

Pictou/Cumberland District Track & Field Meet 2019

- Dates: Friday May 10 & Saturday 11, 2019
- Registration Deadline:** **Friday, May 3rd at 11:59 PM (using Trackie.reg)**
- Location: Pioneer Coal Athletics Field, Stellarton
- Meet Director: Trevor Boudreau (NGA)
- Starting Time: 9:00 am [both Friday & Saturday]
- Coaches Meeting: Friday - 8:35 inside the clubhouse. Please try to be in attendance.
- Entry Fee: **\$100.00 per school with 12 athletes or more. \$60.00 per school with less than 12 athletes.**
Please make cheques payable to **NGA Track and Field**. 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 (trackiereg.com) by Friday, May 3rd at 11:59 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 (ie. 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 the morning of **Sat. May 4th**. Any changes made on the website **after this time will not** be included in the meet schedule. Please contact the meet director at boudreaut@ccrce.ca or 616-4040 with any questions or concerns.
- 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 THAT YOUR SCHOOL DOES NOT SUBMIT MORE THAN FIVE ATHLETES PER EVENT PER AGE CLASS.
- Special Athletes: Special Athletes will be allowed to participate in the following events: 100m Finals, Long Jump (**3 jumps maximum from any point on the runway**) and Shot Put (**3 throws maximum, women 3kg & boys 4kg**). 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: Para athletes are also encouraged to participate in this meet. Para athlete events will be 200m (ambulatory & wheelchair), 800m timed finals (ambulatory), and Shot Put (seated and ambulatory). Athletes will be allowed **3** 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 to provide 1 or 2 (depending on school size) officials [i.e., coach, parent, former student athletes, leadership students, etc]. Schools who contact the meet director with officials will be given event priority. Note: officials will be provided with a free lunch for the day.**
- 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. Please remind your athletes before their events.
- Age Classifications: Junior – under 14 years of age as of December 31, 2018
Intermediate – under 16 years of age as of September 30, 2018
Senior – under 19 years of age as of September 30, 2018
- Canteen: A full canteen will be available on site for coaches, athletes, and spectators.

Hurdles:	Scheduled as the first event of the day. Hurdle distances are 80m for girls and 100m for boys. The hurdles event is a timed final at the District level. 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 were 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 lanes for both finals. In the event of a tie in any sprint event, the competitor with the fastest time in the heats will advance. <u>The 400m is a timed final only.</u>				
Implements:	Age Class	Shot Put	Discus	Javelin	High Jump
	Senior Boys	6 kg	1.75 kg	800 g	1.55
	Senior Girls	4 kg	1.0 kg	600 g	1.30
	Intermediate Boys	5 kg	1.5 kg	700 g	1.55
	Intermediate Girls	4 kg	1.0 kg	500 g	1.30
	Junior Boys	4 kg	1.0 kg	600 g	1.35
	Junior Girls	3 kg	0.75 kg	400 g	1.25
	Special/Para Girls	3 kg	n/a	n/a	n/a
	Special/Para Boys	4 kg	n/a	n/a	n/a
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 Regionals:	The top eight athletes in each event as well as the top four relay teams will advance to Regionals on May 24th & 25th. The 9 th place competitor (or 5th relay team) from each district may substitute for an athlete of the <u>same district</u> that is in the top 8 if one is unable to compete.				
Schedule:	A schedule of events is enclosed. These scheduled times will be difficult to follow closely due to variances in the number of athletes per event. 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:	<p>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.</p> <p>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.</p>				
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 Trevor Boudreau 661-4040 (C) or 755-8400 ext. 316 (W) or by email BoudreauT@ccrce.ca				