**KINGS/HANTS NSSAF DISTRICT**

FINAL COPY APRIL 25, 2018

**TRACK & FIELD CHAMPIONSHIPS**

**RAYMOND FIELD**

**MAY 15/16, 2018**

**WE BELIEVE;**

**PHYSICAL EDUCATION IS VITAL TO ALL CHILDREN.**

**ALL STUDENTS HAVE THE RIGHT AND THE OPPORTUNITY TO PARTICIPATE IN QUALITY DAILY PHYSICAL EDUCATION PROGRAMS.**

**A QUALITY PHYSICAL EDUCATION PROGRAM IS LEARNER-CENTERED WITH THE STUDENTS TAKING RESPONSIBILITY FOR DESIGNING, ACHIEVING AND MAINTAINING A LEVEL OF PHYSICAL FITNESS OF THEIR CHOICE.**

**A QUALITY PHYSICAL EDUCATION PROGRAM HAS A POSITIVE IMPACT ON THE PSYCHOMOTOR, COGNITIVE AND AFFECTIVE ASPECTS OF THE LIVES OF ALL CHILDREN AND YOUTH.**

**PHYSICAL EDUCATION PROVIDES A VEHICLE FOR THE PRACTICE OF FAIRPLAY.**

**PHYSICAL EDUCATION PROGRAMS SHOULD BE EQUITABLE IN REGARDS TO GENDER AND RACE.**

**A QUALITY PHYSICAL EDUCATION PROGRAM STRIVES TO HELP EVERY STUDENT BECOME PHYSICALLY EDUCATED.**

**PHYSICAL EDUCATION PROGRAMS HAVE A POSITIVE INFLUENCE ON THE ACTIVE LIFESTYLES OF CHILDREN AND YOUTH FOR A LIFETIME.**

**PHYSICALLY EDUCATED CHILDREN WILL GROW UP TO LEAD ACTIVE, HEALTHY AND PRODUCTIVE LIVES.**

**SCHOOLS ELIGIBLE TO PARTICIPATE**

**AVON VIEW HIGH SCHOOL**

**BERWICK SCHOOL**

**CENTRAL KINGS RURAL HIGH SCHOOL**

**COLDBROOK & DISTRICT SCHOOL**

**ECOLE ROSE-des-VENTS**

**EVANGELINE MIDDLE SCHOOL**

**HANTSPORT SCHOOL**

**HORTON HIGH SCHOOL**

**KINGS COUNTY ACADEMY (KCA)**

**KINGS EDGEHILL SCHOOL (KES)**

**LANDMARK EAST SCHOOL**

**NORTHEAST KINGS EDUCATIONAL CENTRE**

**PINE RIDGE MIDDLE SCHOOL**

**WEST KINGS DISTRICT SCHOOL**

**WOLFVILLE JUNIOR HIGH SCHOOL**

**WEST HANTS MIDDLE SCHOOL**

**OFFICIALS**

**MEET DIRECTORS** - MELISSA HYSON

**NSSAF** – DALE SANFORD

**COMMITTEE OF APPEAL -** MELISSA HYSON / STEVE WOHLMUTH / PHIL HADLEY

**CLERK OF THE COURSE** - CATHY BALDWIN

**FINISH LINE RECORDER -** JASON PLEASANT (HORTON)

**ANNOUNCERS -** CK

**TIMERS** - HORTON

**FINISH LINE JUDGES** - HORTON

**STARTERS** – BILL WALSH, ANDRE BENOIT

**TECHNICAL DIRECTOR / RESULTS** **–** STACY ABRIEL

**FEES -** MELISSA HYSON

**SHOT PUT** - EMS, WOLFVILLE

**JAVELIN** - CENTRAL KINGS, LANDMARK

**DISCUS** - KCA, NKEC - DAVE MORTON

**LONG JUMP** - BERWICK, ROSE deVENTS, AVONVIEW

**TRIPLE JUMP** - HANTSPORT, PINE RIDGE, WEST HANTS

**HIGH JUMP**- KES, AVONVIEW, LARRY KEMP

**FIRST AID** - CENTRAL KINGS

**MAINTENANCE CREW** - CENTRAL KINGS

**ENTRY FEE:** $100.00 PLUS $5.00 PER STUDENT. Schools with fewer than 10 athletes will pay $10 per athlete. Payable to CENTRAL KINGS.

**ENTRIES DUE**: TUESDAY MAY 4th 2018 10:00PM. Registration is to be done on-line (TrackieReg).  Please follow the directions sent to school by the Meet Director.

COMPETITION RULES

A competitor may enter up to a maximum of six events including relays. **Please keep in mind that if an athlete qualifies in more than one event, he / she must participate in all of these events at the Regionals and Provincials; otherwise he/she is disqualified.**

Coaches may enter **4 competitors** per event and 2 relay teams in all age classifications.  Only one relay team may score points and advance to Regionals.

If there is a disqualification at the district meet in an individual or a relay event, then these competitors **cannot** compete at the Regional Meet.

If an athlete or a relay team cannot compete at the next meet, the next standing team takes their place.

Advancements to Regionals are: 4 track, 5 field, and 4 relays.

We encourage all coaches to be in attendance at the Regionals and Provincials championships. We need qualified people to run the events.  Please follow through on your coaching responsibilities for track at the district, regional, and provincial meets.

**Coaches are asked to ensure that their athletes are familiar with the use of starting blocks and starting commands; (take your mark, set, bang)**

**7mm spikes permitted. NO SPIKES ON THE ARTIFICAL TURF. NO STUDENTS ON THE INFIELD (unless permitted for high jump).**

**ATHLETES’ CONDUCT** - Unsportsmanlike behavior (verbal or physical actions) may result in disqualification from event(s) and/or meet; in which case, regional participation would not be possible. PLEASE - Athletes are not to be practicing shot, discus or javelin unless under direct supervision of coach in designated areas; otherwise implements will be confiscated if necessary.

**AWARDS**- Ribbons for all events

**CLASSIFICATIONS AGE**:

Senior: under 19 years of age as of September 30th of the current school year

Intermediate: under 16 years of age as of September 30tt of the current school year

Junior: under 14 years of age as of December 30th of the current school year

**THROWING AND JUMPING EVENTS** - 3 throws or jumps ONLY this year, there will NOT be 3 extra throws for top six competitors. **Jumpers should have footwear for outdoor and indoor in case of rain. High Jump will take place on the infield of the track. NO TRACK SPIKES CAN BE WORN ON THE ARTIFICIAL TURF.**

In the high jump, credit will be given for clearing standing height in practice round. No penalty if not cleared.

**REPORTING TO EVENTS** - Competitors in a field event who must leave for a track event must tell the field official. When they return to the field event, they may continue the competition in the round which is currently taking place. Eg: If they leave during the second throws and return before 2nd throws are completed, they may have their second throw at the end of that round. If second throws are completed and 3rd have started, they will have missed the second round.  The onus is on the athlete to be responsible for returning to the field without delay.

**HURDLES MEASUREMENTS**

Junior Girls            80 m (30") .76m

Intermediate Girls 80 m (33") .83m

Senior Girls            80 m (33") .83m

Junior Boys                 100 m (33") .83m

Intermediate Boys 100 m (36") .9m

Senior Boys            100 m (39") 1m

**HURDLE PLACEMENT**

***80m******100m***

From start to first hurdle 12m                     13.00m

Between each hurdle 8m (pink)            8.5m (yellow)

From last hurdle to finish 12m                     10.5m

**HIGH JUMP** – Starting heights

Junior Boys - 1.25 m

Junior Girls - 1.15 m

Intermediate Boys - 1.40 m

Intermediate Girls - 1.25 m

Senior Boys - 1.45 m

Senior Girls - 1.25 m

**SHOT PUT**

Senior Boys – 6 kg                                     Junior/Para Girls/Special Athlete Girls -3 kg

Intermediate Boys – 5 kg                           JB/IG/SG/Para Boys/SA Boys – 4kg

**DISCUS**

Intermediate Boys – 1.5 kg                        Senior Boys – 1.75 kg

Junior Girls – 0.75 kg        SG/IG/JB – 1 kg

**JAVELIN**

Junior Boys – 600 g       Junior Girls – 400 g

Intermediate Boys – 700 g                         Intermediate Girls – 500 g

Senior Boys – 800 g       Senior Girls – 600 g

**SCORING SYSTEM ( tentative )**

Points will be awarded according to the following:

**INDIVIDUAL EVENTS**                           **RELAYS**:

1st - 10                             1st - 16

2nd - 8                             2nd - 14

3rd - 7                             3rd - 12

4th - 6                             4th - 10

5th - 5                             5th - 8

6th - 4                             6th -           6

7th - 3     7th   -           4

8th - 2     8th   -          2

Canteen will be available on site – Kiosk near main entrance of Acadia complex.