoka		



Pineller:

F.P. Walshe High Fort Macleod
Back Row (L to R): Coach Mike McTighe.
Coach Chuck Clarke, William Hawkins,
Jaxon Hammond, Mike Billyard, Tanner
Amestad, Thom Holwerda,
Gareth Kaack, Matt Possin, Ryan Cervo,
Sam Mesch, Jackson Wright, Ray Fournier,
Riley Casch, Josh Possin, Greg Burrows,
Tristian Luther, Ethan Hall, Coach Ben
Craig, Coach Dylan Droder, Coach Craig
Patton

Front Row (L to Rit Josh Hall, Ethan Perry. Chad Meek, Brody Zmurchyk, Josh Bus, Diego Heredia, Isaiah North Prigan, Cam Warren, Devon Clarke, Logan Markland



Third.

Robert Thirsk High, Calgary
Front Row (L in R.): Adam Howie, Ethan
Evans, Tyler Weninger, Justin Cherban,
Adam Laytim, Tyson Miller, Spencer
Wright, Tomer Heninger, Khoi Huynh,
Middle Row (L to R.): Yohannes Plemons,
Chuse Choi, Josh Ramerez, Arun Chawla,
Justin Ou, Loreal Uddie,
Back Erew (L to R.): Mr. Calum Heron,
Conner Stephen, Parker Stephen, Doojin
Kim, Derek Whyte, Meshal Kain, Austin

Sladek, Eric Charlton, Mr. Andy Wilde,



Consolation:

Mr. Zach Renaby

Sturgeon Composite, Edmonton
Pront Row (L. to R.): Nolan Reed, Hunter
Sturchnik, Chase Kobus, Zach Roberts,
Colten Brenneis, Cole Cameron, Travis
Nikiforuk, Alex Herard, Conner Carson
Back Row: Coach Ted McConnell, Coach
Karl Razzolini, Dreyson Jago, Jackson
Lend, Marc LeBlanc, Nathan Brake,
Dayne Jepson, Wesley Kieftenbeld, Dylan
Thimer, Colby Perrott, Cole Nikiforuk,
Dane Leibel, Reid Perrott, Kolby Phillips,
Wyatt Boddez, Dylan Young, Miguel
Kennedy, Coach Rodney McKinley

Tier III Girls Rugby Champions

County Central High, Vulcan



Front Row (L to R): Angie Seaman (coach), Mark Wright (coach), Macey Pearson, Izzy Posein, Lexi Healy, Eva Biss, Ava Dugdale, Merissah Nichols, Brooke Healy, Taya Nelson, Jocelyn Wood

Back Row (L to R): Kyra McDonald, Hayley Curnew, Makena Wright, Ane Janse Van Rensburg, Emily Morse, Emily Slocombe, Destiny Gury vel,
Torik Akins, Sydney Carey

Letter from the Charperson Jonathan Dick:

The 2019 ASAA Ragby Provincial Championships were hosted by Winston Churchill High School down in smmy worth Letthridge and by accounts were a large success. The event hosts had great support from the Churchill staff with 15 teachers and administrators being directly involved as well as numerous other staff members contributing in different ways. Churchill really came together to create a great atmosphere and outstanding event.

The Lethbudge Sports Park is a fantastic facility to host this event as it offers large open areas as well as four international sized rugby pitches. The facility allowed for plenty of space to accommodate the 40 rugby teams who took part in the event. In addition to this, the space was great for the many volunteers and over 2000 spectators who came from all over the Prevince to enjoy some outstanding rugby and sportunately. With the addition of the Inaugural Sevens Provincial Championships, it created a slightly new look to the Fifteens Tournament, eliminating the Ther III Boys division from the event. But still, having all five divisions (Ther I Boys, Tier I Girls, Tier II Boys, Tier II Girls and Tier III boys) competing at the same location created an outstanding rugby atmosphere with plenty of action and excitement. This year the Provincial tournament brought in over 1100 athletes and close to 160 coaches and team staff. Despite some not so favorable weather with the ever present Lethbridge wind and somewhat blustery conditions, spectators still came out in droves, creating a constant stream of activity in and out the Sports Park throughout the day Friday and Sabarday.

The 2019 tremament brought forth three new Provincial Champions and two repeat Champions from the 2018 campaign. In Tier III girls action WR Myers and County Central were on a collision course for an all-South final. WR Myers defeating Banff 34-12 in their semi-final game and County Central defeating Rumbey 29-5 in theirs. Rimbey took third place with a broaze medal win against Banff 27-0. The all-south gold medal game did not disappoint as County Central out of Vulcan exacted their revenge on WR Myers from their previous match in the Zone Championship game 4 day previous. The girls out of Vulcan outlasted the girls from Taber in the end, winning 24-19 for the gold medal and south rugby bragging rights. Congrutulations to all of the winning teams and a huge thank you to all of the competitors, spectators, referres and volunteers that made the ASAA Rugby Provincial Championships such an outstanding success.

Tier III Girls Trophy

2016 W.R. Myers, Taber 2017 W.R. Myers, Taber 918 W.R. Myers, Taber

2019 County Central, Vulcan



Pinulist W.R. Myers High, Taber Pront Row (L to R): Tori Turcato, Ansley Kunz, Vicki Shimbashi, Alex Haller, Enuly Hoyt, Halle Johnson, Darci Wright, Tristen Ferguson Back Row (L to R): Ben Foote, Adam

Back Row (L to R): Ben Foote, Adam Hughes, Brooklyn Baker, Alexa Bull, Andrea Harvey, Annika Steed, Hayley Jones, Jessina Young, Dani Wright, Kelli Meyges, Bryan Torrie, Abby Wood, Beth Nelson, Shayla Anderson



Third: Rimbey Jr/Sr High

Pront Row (L. to R): Hannah Bonnik,
Olivia Quaife, Davita Ecoseboum, Amy
Vandenhoven, Alyssa Andrews, Cairlyn
Cull, Sydney Burchnall, Megan Luchak
Back Row (L. to R): Denice Ormond
(trainer), Katawnie Beig mek (manager),
Ashleigh Orab, Erin Sumpson, Hailey
Holtkamp, Savannah Harden, Jordyn
Valstar, Eden McKeen, Jenaya Roseboom,
Jada Holtkamp, Emma Sargent, Lacey
Burrage, Jenna Simpson, Chelsey Johns,
Centa Newman (coach), Ciaran Ormond
(coach)

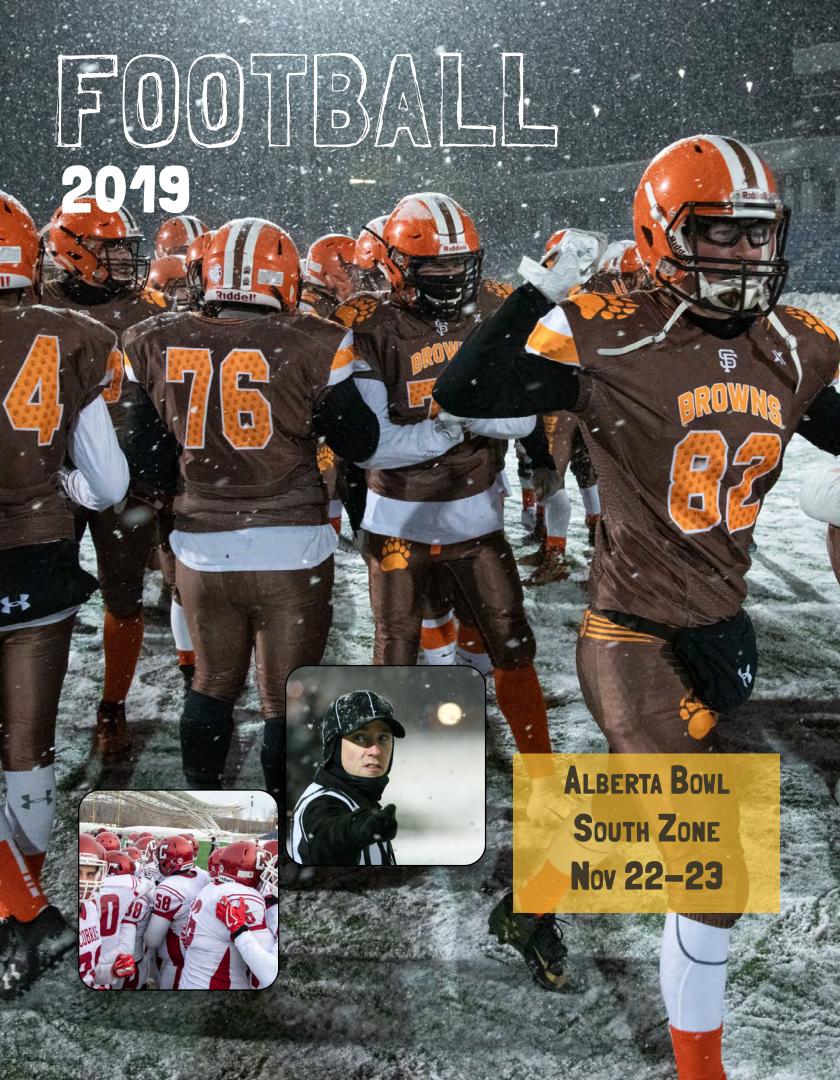
Sitting (L to R): Marni Onbelham, Janessa Jackson

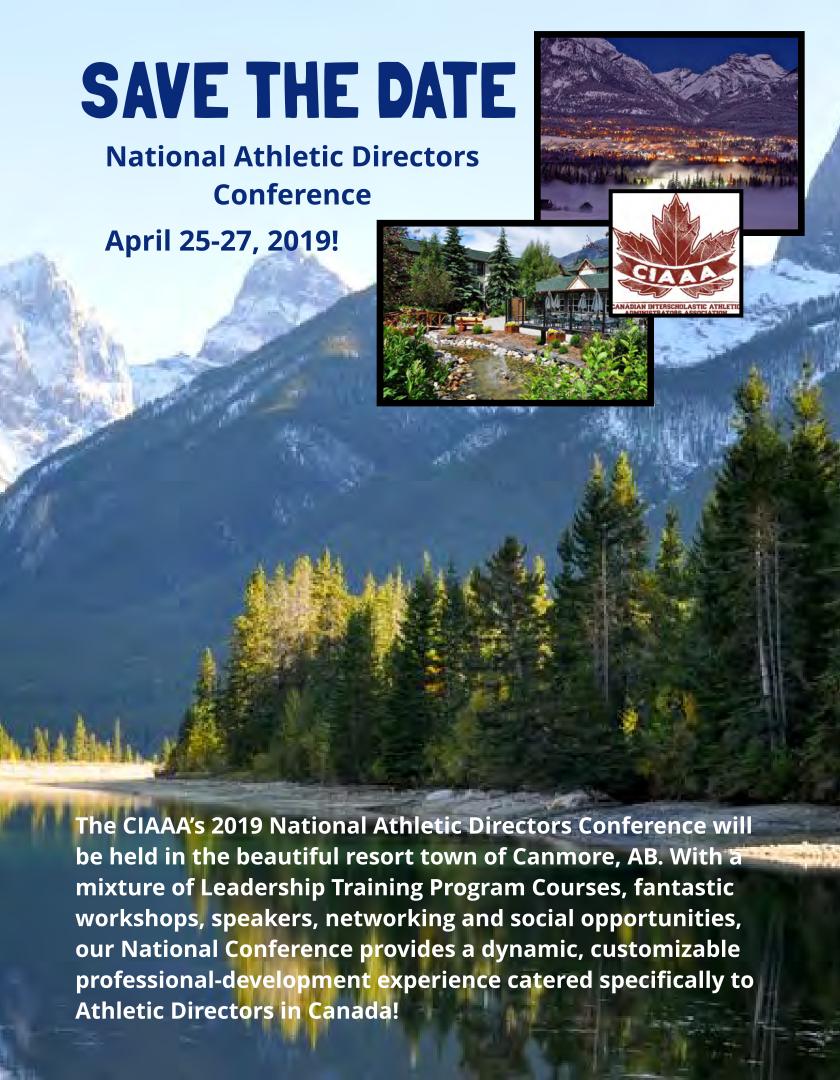


Consolation: Sexumith Secondary

Front Row (L to R): Sarah Palify, Kelly Liland

Middle Row (L. to R): Jameya Bertherger,
Sara Finlayson, Shaely Moodie, Julie
Siemens, Shelby-Lyn Richarde, Laryn
Campbell, Emma Pinlayson, Halle
Maisonneuve, Skye King, Shandelle Proese
Back Row (L. to R)r Mengan Warren
(coach), Erin Siemens strainer), Clint
Haskins (coach), Jaclyme Bos, Tara
Klassen, Adama Randall, Vanesus
Spenser, Paige Carmichael, Fae Lawrence,
Shayla Richards, Emilee Bozarth-Nelson,
Morgan Rees, Adyson Plamondon, Erika
Beck, Brynn Lotz, Odessa Janzen, Taylor
Matlock, Tristan Campbell, Mackelle
Wirzosek (coach), Machael Lauron (coach)





Junior Girls Track & Field Champions



100m, 400m & 800m Ella Clayton Bishop Grandin, Calgary



200m Charlotte Innes Bishop Carroll, Calgary



Javelin 500g Maddie Hubbard Holy Trinity, Okotoks



1500m & 3000m Erika Cunniam Foothills Composite, Okotoks



80m Hurdles Sachi-Imani Udeh West Island Collegiste.



High Jump And Krawec Strathcona High, Edmonton



Pole Vault Brynn Hebert Wetaskiwin Composite



Long Jump & Triple Jump Grace Rudko Memorial Composite, 3 **Plains**



Shot Put 3kg & Discuss 1kg Jinaye Shomachuk Bert Church, Airdrie





Junior Boys Track & Field Champions



Tom Drysdall
Calgary French &
International School, Calg



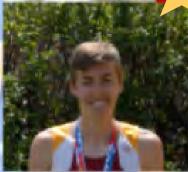
200m Elic Ayomanor Medicine Hat High



400m Elliot Maclennan Paul Kane, St. Albert



800m Owen Stewart Lethbridge Collegiate



1500m Martin Undheim Bishop Carroll, Calgary



3000m Hayden Woodrow Western Canada, Calgary



100m Hurdles Ethan Samson Sprace Grove Composite



High Jump Ben Riley Ross Sheppard, Edmonton



Pole Vault Conor Nichols Wetaskiwin Composite



Long Jump & Triple Jump Emanuel Goi Archbishop O'Leary. Edmonton



Shot Put 5kg Maxwell von Muehldorfer Bishop Carroll, Calgary



Discus 1.5kg Jaimyn Dyck Rosemary High



Javelin 700g Kevin Krizsan W.R. Myers, Taber

Intermediate Girls Track & Field Champions



100m & 200m Hannah Heise Strathcons High, Edmonton



400m & 800m Elizabeth Vanderp Henry Wise Wood, Calgary



High Jump Abby Watts Crescent Heights, Calgary



Discus Ikg Sarah Han Assumption High, Cold Lake



1500m Emma Langstrom Harry Ainlay, Edmonton



3000m Ella Marion Western Canada, Calgary



80m Hurdles Sienna MacDonald George McDougall, Airdrie



Javelin 500g Madison Hnatiuk Duchess High



Pole Vault Taliah Kornelsen Jasper Place, Edmonton



Long Jump Camila Meservy Cardston High



Triple Jump Hannah Tuininga Barrhead Composite



Shot Put 3kg Edan Wade Acme High



Intermediate Boys Track & Field Champions



Shen Arnett Harry Ainlay, Edmonton



200m Mason Sartain Bonnyville Centralized High



400m Logan Ladoon Strathcona High, Edmonton



800m Winston Clarke Western Canada, Calgary



1500m & 3000m Bill Makwas Old Scona Academir Edmonton



Javelin 700g Hlake Gustafson Ardrossan High



100m Hurdles Orin May Medicine Hat High



High Jump Andreas Thome New Sarepta Community



Pole Vault Evyn Read Sundre High



Long Jump Manny McGill Queen Elizabeth Higs. Edmonton



Triple Jump Isaac Alic Archbishop O'Lea. Edmonton



Shot Put Skg James Waitr Bonnyville Centralized High



Discus 1.5kg Wesley Eze Crescent Heights High, Calgary



Senior Girls Track & Field Champions



100m & 200m Princess Roberts Bert Church, Airdrie



Robyn Savage Bowness High, Calgary



800m & 1500m Olivia Cooper Strathcona High, Edmonton



3000m Kiana Row Beaumont Composite



80m Hurdles Aimee Caron Hillside High, Valleyview



High Jump Madison Mayr Henry Wise Wood, Calgary



Pole Vault Raluca Badau Crescent Heights, Calgary



Long Jump Autumn Cole Salisbury Composi-Sherwood Park



Triple Jump Esosa Iwanegbe St. Francis Xavier, Edmonton



Outdoor Pentathlon Open Sienna MacDonald George McDougall His Airdrie



300m Hurdles Open Madison Ford Lillian Osborne, Edmonton



Javelin 600g & Discuss 1kg Rachael Dyck Rosemary High



Shot Put 4kg Megan Hebert Wetaskiwin Composite

Senior Boys Track & Field Champions



100m & 200m Jeremish Lauzon Lindsay Thurber, Red Deer



300m Hurdles Jaydin Hofatt John Diefenbaker, Calgary



400 M Dash Justin Rose Jasper Place, Edmonton



800 M Run Nicholas Cook Strathcona High, Edmonton



Liam Kramer Rundle College, Calgary



3000m Solen Wood Chinook High, Lethbridge



Josh Rose
Jasper Place, Edmonton



High Jump Ngor Lual Brooks Composite



Pole Vault Logan Richards Harry Ainlay, Edmonton



Long Jump Ariel Kayembe Harry Ainlay, Edmonton



Triple Jump Iliya Omelyanchuk Notre Dame, Red Deer



Shot Put 6kg Mark Feledichuk Thorhild Central



Discus 1.75kg Cobey Fiset-Hofer Brooks Composite



Javelin 800g Henry Augustin St. Peter the Apostle, Spe Grove



Outdoor Pentathlon Open Ryan Evans Lethbridge Collegiate

Men's Para Track & Field Champions



100m & 200m T11-13, ShotPut F11-13 Erick Seed



Shot Put F40-41 Andrew Livingstone Harry Ainlay, Edmonton



100m & 200m T20 Luc Harris Strathmore High



Shot Put T20 Robbie Haggarman Fr. P Mercredi High, Fort McMurray



100m Dash Wheelchair Amman Adat Rundle College, Calgary



200m Wheelchair & Seated Shot Put Landon Coulter Bentley High

Track & Field Relay Champions



Junior Girls 4x100m Strathcona High, Edmonton (L to R): Eden Bretzer, Tiana Martyniuk, Andi Krawec, Emily Wilke, Sadie Nysetvold



Junior Boys 4x100m Jasper Place, Edmonton (L to R): Issiah Emmanuel, Bassufiqd Eresso, Julian Rose, Brendon Thompson



Intermediate Girls 4x100m Strathcona High, Edmonton (L to R): Hannah Heise, Michi Gratton, Ella St. Martin, Sara Moore



Intermediate Boys 4x100m Harry Ainlay High, Edmonton (L to R): Marthew Koski, Sony Bermudex-Chavez, Eli Hetlinger, Shen Amet



Senior Girls 4x100m

Dr. E.P. Scarlet, Calgary

(L to R): Ijeoma Ojinnaka, Isla MacKenzie, Funni Ogunsola,
Samantha Popiel-Kozicki



Senior Boys 4x100m Notre Dame, Calgary (L to R): Luc Nonda, Romeo Nash, Tyreese Bristol, Javier Williams



Open Girls 4x400m William Aberhart, Calgary (L to R): Anna Pryce, Nicole Gammie, Leah John, Holly Hastink



Open Boys 4x400m Strathcona High, Edmonton (L to R): Nicholas Cook, Jason Ushko, Evan Martens, Logan Ladoon

Women's Para Track & Field Champions



100m & 200m T36 Anya Morgan Our Lady of Snows, Calgary



100m & 200m T20 & Shotput T20 Jose Meridith George McDougall, Aird



Shot Put F40-41 Elizabeth Duff Fox Creek High



100m & 200m Wheelchair Britney Volkman New Sarepta Community



Shot Put Wheelchair Anikka Cassidy Western Canada, Calgary

Special Olympics Unified Track & Field



Wyatt McAuley & Bola Agunbiade Mayorthorpe High



Turbo Javelin Joshua Bidell & Merks Tapang St. Joseph, Whitecourt

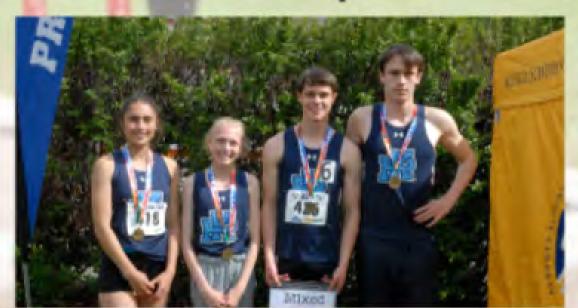


Long Jump Sam Henderson & Jayce Smith Medicine Hat High

Overall Unified Banner Winner: Wyatt McAuley & Bola Agunbiade Mayerthorpe High



4x400 Mixed Relay Track & Field Champions



4x400 Mixed Relay: Paul Kane High, Edmonton (L to R): Riley Andruchow. Mackenzie Jackshaw, Elliott MacLennan, Brady Galvin

1A Track & Field Team Champions

Senator Gershaw, Bow Island



2A Track & Field Team Champions

John Maland High, Devon



3A Track & Field Team Champions

St. Paul Regional



4A Track & Field Team Champions

Medicine Hat High



Letter from Chair Ken Rose:

The 2019 ASAA High School Provincial Track and Field Champsonships were held on June 7-8, 2019 at Foothills Park in Calgary. The meet was very successful, welcoming 1193 athletes assess the province. Difficult weather made the meet challenging on Friday however this did improve for us on Saturday.

This is the fourth year of Para athletes participating in the Champiouships and this section is certainly growing. This was also the first year of the Athletics Canada contract for clothing which was a hit with the students. Thank you to all the at hletes, reaches, officials, volunteers and spectature who contributed to the success of this event. Special recognition goes to several key people. Robbie Cumming, for all his time and work in planning the event and his excellent job as meet direct or. Dale Schoenthaler from the Calgary Track Council for all his work in preparting the facilities and equipment. And lastly to Ralene Goldade, CSHSAA Executive Director for her tireless work and support in the organization of this event.

Friends of Mayell Grand Aggregate Trophy

1958	Edmonton	1974	Calgary	590	Calgary	2006	Edmonton
1959	Calgary	1975	Calgary	1991	Edmonton	2007	Edmonton
1960	Calgary	1975	Calgary	1992	Calgary	2008	Calgary
1961	Calgary	1977	Calgary	1993	Edmonton	2009	Calgary
1962	Calgary	1978	Calcury	1994	Calgary	2010	Calgory
1963	Edmonton.	1979	Calgary	1995	Edmonton	2011	Calgary
1964	Calgary	1980	Edmontre	1996	Edmoston	2012	Calgary
1965	Calgary	1981	Calgary	1997	Calgary	-2013	Calgory
1966	Calgary	1982	Cligary	1998	Calgary	2014	Calgary
1967	Calgary	1993	Edmonton.	1999	Calgary	2015	Calgary
1968	Calgary	1984	Edmontos	2000	Calgary	2016	Calgory
1969	Calgary /	1983	Calgary	2001	Edmonton	2017	Calgary
1970	Culgary	1986	Edmontiss.	2002	Edmouton	2018	Edmonton
1971	Colony	1987	Calgary	2003	Edmontos		
1972	Colons	1988	Calgary	2004	Edmonico		
1975	Calour	1989	Calgary	2005	Edmonius		
-	100000						

Track & Field Trophies

A Stuart Bird Trophy		Audrey Carson Trophy		Bob Stewart Trophy		Lawrence King Trophy		
LA School Team		2A School Team		3A School Team		4A School Team		
1994	Dr. E.P. Scarlett, Calgary	1994	County Central, Vulcan	1994	Cochrane High	1994	Dr. E.P. Scarlett, Calgary	
1995	Straticona High, Edmonton	1995	Cremona High	1995	Ponoka Composite	1995	Strathcona High. Edmonton	
1996	Western Canada, Calgary	1996	Crowsnest Consolidation	1996	Fort McMurray Composite	1996	Western Canada, Calgury	
1997	Western Canada, Calgary	1997	Crowmest Consolidation	1997	Cochrane High	1997	Western Canada, Calgary	
1994	Western Canada, Calgary	1998	Crawment Consulidation	1998	Ponska Composite	1998	Western Canada, Calpary	
1999	Western Canada, Calgary	1999	County Central, Vulcan	1999	Cochrane High	1999	Western Canada, Calgury	
2000	Dr. E.P. Scarlett, Calgary	2000	County Central, Valcan	2000	Cochrane High	2000	Dr. E.P. Scarlett, Calgary	
2001	Strathcona High, Edmonton	2001	Fox Creek School	2001	Cochrate High	2001	Strathcona High, Edminsten	
2002	Strathcona High, Edmonton	2002	Rundle College, Calgary	2002	Cochrase High	2002	Strathcona High. Edmonton	
2003	Western Canada, Calgary	2003	Hilbide, Valleyview	2003	Cochrane High	2003	Western Canada, Calgary	
2004	Strathoona High, Edmonton	2004	Hillside, Valleyview	2004	Cochrane High	2004	Strathcona High, Edmanton	
2005	Stratboona High, Edmonton	2005	Hillside, Valleyview	2005	Cochrane High	2005	Strathcona High, Edmonton	
2006	Strathoona High, Edmonton	2006	Hillside, Valleyview	2006	Cochrane High	2005	Strafficona High, Edmonton	
2007	Dr. E.P. Scarlett, Calgary	2007	Hillside, Valleyview	2007	Cochrane High	2007	Dr. E.P. Scarlett, Calgary	
2008	Strathcona High, Edmonton	2006	Hillaide, Valleyview	2008	Cochrane High	2008	Strathcona High, Edmonton	
2009	Strathcona High, Edmonton	2009	Sundre High	2009	St. Paul Regional	2009	Strafficona High, Edmonton	
2010	Strathoona High, Edminson	2010	Sundre High	2010	Eagle Butte, Denmure	2010	Strathcons High, Edmonton	
2011	Strathcona High, Edmonton	2011	Sundre High	2011	Cochrase High	2011	Strathcona High, Edmonton	
2012	Strethcona High, Edmonton	2012	Sundre High	2012	Wetaskiwin Composite	2012	Strathcona High, Edmonton	
2013	Medicine Hat High	2013	Sendre High	2013	Holy Trinity, Okotoki	2013	Medicine Hat High	
2014	Strathoona High, Edmonton	2014	Sundre High	2014	Cochrane High	2014	Strathcona High. Edmonton	
2015	Strethcona High, Edmonton	2015	Strathcone-Tweedsmuir	2015	Cochrane High	2015	Strathcona High, Edmonton	
2016	Strathcons High, Edmonton	2016	Hillside, Valleyview	2016	Cochrane High	2035	Strathcona High, Edmonton	
2017	Medicine Hat High	2017	Raymond High	2017	Cochrane High	2017	Medicine Hat High	
2018	Medicine Hat High	2018	High Level Public	2018	Cochrane High	2018	Medicine Hat High	
2019	Sensor Genhaw	2019	John Maland High	2019	St. Paul Regional	2019	Medicine Hat High	



Accommodations available onsite.

IMPAGI Leadership

Track & Field Records

				AT
Event	Name	School, Zone	Year	Record
Junior Girls				
100m	Loudia Laurman	Winston Churchill, South	2008	13-92
200m	Jillian Richardson	Central Memorial, Calgary	1981	24,444
400m	Kendra Clarke	Holy Trinity, Metro	2013	54.47
80m Hurdles	Katelyn Slessor	Central Memorial, Calgary	2014	111.58
800m	Tanya Wright	Beaumont, Metro	1997	2:01.69
1500m	Madeleine Sumner	Western Canada, Calgary	2014	4/36/52
3000m	Claudia Belanger	Strathcona Tweedsmuir, South Central	2012	10:13.56
Long Jump	Niki Oudenwarden	Paul Kane, Metro	2010	5.75
Triple Jump	Makela Nikedirim	William Aberhart, Calgary	1902	1) All m
High Jump	Whitney Evans	Western Canada, Calgary	1936	1.75m
Pole Vault	Meghan Lim	Western Canada, Calgary	2014	3.15m
Shot Put (3kg)	Jinaye Shomachuk	Bert Church, South Central	2019	1.1022
Discus (Ikg)	Jinaye Shomachuk	Bert Church, South Central	2019	40.30m
Javelin (500g)	Kathryn Philott	Brooks Composite, South Central	2016	38.81m
4x100m	Janelle Lee Pong, Marilyn Rusterholz,	St. Francis Xavier, Metro	2006	49,42
	Michelle Doroshuk, Jackie Gibeau			- 1
				. 0
Intermediate Girls				
100m	Atia Weekes	Crescent Heights, Calgary	1997	11.84
200m	Atia Weekes	Crescent Heights, Calgary	1997	24.11
400m	Kendra Clarke	Holy Trinity, Metro	2014	54.66
80m Hurdles	Shaunie Morrison	Bishop O'Byrne, Calgary	2012	11.26
800m	Ginelle Demone	Leduc Composite, Metro	2015	2:09.57
1500m	Emma Hubbard	William Aberhart, Calgary	2017	4:37.66
3000m	Emily Kroshus	Western Canada, Calgary	1909	9:49.52
Long Jump	Tiana Pisoni	Monsigner McCoy, South	2013	5.61m
Triple Jump	Tiana Pisoni	Monsignor McCoy, South	2013	11.96m
High Jump	Whitney Evans	Western Canada, Calgary	1997	1.77m
Pole Vault	Meghan Lim	Western Canada, Calgary	2015	3.70m
Shot Put (3kg)	Gabrielle Raine	Bey Facey, Metro	2015	13.74
Discus (1kg)	Galabelle Rains	Bev Facey, Metro	2015	45.47m
Javelin (500g)	Paige Greig	Dewberry, North East	2044	41446
4x100m	Corrine Barrett, Jania Smith, Mia	Calgury	1984	49.70
	Shrager, Vivian Streenson	- /	111	0000
			W I	
Senior Girls		3 1 1 1 1 1 1	V	- I
100m	Cethy Chrush	Queen Elizabeth, Calgary	1978	11.94
290m	Alia Weekes	Crescem Heights, Calgary	1998	23.5%
400m	Saji Watson	Medicine Hit High, South	2012	54.22
Non Hurdles	Destaunda Morrison	Bahop O Byrne, Calgary	5,0151	11,46
800m	Jetma Westaway	Rundle College, Calgary	2012	2:11.60
1500m	Jessica O'Connell	Western Canada, Calgary	2007	4:35.16
3000m	Ellen Pennock	Henry Wise Wood, Calgary	2011 1989	9:49.07
Long Jump	Either Medema	Mallaig, North East		5.80m
Triple Jump	Tima Pistei	Moneigner McCoy, South	2014	11.87m
High Jump	Witney Evans	Western Canada, Calgary	1995	1.83m
Pole Vault	Kirstin Flesher	Strathcona Composite, Metro	20006).55m
Shot Put (4kg)	Pillane Freis C	Lethbridge Collegair, South	1985	14.67m
Discus (Ikg)	Gabrielle Rists	Bev Facey, Meery	2016	48.96m
Javelin (600e)	Palge Greig	Dewberry, North East	2015	40.00m
4x100m	Sapra Dayd, Lesh McLeod, June	Calgary	1992	48.46
	Larlot, Manie Twoman			

Track & Field Records

L,	Event	Name	School, Zone	Year	Record
	Para Girla Open				
	100m (120)	Jose Meridith	George McDougall, South Central	2019	15.92
	100m (wheelthair)	Britney Volkman	New Sarepta Community, North Central	2019	23.15
٦	200m (120)	Jose Meridith	George McDougall, South Central	2019	35.13
	200m (wheelchair)	Brittey Volkman	New Sarepta Community, North Central	2017	58.09
	Shot Put (3kg) (F20)	Tone Langdale	Mayerthorpe High, North Central	2016	7.03m
	Shot Put (Nkg) (sealed)	Anikka Cassidy	Wastern Canada, Calgary	2019	6.11m
ı	Girls Open				
	300m Murdlex	Julia Lovsio	St. Peter the Apostle, Edmonton	2011	42.53
В	Pestubles	Siema MacDonald	George McDougall, South Central	2019	3398
	Jenior Boys	Curly Anderson, Samuntha Anderson, Amy Barnett, Katie McDonald	Calgary	1999	3:57.44
_	100m	Chubba Hubbard	Bey Facey, Metro	2015	10.68
	2008	Kodakwashe Murasiranwa	Holy Trinity, Metro	2014	21.83
	400m	Sheldon Louza	Crescent Heights, Calgary	2016	49.90
1	100m Huntles	Mchrdad Shokoohi	William Aberbart, Calgary	2015	13.25
	800es	Scott Chalupiak	George McDougafl, South Central	2015	1:52.86
	1500m	Alex Mowat	William Aberhart, Calgary	1984	4:03.00
	3000m	Nyial Majock	Jack Junes, Calgary	2006	R:53.47
	Long Jump	Lewis Collin	Edmonton Christian, Metro	2015	6.72m
1	Triple Jump	Sodienye Nkwonta	Calgary Christian, Calgary	2013	13.28m
4	High Jump	Charlie Kumbata	Ernest Manning, Calgary	2015	2.01m
	Polr Vault	John Moss	Strathcona Composite, Metro	1991	3.92m
			Eckville, Central		
_	Shet Put (Skg)	Jacob Berdahl		2017	13.83m
	Dinota (1.5kg)	Adem Sleik	George McDougall, South Central	2014	40.53m
	Javelin (700g)	Justin Bresult	Holy Redeemer, North Central	2017	54.29
	4x100m	Myles Browne, Howan Lewis, Colton	Notre Dame, Calgary	2013	44.04
	Intermediate Boys	Burr, Colton Hurschak			
-	1006	Alcem Haynes	Crescent Heights, Calcury	2009	10.59
	200m	Akeem Haynes	Crescent Heights, Calvary	2009	21.41
7	400m	Justin Rose	Jasper Place Metro	2018	48.67
	100ga Hurtis	Mchroud Shokoohi	Jusper Place, Metro William Aberburt, Calgary	2016	13.06
	8000	Tyler Senith	Wet alliwin Composite, Central	2011	1:52.58
	1500m	Rob Evans	Central Memorial, Calesco	1976	3:56.80
	3000m	Aaron Robson	Harry Ainlay, Motro	2003	N:38.50
			Crescent Heights, Calcury	2014	6.93m
	Long Jump	Hendric Tronsson	Harry Ainlay, Metro	1986	14.01m
	Triple Jump		St. Albert Cutholic, Metro		2.07m
_	High June	Inschiperate	Strathoons Composite, Metro	1997	
	Pole Viule	Deryk Theodore	Ernest Mannging, Culeury	2006	4.40m
F	Shot Pur (Skr)	Tener Dambraudas	Sir Minston Churchill, Calgary	2015	14.73m
	Discus (1 Skg)	Nathan Kalmakoff		2014	43.30m
	Javelin (700g)	Justin Breault	Holy Resemer, North Central	200	54.18
	48100m	Colle Amsteugh, Mark Cocki, Chris	Mello	2001	43319
		Howell, Jeffercy Lorge			
		T 7 0 1			
			The second second second		

^{*}Records were originally hand timed and are adjusted according to IAAF recommendations (i.e. +.24 sec to 100m and 200m; +.14 sec to 400m and 200m; +.14 sec to 400m and 200m; +.14 sec

Track & Field Records

Event	Name	School, Zone	Year	Record
Senior Boys				
100m	Rayon Marshall	Bishop Grandin, Calgary	1991	10.644
200m	Jeff Halverson	Grande Prairie Comp, North West	2001	21.60
400m	Justin Rose	Jasper Place, Edmonton	2019	47.85
100m Hurdles	Callum Macnab	Strathcona Composite, Metro	2015	13.10
800m	Tyler Smith	Wetaskiwin Composite, Central	2012	1:51.27
1500m	Doug Dray	Lethbridge Collegiate, South	1982	3:57.10
3000m	Aaron Robson	Harry Ainlay, Metro	2004	8:31.23
Long Jump	Selwyn Talyor	Harry Ainlay, Metro	1987	7.24m
Triple Jump	Auron Hemandez	Kate Andrews, South	2013	14.86m
High Jump	Jesse Lipscombe	St. Albert Catholic, Metro	1998	2.10m
Pole Vault	Jamie Johnson	Strathcona Composite, Metro	1999	4.55m
Shot Put (6kg)	Chris Andrews	Lacombe Comp, Central	2015	15.39m
Discus (1.75kg)	Andreas Troschke	Olds High, South Central	2017	42.52m
Javelin (800g)	Nelson Stockwell	Strathmore, Calgary	1977	58.56m
4x100m	Lawrence Deck, Justin Sinclair, Cartis	Calgary	1996	42.37
	Stone, Ahmed Marshall			
Para Boys Open				
100m (T11-13)	Erick Seed	Louis St Laurent, Edmonton	2019	19.71
100m (T20)	Luc Harris	Louis St Laurent, Edmonton	2019	13.10
100m (wheelchair)	Hunter Graves	Raymond, South	2017	27.74
200m (T20)	Antonio Miguel	Medicine Hat High, South	2017	28.30
200m wheelchair)	Hunter Graves	Raymond, South	2017	54.49
Shot Put (4kg) (F20)	Joseph Morin	Blessed Sucrament, Central	2017	9.25m
Shot Put (4kg)	Hunter Graves	Raymond, South	2017	7.18m
(seated)				
Воув Ореа				
300m Hurdles	Scott Dixon	Strathoons, Metro	2017	38.31
Pentathion	Ryan Evans	Lethbridge Colligiate Institute, South	2019	3037
4x100m	Mark Johnston, Mark Lynch, Rene	North	1986	3:21.30
	Teague, Gordon Lanton			
Mixed Open				
4x100m Unified	A Miguel, C Orland	Medicine Hat High, South	2017	54.63







Developed by sport psychology researchers at the University of Ottawa, Coaching for Life Skills is an online training course designed to give coaches the practical tools necessary to coach important life skills to their student-athletes through sport.

Check it out at www.schoolcoach.ca



Coaching for Life Skills Free Online Course









Retired Track & Field Records

Citris (ivents	Name	School, Zone	Year	Record
Ji - 300 m Hardles?	Jame Louket	Bishop Carroll, Calgary	1991	14.30 secs.
Ji - Disesse (Llig)-	Sherri Umeriy	Lethbridge Collegiate, South	1984	20.78 m
J to Shot Par (4 kg)+	Susanne Fecht	Lethhridge Gillegiate, South	19901	11.90 m
Jr - Javelin (000 g)-	Leslie Taylor	Spruce Grove, Edmonton	1986	\$2.40 m
Int - 100 m Hardles*	Ersea Onterson	Crowsness Gusselidated, South	1978	13.00 secs
for - Discus (Lig):-	Sandy Retrerer	St. Joseph, Edminston	1980	41.87 m
Int - Shot Por (4 kg)-	Heather Fairbairs	Ross Sheppard, Edmonton	1987	12.78 m
Im - Javelin (600 g)	Niki Oudemarden	Paul Kane, Edmonton	2011	42.87 m
Sc - Medley Relay ^{ee}	Elma Warwick Sarah Falk Christine Zawaski	Edmonton Zone	1996	8:90.34 secs
Boys Events	Shawna Pho Name	School, Zone	Year	Record
Jr - 110 m Hundles*	Kendali Beckley	Westers Canada, Calgary	1991	16.30 secs
Int - 110 m Huntles	Vir Quin	Dr J.P. Scarlett, Calgary	1978	13.90 secs.
Int - 110 m Flardles*	Tom Penme	Strathown, Edmonton	1984	III.190 sees
St = 110 m Hardles***	Amm Rawlake	Grande Centre High, North East	1003	14.20 years
St - Medley Relayed	Justin Sinciair	Calgary Zame	1990	3039.37 secs
at mentary sensy	Ruger Wants	Caigary same		2000000
	Tom Prince			
	Adrian Jorgenson			
No. 200 and 12 at 12 had		Warren Francis Caleron	CONTRACT	
Se - Discus (1.613 kg)	Kiris Watness	Western Canada, Calgary	1999	89.89 m
Sr - Shot Put (5.44 kg)	Laciny Tron.	Winston Churchill, Lethbridge	1978	17.18 m

*Weight Discontinued After 1998 **Weight Discontinued After 1996 ***Weight Discontinued After 2004 - Weight Changed in 2016/14

Records were originally hand timed and are adjusted according to TAAF recommendations (i.e. 4,24 sec to 100 m and 200 m, −.14 sec to 300 m times)

COACH EDUCATION

With over 8,000 coaches in the Alberta high school sport system working with student athletes, we aim to provide every opportunity for our coaches to enhance their skills and education. Whether a coach is interested in pursuing training through the NCCP or expanding their knowledge on coaching in the interscholastic environment, our goal is to provide accessible, quality education for all coaches.

Coaching Requirements for High School Coaches

*Note: All required courses are available on www.schoolcoach.ca

- One teacher coach or agent of the Board on staff must complete Fundamentals of Coaching
- One team official (head coach, assistant coach or teacher sponsor) must complete the ASAA Bylaws and Policies course
- Every team official (head coach, assistant coach and teacher sponsor) must complete the concussion course

Upcoming Changes to the School Coach Resource

education program designed to provide accessible, quality coach education for school coaches in Alberta. This resource was later adopted by School Sport Canada and re-branded into a national initiative known as School Coach.ca. This resource offers a variety of training opportunities and e-learning courses for coaches and provides the platform for all ASAA required courses.

School Coach is an independent e-learning platform hosted on a private learning management system managed by the ASAA and School Sport Canada. Starting August 1, 2020, this resource and all of it's e-learning content will be hosted in the Coaching Association of Canada Locker database.

As a coach, what does this change mean for me?

This means that coaches will have a single login to access all of their School Coach content and NCCP training in one location. They will also have a single coaching transcript where all of their trainings, certifications and professional development will be recorded.

Is there anything that I should do now?

All coaches will need to ensure that they register online in the NCCP. If you already have an account, you will NOT need to register a new one. If you're not certain whether you have an account or not, you can contact Alberta Sport Connection for assistance: CT.ASCCoach@albertasport.ca

For any questions about coaching, please contact the ASAA office.

In 2011, the ASAA launched an online coach

