

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 8th to 1st based on the preliminary round results (not reordered after 4th round, etc). The best throw of the competition counts for final placing and advancement.

4. Implements:

Shot Put	SB	6.00kg
	IB	5.00kg
	JG/ParaG	3.00kg
	JB/IG/SG/ParaB	4.00kg
	SAJB/SASB	4.00kg
	SAJG/SASG	3.00kg
Discus	SB	1.75kg
	IB	1.50kg
	SG/IG/JB	1.00kg
	JG	0.75kg
Javelin	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:	80 m	100 m	
	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/after 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 5th place alternate on 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 3rd 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 st =12	2 nd =10
3 rd =9	4 th =8
5 th =7	6 th =6
7 th =5	8 th =4

Relays

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