

St. Joseph Track and Field 2026



Welcome!

Welcome to the 2026 Track and Field season! My name is Amy Pearson, and I have the pleasure of returning as head coach this year. I am so thankful to be assisted by the following coaches:

- High Jump: Tiegen Dersksen and Sean Langford
- Long Jump and Triple Jump: Ainsley Clarke
- Throws: Lisa Evans, Bailey Culbertson, Jady Melnyk and Carter Cheveldayoff
- Distance Running: Kristen Ross and Kiefer Gresty
- Hurdles: Gillian Fedak
- Sprints & Relays: Amy Pearson, Marc Lamothe, Micah Strueby
- Pole Vault: U of S Huskie Coaches

Please take the time to review the contents of this letter. If you have any questions at all, please feel free to contact me at apearson@gscs.ca or through Edsby.

? What is St. Joseph Track and Field?

St. Joseph Track and Field is a place where we create strength, confidence, and connections through both practice and competitive opportunities. On this team, we work hard to build both mental and physical strength and strive for personal bests. We encourage our student-athletes to try new things and to continually challenge themselves.

🏆 EVENTS

The events outlined below are all offered at at least one mini-meet before the City Championships. All events, plus the Quadrathlon, are offered at the City Championships. To qualify for cities, athletes must compete in at least one mini-meet (any event). St. Joseph athletes are expected to try at least two events throughout the season. This is a great way to find out what you might be good at! Finally, any athletes interested in running on a relay team, must compete in an individual 100m race.

Track events→ 100m, 200m, 400m, 800m, 1500m, 3000m, Hurdles, Relays

Field events→ Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin

***Quadrathlon**→ 100m, 800m, Long Jump, Shot put ***Only at Cities**

AGE CATEGORIES

In Track and Field, athletes compete in age groups based on their age as of August 31st, 2025. Athletes can compete up an age category, but not down.

- Intermediate→ Under 15 as of August 31, 2025
- Junior→ Under 16 as of August 31, 2025
- Senior→ 16 and over as of August 31, 2025

PRACTICES

Practices will run Monday-Thursday. For the most part, Mondays and Wednesdays will be after school from 3:30 to approximately 4:45. Practices on Tuesdays and Thursdays will be in the evening at the Field House from 6:45-7:45 – this does not include throwers. (be sure to arrive 10 minutes early).

In May, some practices may move to Gordie Howe and that time would be from 4:00-5:00pm.

Practice will begin with a whole-team dynamic warm-up. After warm-up, we will have a brief team meeting before splitting into specific events for the remainder of practice.

It is very important that you regularly check the schedule on Team Linkt and look specifically for your event to know when, where and what time you practice. Every day is NOT the same.

ST. JOSEPH TRACK AND FIELD WEBSITE

This website will serve as a one-stop shop for all things St. Joseph Track and Field, and can be accessed by following the link here: <https://stj.yxetrack.net/>

This website is where you will sign up for the mini meets, check your entries, pay for fees, find results, etc.

MINI-MEETS and CITIES

Our 2026 season features four mini-meets and concludes with our City Championships. The dates for these events are outlined below:

- Mini Meet #1 @ Gordie Howe Track→ Thursday, May 7th
- Mini Meet #2 @ Gordie Howe Track→ Tuesday, May 12th
- Mini Meet #3 @ Gordie Howe Track→ Thursday, May 14th
- Mini Meet #4 @ Gordie Howe Track → Tuesday, May 19th
- Bob Adams City Championships→ Wednesday, May 27th and Thursday, May 28th

Each mini meet will feature different events. The schedules for the mini meets can be found on our STJ website. We encourage athletes to “look ahead” at the schedules as NOT EVERY EVENT IS OFFERED AT EVERY MEET, and you don’t want to miss one of your

favorite events. The City Championships feature all events spread over the course of Wednesday evening and Thursday afternoon and evening.

For any athletes needing a ride, there will be a bus that will bring athletes to all the track meets. Athletes are responsible for their own ride home after the meet.

All meets begin at 4:15 PM. Please arrive **NO LATER than 30 minutes prior** to your scheduled event; this will give you time to get warmed up and ready to compete. All meets use a rolling schedule, meaning the times are approximate. It is not uncommon for meets to run behind schedule. When you arrive at the meet, please make sure you have your team-issued St. Joseph Track singlet, as well as shoes or spikes, water, and fueling snacks. The team fees will provide some healthy snacks for athletes, but athletes shouldn't expect to use our team snacks as their supper plan.

At the meets, our team sits together on the turf or under our tent and cheers for each other; supporting one another as we compete is an important part of being part of St. Joseph Track and Field!

CITY CHAMPIONSHIPS

To compete at Cities, you must compete in at least one Mini Meet. Our team can send two athletes/age group/event to represent St. Joseph at Cities. City Championship selection is based on mini-meet results, as well as practice attendance. If competing in Cities is something athletes are striving for, attending practice regularly is important!

At Cities, athletes can compete in 4 events plus 2 relays. It is crucial to note that "scratching" or missing an event ***automatically disqualifies you*** from the rest of your events on that day. This is something we will discuss in more detail near the end of the season.

Last year at Cities, our team won the "Most Improved" Trophy and finished in 3rd place overall behind Holy Cross and Waltur Murray.

PROVINCIAL CHAMPIONSHIPS

Athletes who finish 1st or 2nd in their events at Cities are eligible to represent St. Joseph and Team Saskatoon at the Provincial Championships. This year, provincials will be held on June 5th-6th in Saskatoon. Last year, our team from St. Joseph finished 2nd at Provincials behind Swift Current.

******All heat sheets and live results for all meets can be found at prathletics.live******

SSSAD REGISTRATION

Please ensure your student-athlete is registered on the SSSAD website (www.sssad.net) no later than **Monday, April 20th**. Parents and athletes will need a Team Linkt account to register. Team Linkt is where the practice schedule can be found, and where daily reminders will be communicated. To be on our team, you must be on Team Linkt.

Athletes are not allowed to compete in mini meets if they are not registered. Registration instructions are attached to this letter and can be found on our website.

TEAM EXPECTATIONS

- It is a privilege to belong to this team and to represent our school. Athletes must always ensure they are the best ambassadors possible for St. Joseph.
- Athletes must show respect and sportsmanship towards fellow competitors, coaches, bus drivers and officials.
- Athletes must clean up after themselves after meets – our St. Joes area must look like we weren't even there!
- Athletes are expected to cheer on teammates, wear our team swag and be a supportive teammate
- Athletes are expected to communicate any changes to mini meets in a timely manner so that the change can be dealt with appropriately.

FEES

Fees for the season will be **\$100.00** and can be paid by the link for My School Bucks on our website. Included in this fee is the SSSAD user fee, an STJ athletic fee, an Athletic Banquet fee (only if Track and Field is your first sport this year), and a Track Team Fee (this includes field house rental costs, team equipment, bus travel and team clothing).

Cheques can be made payable to St. Joseph High School or paid in cash, but the preferable method is My School Bucks. Fees are due by the first mini meet (Thursday May 7). If fee payment is an issue, please speak to us, as we will find a way to make it work; fees will not be a barrier to participation on our team!

GUARDIAN/STUDENT-ATHLETE CHECKLIST:

- Head to <https://stj.yxetrack.net/> and explore the site!
- Register at www.sssad.net (use instructions if needed!)
- Download the Team Linkt app
- Pay fees via My School Bucks or to Mrs. Pearson
- Student-athletes → make a habit of checking Team Linkt for practice times and daily announcements

-----***Let's have an awesome season!***-----