**Colchester-East Hants and Antigonish District Track & Field Meet 2018**

Dates: **WEDNESDAY May 16 & THURSDAY, May 17, 2018**

**Registration Deadline:** **Wednesday, May 9th at 5:00 PM (using Trackie.reg)**

Location: Pioneer Coal Athletics Field, Stellarton

Meet Director: David Higgins/Joyce Millman (CEC)

Starting Time: 9:00 am [both Wednesday and Thursday]

Coaches Meeting Wednesday - 8:35 inside the clubhouse. Please be in attendance.

Entry Fee: $180.00 per school with 20 athletes or more. $90.00 per school with fewer than 20 athletes. Please make cheques payable to **CEC**. Please have your cheque ready at the coaches meeting. Receipts will be sent to your school by mail.

Entries: Each school must **register on-line (Trackie.reg) by Wednesday, May 9th at 5:00 PM** to have student athletes compete at this Track meet. A code has been assigned to each school by the NSSAF. This allows coaches to make changes themselves (e.g. scratching athletes and adding new athletes in events). The deadline above applies for any changes. Data from the website will be transferred to the meet database at 5:00 PM on **May 9th**. Any changes made on the website **after this** **time will not** be included in the meet schedule. Please contact the meet data manger Ron Smith at smithrg@ccrsb.ca with any questions or concerns regarding athlete registration.

Entry Restrictions: Each school may submit **FIVE** entries per event per age class ONLY.

Each school is restricted to **ONE** entry in each of the relay events per category.

An athlete may compete in a maximum of **SIX** events including relays.

**PLEASE ENSURE YOUR SCHOOL DOES NOT SUBMIT MORE THAN FIVE ATHLETES PER EVENT PER AGE CLASS.**

Special Athletes: Special Athletes may participate in the following events: 100m Finals, Long Jump (3 jumps) and Shot Put (3 throws). Please enter all special athletes online using the correct category (Special Junior for athletes in grades 9 or below OR Special Senior for athletes in grades 10-12).

Para Athletes: Again this year, track and field will hold events for Para athletes. These demonstration events will be 200m (ambulatory & wheelchair), 800m timed finals (ambulatory), and Shot Put (seated and ambulatory). Athletes will be allowed 2 throws each. Women 3kg & Men 4kg. Any Para athlete in grade 6-12 shall be able to participate (no age limit). Registration will be online. Please be sure to use the appropriate category.

Officiating: **As has been the case in recent years, we are expecting assistance in the area of officiating. Each participating school is required to provide 1 or 2 (depending on school size) officials [i.e., coach, parent, former student athletes, leadership students, etc]. Please email the names of the officials your school is providing to Joyce Millman (**[millmanj@ccrsb.ca](mailto:millmanj@ccrsb.ca))**. Please do this by the May 9th registration deadline. We will assign events as needed.**

Spike size: The maximum spike size is **7mm** and **only cone or pyramids** will be permitted. There will be random checks at the marshalling area so please remind your athletes before their events.

Age Classifications: Junior – under 14 years of age as of December 31, 2017

Intermediate – under 16 years of age as of September 30, 2017

Senior – under 19 years of age as of September 30, 2017

Canteen: A full canteen will be available on site for coaches, athletes, and spectators.

Hurdles: Are scheduled as the first event of the day. Hurdle distances are 80m for girls and 100m for boys. All girls events will take place prior to the boys races, in the order of junior, intermediate, senior.

Heats & Finals: All track events will be timed finals with the exception of the 100m and 200m races. Because the heats are decided randomly, **the fastest 16 athletes from those heats will advance to a two heat timed section final**. The fastest eight times from the heats will race in the second final. The fastest athletes will occupy the middle lane for both finals. In the event of a tie in any sprint event, the competitor with the fastest time in the heats will advance. The 400m is a timed final only.

Field Events: The top 8 will have an additional 3 attempts in every field event, except High Jump. Those eight athletes will automatically advance to Regionals.

Advancement to The top eight athletes in each event as well as the top four relay teams will advance

Regionals: to Regionals. The 9th place competitor (or 5th relay) from each district may substitute for an athlete of the same district that is in the top 8 if one is unable to compete. **Any registered competitor unable to compete on either day of the District meet due to conflict with IB or AP final examinations will advance directly to the Regional meet, as per NSSAF policy. These athletes must have their status confirmed by the principal of their school.**

Schedule: A schedule of events is enclosed. These scheduled times are approximate and depend on the number of registrants in various events. All track events will start as the track is ready. Athletes are encouraged to stay on-site and to check in with the clerk of the course and/or the head officials of field events ASAP after first call by the announcing booth. **All athletes competing in field events should pay careful attention to their schedule.**

Directions: **From Truro**; take exit 23 and turn right on Westville Rd. Continue straight until Foster Ave. Turn left onto Foster Ave. and proceed roughly 400m to facility driveway on your right.

**From Antigonish**; take exit 23 and turn left on Westville Rd. towards Westville. Continue straight until Foster Ave. Turn left onto Foster Ave. and proceed roughly 400m to facility driveway on your right.

Parking: The facility has ample parking for busses and vehicles on site. Please keep from blocking gates and entrances.

Changing Rooms: The facility has a clubhouse that contains boys and girls washroom facilities. Athletes should come to the meet prepared for the entire day. All schools are asked to remind their athletes to respect the environment.

Information: **If you require any further information, contact Joyce Millman (902-890-3930 (C) or 902-896-5703(W) or by email** [millmanj@ccrsb.ca](mailto:millmanj@ccrsb.ca) .

**NSSAF Colchester-East Hants and Antigonish Districts Track & Field Meet Schedule**

**Wednesday, May 16th, 2018**

***Track Events (with approximate times)***

**9:00am 80m hurdles Finals JG, IG, SG**

**9:40am 100m hurdles Finals JB, IB, SB**

**10:20am 100m Special Athletes Finals JG, JB, SG, SB**

**10:40pm 400m Timed Finals JG, JB, IG, IB, SG, SB**

**12:40pm Track Break for Officials**

**1:00pm 100m Semi-Finals JG, JB, IG, IB, SG, SB**

**3:00pm 1500m Finals JG, JB, IG, IB, SG, SB**

**4:30pm 100m** **Finals JG, JB, IG, IB, SG, SB**

# ***Field Events***

**9:30 10:30 12:00 1:00 2:30**

## Long Jump SpB (1) IB SpG (2) JB SB

**High Jump JG IG SG**

**Triple Jump IG SG JG**

**Shot Put SpG (2) JB SpB (1) SB IB**

**Discus SG  JG IG**

**Javelin(3) SB IB JB**

**NOTES**

**(1) SpB - Special Athletes Boys (junior & senior age classes).**

**(2) SpG - Special Athletes Girls (junior & senior age classes).**

**(3) The javelin will be run from the high jump area.**

**NSSAF Colchester-East Hants and Antigonish Track & Field Meet Schedule**

**Thursday, May 17th, 2018**

***Track Events (with approximate times)***

**9:00am 200 meter Semi-Finals JG, JB, IG, IB, Para, SG, SB**

**10:45am 800 meter Finals JG, JB, IG, IB, Para, SG, SB**

**12:15pm 4x100 Relay Finals JG, JB, IG, IB, SG, SB**

**1:45pm Track Break for Officials**

**2:00pm 200 meter** **Finals JG, JB, IG, IB, SG, SB**

**2:45pm 3000 meter Finals JG, JB, IG, IB, SG, SB**

**4:30pm 4x400 meter** **Finals JG, JB, IG, IB, SG, SB**

### *Field Events*

**9:30 12:00 2:30**

### Long Jump IG JG SG

**High Jump SB JB IB**

**Triple Jump JB IB SB**

**Shot Put JG (1) SG IG**

**Discus IB SB JB**

**Javelin (2) SG IG JG**

**NOTES**

**(1) Para Athletes Male & Female will compete in this event before the listed age classes.**

**(2) The javelin will be run from the high jump area.**