

## Capital Region Track and Field Championships 2018

Congratulations for having the opportunity to advance your athletes to the **Regional Track and Field Meet**. The meet will be held at the **Beazley Field in Dartmouth on Wednesday, May 23<sup>rd</sup> and Thursday, May 24<sup>th</sup>** (with the storm date Friday, May 25<sup>th</sup>). If Wednesday is cancelled due to extreme weather, then we will run Thursday events as scheduled on Thursday and run Wednesday's cancelled events on Friday. A storm day on Wednesday would also include moving Special athletes to Friday as well. Track events start both days start at 10:00am with a 9:30am coaches meeting.

Track coaches and volunteers are the ones who make our meets so successful each year. In the role as meet directors, we will be asking each and every one of you to step up once again and assist with the officiating and other duties. With the number of schools competing from the city and county, we should be able to combine our resources to make the officiating load easier. If there is one day better for you than another, please let us know so we can put you at the right event at the right time.

### Registration, Competing and Results for Regionals

Entry fees are \$5.00 per competitor plus a \$20.00 team entry fee (up to a maximum of \$300 per school). Cheques are made payable to: Metro High School Athletic Association. All fees should be brought to the booth sometime after we get up and running on day 1. Receipts to follow.

Since we are simply advancing athletes from Districts, athletes will be entered into the Regional meet automatically by the meet directors from the District results. You do not re-enter them in the online database. To know who advances, simply note which athletes placed in the top 8 in track and field events and top 4 in relays from the District results. This includes special athletes as they follow the same qualification rules as any other athlete. All Para Athletes advance (and actually advance right to provincials without having to compete). When athletes who have advanced to Regionals have let us know they are unable to compete at Regionals, we have done our best to notify the next best placed athlete. We do not change this in the results sent out however as it affects points. Please ensure that any athletes wanting to drop an event from Regionals do so by Monday May 21<sup>st</sup> at noon. This will allow us to notify coaches of the next best placed athlete Tuesday morning so they can tell the athlete they need to compete on Wednesday or Thursday! Further replacements beyond the Monday notification are not made. Please ensure you notify your athletes of who made it to Regionals and look for them in the heats and lanes/program posted on the regional Trackie page on Monday night.

Results for Regionals will be available live online in the usual locations (live link and track meet mobile), on the NSSAF webpage and also sent out via email either late night the day of, or early the day after the Regional meet. Please check the results from Regionals for errors as soon as you receive them. This is a coach's responsibility since there are simply too many athletes for us to pick up a possible clerical error. Please notify Jason of any errors on Friday before days end. Our Capital Regional results are compiled with the other regions on Saturday in order to create the Provincial meet so we only have a few hours to ensure there are no errors on Friday.

### Coaches Meeting

The coaches meeting will take place at roughly 9:30am each morning on the javelin runway. We know some of you will have a tough time making this with late buses but we will meet anyway with the majority so we can get the meet underway. By Regionals we are simply checking if you are there to handle your event, remind you of the changes in measuring, block use and qualifying for finals at the regional meet and answer any questions you may have.

### Registration and Competing at Provincials

The Top 4 athletes or relay teams in any event at the Regional meet will advance to the NSSAF Provincial Championships June 1<sup>st</sup> and 2<sup>nd</sup> hosted by Sydney Academy at Cape Breton University in Sydney. Again, athletes will be entered automatically and any athlete or relay team that places 5<sup>th</sup> shall be listed as an alternate and will be able to compete if an athlete from their region in the top 4 does not show by the final call of the event. Athletes beyond 5<sup>th</sup> place do not have the opportunity to compete at Provincials regardless of how many from their region do not show. A reminder however that if you qualify for an event at Provincials, you are expected to compete in that event and scratch rules are enforced much more strictly. You cannot simply "drop" an event at Provincials like we sometimes allow you to do at Regionals.

Thanks again for all your hard work this season with track and field (and many other sports!)

Jason Murphy/Donna Duggan - Capital Region Track and Field Coordinators

**Capital Regional Track and Field Meet  
Wednesday May 23  
Coaches/Officials Meeting 9:30-9:45**

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

10:00am	80m hurdles	Semi-Finals	JG, IG, SG
10:30am	100m hurdles	Semi-Finals	JB, IB, SB
11:00am	80m hurdles	Finals	JG, IG, SG
11:15am	100m hurdles	Finals	JB, IB, SB
11:45am	400m	Semi-Finals	JG, JB, IG, IB, SG, SB
12:45pm	100m	Semi-Finals	JG, JB, IG, IB, SG, SB
1:30pm	1500m	Finals	JG, JB, IG, IB, SG, SB
2:30pm	100m	Finals	JG, JB, IG, IB, SG, SB
3:00pm	400m	Finals	JG, JB, IG, IB, SG, SB

***Field Events***

	<u>10:00</u>	<u>12:00</u>	<u>2:00</u>
Long Jump	IB (10:30)	JB	SB
High Jump	JG	IG	SG
Triple Jump	IG (10:30)	SG	JG
Shot Put	JB	SB	IB
Discus	SG	JG	IG
Javelin	SB	IB	JB

***Special Athletes (different order than Districts)***

10:00am	Long Jump	Junior High (long jump pit) & Senior High (triple jump pit)
10:45am	100m	Junior High and Senior High (far side near main shot put circle)
11:30am	Shot Put	Junior High (high jump area) & Senior High (main shot circle)

***Special Athletes in wheelchairs (did not need to pre-qualify at districts)***

11:00am	35m	All classes (far side near main shot put circle)
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**Capital Regional Track and Field Meet  
Thursday May 24  
Coaches/Officials Meeting 9:30-9:45**

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

10:00am	200 meter	Semi-Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
10:45am	800 meter	Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
11:30am	4x100 Relay	Finals	JG, JB, IG, IB, SG, SB
12:15pm	200 meter	Finals	JG, JB, IG, IB, SG, SB
12:45pm	3000 meter	Finals	JG, JB, IG, IB, SG, SB
2:15pm	4x400 meter	Finals	JG, JB, IG, IB, SG, SB

***Field Events***

	<u>10:00</u>	<u>12:00</u>	<u>2:00</u>
Long Jump	IG	JG	SG
High Jump	SB	JB	IB
Triple Jump	JB	IB	SB
Shot Put*	JG	SG	IG
Discus	IB	SB	JB
Javelin	SG	IG	JG

\*ParaG/ParaB Shot Put will take place at 11:45

## Rules and Regulations 2018 Capital Regional Track Meet

### 1. Age classifications:

S	Senior	under 19 as of Sept. 30
I	Intermediate	under 16 as of Sept. 30
J	Junior	under 14 as of Dec. 31
SAJ	Junior High Special Athlete	Grade *7-9
SAS	Senior High Special Athlete	Grade *10-12
Para	Para Athlete	Grade 7-12

**Ages are in the current school year on the specified dates. There are no age restrictions on Para or Special Athletes. Special Athletes is by grade/type of school and Para is open.**

2. A competitor may compete in a maximum of 6 events, **including** relays.

### 3. Field Event Attempts

#### **REGIONALS**

Each competitor will have 3 attempts and all legal attempts are measured. The top 8 athletes (ties broken when possible by the next best attempts) will then receive 3 additional attempts (*Para Athletes and Special athletes do not get additional rounds but are given 3 attempts as per NSSAF rule*). For rounds 4-6 the athletes should be ordered such that the final 3 rounds are in order of 8<sup>th</sup> to 1<sup>st</sup> based on the preliminary round results (not reordered after 4<sup>th</sup> round, etc). The best throw of the competition counts for final placing and advancement.

### 4. Implements:

<b>Shot Put</b>	SB	6.00kg
	IB	5.00kg
	JG/ParaG	3.00kg
	JB/IG/SG/ParaB	4.00kg
	SAJB/SASB	4.00kg
	SAJG/SASG	3.00kg
<b>Discus</b>	SB	1.75kg
	IB	1.50kg
	SG/IG/JB	1.00kg
	JG	0.75kg
<b>Javelin</b>	SB	800g
	IB	700g
	SG/JB	600g
	IG	500g
	JG	400g

### 5. Starting High Jump Heights:

*(all heights are 10cm below*

*Provincial starting heights)*

*The HJ official may use discretion*

*and lower/raise these based on warm up jumping*

<u>Class</u>	<u>Height</u>
SB	1.35 m
IB	1.30 m
JB	1.15 m
SG	1.15 m
IG	1.15 m
JG	1.05 m

## 6. Track Heats and Qualification

### REGIONALS

In the 800m, 1500m, 3000m, all relays, the Special Athlete 100m and the Para Athlete 200m, each race shall be run as a timed-section final. The Special Athlete 100m will run on the backstretch.

The 100m, 200m, 400m and hurdles will run as heats and then a final (except for Special Athlete and Para Athletes who run as finals only).

Blocks will be mandatory for the 100m, 200m, 400m, hurdles and both relays, **except for** the Special Athlete 100m and Para 200m.

Heats	Qualification to Finals
2	Top 3 plus next 2 fastest
3 (rare)	Top 2 plus next 2 fastest

### **Top 4 places in the final advance to Provincials.**

*\*Para athletes automatically qualify for provincials and do not need to compete at districts or regionals*

7. 400 meters and all races below this distance will be run in lanes for all age classes. 800m will use a waterfall start (2 to a lane) while 1500m and 3000m will start on a curved line.

## 8. Hurdle heights & distances:

JG	30" (0.76m) X 80m
IG/SG	33" (0.83m) X 80m
JB	33" (0.83m) X 100m
IB	36" (0.90m) X 100m
SB	39" (1.00m) X 100m

## 9. Hurdle placements:

	<u>80 m</u>	<u>100 m</u>
To first hurdle:	12 m	13 m
Between hurdles:	8 m	8.5 m
From last hurdle to finish:	12 m	10.5 m

10. Hurdlers will be disqualified if they fail to attempt to clear each hurdle during a given race or if judged to have gained advantage through improper techniques. They will also be disqualified if they interfere outside their lane with athletes in other lanes. Races can be re-run at the discretion of the track referee if an athlete is impeded to an extent that an "unfair" race occurs.

11. All track events have priority over field events. Competitors who are called away to a track event are to

- 1) let the field judge know and
- 2) report back as soon as possible

You may ask to throw/jump ahead/late of your usual order, but once a round is finished you lose your attempt for that round. Athletes may not throw or jump more than once in a round but may move to first in one round and last in another round to create time. Likewise, last in one round and first in the next round.

Athletes/coaches should also feel free to discuss which heat they are in with the clerk of the course and judge accordingly. Please ensure your athletes understand this procedure and are proactive in discussing this with field officials.

12. Individual student athletes are permitted a false start each in all individual track events. Student athletes charged with a second false start in an individual event will be disqualified from that event. For clarification, a heat and a final of an event like the 100m is considered 2 individual events.

13. Only pin spikes (max. 7 mm) will be permitted on the track or runways.

14. All competitors must start and finish their events in order to qualify for Provincials\*. If they qualify and will not be attending the Provincials, courtesy suggest they tell the official-in-charge of their event and notify the 5<sup>th</sup> place alternate o site. If unable or they determine after they meet they cannot attend, they should have their coaches submit their names to the meet director via email by a deadline provided. Scratch rules at Provincials are much stricter and are often enforced on athletes who miss a morning event and try to compete in the afternoon Athletes and teams are expected to compete in all events they qualify for at provincials. No simple "dropping" an event.

15. Ribbons will be awarded to the top 3 finishers in each event. Field event ribbons will be given at the event following the 3<sup>rd</sup> round and track events 800m and above will give ribbons on the track. We will give ribbons at the finish line when it is a 1 heat final if at all possible, otherwise ribbons will be given in the booth on day 2 of the meet as the results need to be determined. Please come to the booth once results are posted

16. The team point system will follow the Regional and Provincial Championship model.

**Individual events**

1<sup>st</sup> =12      2<sup>nd</sup> =10  
3<sup>rd</sup> =9      4<sup>th</sup> =8  
5<sup>th</sup> =7      6<sup>th</sup> =6  
7<sup>th</sup> =5      8<sup>th</sup> =4

**Relays**

1<sup>st</sup> =16      2<sup>nd</sup> =14  
3<sup>rd</sup> =12      4<sup>th</sup> =11  
5<sup>th</sup> =10      6<sup>th</sup> =9  
7<sup>th</sup> = 8      8<sup>th</sup> =7

17. Special Athletes: Must fall into the "Intellectual Disability" category and this is a school-based decision. EPA's should be with the Special Athletes at all times on site. Special athletes are classed by the type of school (junior high vs senior high) or grade level (7-9 =junior high, 10-12 =senior high), not by age. Discuss any concerns or exceptions with meet direction prior to the meet.

18. Advancement

**From Regional to Provincial**

Track Events      top 4  
Field Events      top 4 (ties are broken when possible by next best jumps/throws or HJ rules)  
Relays      top 4

\*All Para Athletes advance.

\*No wheelchair athletes may advance