

To:

All Track and Field Coaches and support personnel

From:

Capital Region Track and Field Coordinators

Donna Duggan - Halifax West High School: dduggan@hrce.ca

Jason Murphy - Citadel High School: murphyj@hrce.ca or murphyj@gnspecs.ca or 902-237-1000

Re:

2019 Track and Field Season Information

Dates/Sites of Meets:

CITY District Meet - May 13/14 (rain date May 21) Beazley Field, Dartmouth

COUNTY District Meet - May 15/16 (rain date May 21) Beazley Field, Dartmouth

Capital Regional Meet - May 22/23 (rain date May 24) Beazley Field, Dartmouth

NSSAF Provincial Meet – May 31/June1 Wolfville/Raymond Field at Acadia University

Start Times all Capital Region Meets:

9:30am – morning coaches meetings

10:00am – events begin

Entry Fees:

Fees should be paid at the end of the 1st day, or mid-morning on the 2nd day. Cheques are made payable to: *Metro High School Athletic Association* and cover costs for security, timing, computers, printers, rentals, toilets and equipment like shells, guns, measuring tapes and some snacks for our hard-working officials.

District and Regional Fees: \$5.00 per competitor + a \$20.00 school entry fee to a max of \$300 per school

Provincial Fees: Billed to each school by NSSAF following the meet based on entries per age class

Registration/Meet information

We will be using Trackie.ca and it's TrackieReg section as the key source of information for the meets again this year. Registration, results, schedules and entrant lists will be available on this site. While the NSSAF site will have the link for live results, post event results summaries and some of the provincial information, TrackieReg is the direction we are headed in most regions. As always, each school coach will be responsible for completing their own entries and meeting deadlines. Entry procedures can be found on a separate document. PLEASE BE SURE TO REGISTER FOR THE CORRECT DISTRICT MEET.

Advancement**From Districts to Regionals**

Top 8 placed athletes in individual events and top 4 relay teams advance to regionals (with exception of wheelchair 50m who may all advance). Any athletes who qualify and are unable to compete should notify the results manager at the meet or at the latest, via email by Monday May 20th by 5pm. At that point we will replace the athlete with the next best-placed athlete and notify the coaches. I understand many athletes will not let you know until Tuesday but that is too late for us to make replacements so no replacements will be made after Monday at 5pm.

From Regionals to Provincials

The Top 4 placed athletes and relay teams in all events at Regionals advance to Provincials (wheelchair 50m does not advance to provincials). 5th place will be listed as an alternate in the provincial program. No athletes beyond 5th will be able to compete at Provincials regardless of the number of athletes who do not show at Provincials. 5th place athletes can only compete at Provincials if an athlete from their region does not show by final call of the event. They cannot fill in for a no-show from another region.

Special Athletes

Special Athletes and the trademarked name Special Olympians™ are by definition those with “Intellectual Disabilities”. We do not know your students so leave it to schools to decide who should compete in this category. We will be holding the 100m, shot put and long jump events for Special Athletes and they are split into four divisions; Junior High Girls, Junior High Boys, Senior High Girls and Senior High Boys regardless of age. They will have the same opportunity to advance to the Regional and Provincial Championships as all other athletes and must follow the same qualification rules. Wheelchair 50m is only a demonstration event at district and regional events here in Capital and is not part of the NSSAF program of events so they do not advance to provincials.

Para Athletes

Para athletes may compete in the 200m, 800m and shot put. These athletes may compete at both districts and regionals but advance directly to provincials regardless of prior participation.

Supervision

To ensure the safety of the all athletes when they are not competing, schools should provide an additional teacher or parent to act as a chaperone of the team area. Please do not allow your students bring athletic equipment that may interfere with the event. We understand it is difficult to monitor all behavior, but please help us create a positive environment at the meet and provide support for your athletes. Also, we often run into issues with athletes warming up or camping out on adjacent baseball fields so please remind your athletes of off-limits areas and to keep non-track equipment off the track.

Officiating

Track and Field is a much different NSSAF sport with regards to officiating and running the event. We cannot hire the 40 or so people required to make the meet function with over 1000 student-athletes on site. Each school will be assigned an event to officiate or other duties to complete. With school budgets as they are, we have noted a decline in the number of teachers/adults who are coming with schools so please communicate with your administration and ensure you have enough sub time to cover a full time official at the meet. Also, ensure the person(s) representing your school is familiar with the rules for that event or the role they are assigned. They also need to realize that they may indeed be on site with little break throughout the day and that it is also necessary that each school supply several students to assist the official at the event to rake, retrieve, mark or simply help out. **We require that every field event have 2 capable adults present at all times and at least 2 student helpers.** Adults should be making decisions about the “line” (toeboards/takeoff boards) and the “mark” in the field/sand where the implement or athlete makes their mark. Students may help with raking, pulling and holding tapes but competent adults should make decisions that affect placement.

Athlete Safety/Facilities

There is very little protection from the weather on site, so please make sure your athletes dress properly and bring tarps and tents to protect themselves from the elements. As we have seen, we may even have to hold the meet in cold and wet conditions and students need to be prepared for this. We suggest that they bring toques, mitts, waterproof gear and full foot coverage. Porta-potties, a canteen and athletic therapists (for athletic related injuries only) will once again be available on site. Also, garbage bags are available in “the shack” so that at the end of the day your team can clean up before they depart. Also, we remind schools to bring their own first aid kit and to be sure that they are legally parked on site.

Rules

See the separate document for the district and regional meet rules. They differ slightly from district to regional to provincial. Typically, this is so that we can be both educational and time efficient! Thank you for your involvement and all the hard work you put into Track and Field! We do appreciate it and I know we say it every year, but we honestly cannot do it without you!

Donna Duggan/Halifax West and Jason Murphy/Citadel High -Capital Track and Field Coordinators

Capital DISTRICT Meet Schedule DAY 1
Coaches/Officials Meeting 9:30-9:45

Track Events (approximate times)

10:00am	100m /50m	Timed Finals	Special Athletes/Wheelchair (far side)
10:00am	80m Hurdles	Timed Finals	JG, IG, SG (main side)
10:30am	100m Hurdles	Timed Finals	JB, IB, SB (main side)
11:15am	400m	Timed Finals	JG, JB, IG, IB, SG, SB
1:15pm	100m	Heats	JG, JB, IG, IB, SG, SB
3:30pm	1500m	Timed Finals	JG, JB, IG, IB, SG, SB
5:00pm	100m	Finals	JG, JB, IG, IB, SG, SB

Field Events

	<u>10:00</u>	<u>12:30</u>	<u>3:00</u>
Long Jump	IB	*JB (1pm)	SB
High Jump	JG	IG	SG
Triple Jump	IG	SG	JG
Shot Put	JB	SB	IB
Discus	SG	JG	IG
Javelin	SB	IB	JB

Special Athletes

100m (meet on track near long jump pit)

10:00am Junior Girls and Junior Boys

10:30am Senior Girls and Senior Boys

Shot Put (meet in grassy area between high jump and triple jump pit)

10:30am (After 100m) Junior Girls (Pit 1) and Junior Boys (Pit 2)

11:15am (After 100m) Senior Girls (Pit 1) and Senior Boys (Pit 2)

Long Jump (we will use triple and long jump pits as they become available)

11:30ish Junior Girls and Junior Boys

12:00ish Senior Girls and Senior Boys

Capital DISTRICT Meet Schedule DAY 2
Coaches/Officials Meeting 9:30-9:45

Track Events (with approximate times)

10:00am	200m	Heats	JG, JB, IG, IB, SG, SB, ParaG, ParaB
11:45am	800m	Timed Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
1:15pm	4x100m	Timed Finals	JG, JB, IG, IB, SG, SB
2:30pm	200m	Finals	JG, JB, IG, IB, SG, SB
3:00pm	3000m	Timed Finals	JG, JB, IG, IB, SG, SB
5:00pm	4x400m	Timed Finals	JG, JB, IG, IB, SG, SB

Field Events

	<u>10:00</u>	<u>12:30</u>	<u>3:00</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

***Para shot put will follow SG Shot Put (approximately 1:15pm)**

Rules and Regulations 2019 Capital District and Regional Track Meets
(see variations between District and Regional as noted)

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	under 19 as of Sept. 30

You will be required to enter birthdates in the online system this year to ensure no athlete is competing in a class they are too old for, but they may age up and race in a higher age class. All athletes must remain in one class through the whole season and may not go up or down once they have set their class with competition in their first event. This includes filling in on relay teams. Also remember that no athlete may do more than 3 years competition once they start grade 10 regardless of age. There are no age restrictions Special athletes as they are governed by grade/type of school * There may be special case exceptions for grade level of special athletes when deemed in the best interest of the student-athlete.

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

3. Entry limits

Field events- Four (4) athletes per field event, per age class, per gender, per school.

Track events- Four (4) athletes per track event, per age class, per gender, per school.

No limits on Para Athlete or Special athlete entries since they have limited events possible

4. Field Event Attempts

DISTRICTS

In all throwing and jump-for-distance events, each competitor in junior, intermediate, senior will be allowed 3 attempts only. (At the district level, special athletes will be limited to 2 attempts due to the number of athletes and keeping in mind limits on their transport and supervision). The athlete's best throw or jump in all rounds is used for placing. Ties will be broken by next best jump or throw through all throws/jumps. If a dead tie exists, all tied athletes earn the placing while the next best athlete is ranked that many athletes down. No jump off or throw off will take place.

* The first jump or throw of each competitor will be measured

* In rounds 2 & 3, only those throws/jumps which place in the top 10 will be measured. A stake will be placed in the field at the 10th place distance following the first round and only jumps, throws beyond this will be measured (for Para Athletes and Special athletes all will be measured)

* if the athlete faults in the 1st round, the 2nd round jump or throw will be measured regardless of location so that they get all athletes get at least 1 measured attempt

REGIONALS

Each competitor will have 3 attempts and all legal attempts are measured. The top 8 athletes (ties broken when possible as per above) 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.

5. Starting High Jump Heights:

(all heights are 10cm below

Provincial starting heights)

The HJ official may use discretion

and lower these based on warm up

jumping and conditions

Class

Height

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. 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

7. Track events with heats

DISTRICTS

The 400m, 800m, 1500m, 3000m, Hurdles and all relays will be run as a timed-section final. In addition the Special Athlete 100m and the Para Athlete 200m will be run as timed-section finals. The Junior, Intermediate and Senior 100m and 200m events will run as heats and then finals or bi-finals depending on the number of heats. The timed section final of the Special athletes 100m and the wheelchair 50m will take place on the backstretch to speed up our day. Blocks will be used in the 100m, 200m, 4x100m Relay (not the 4x400m) and hurdles **except for** the backstretch 100m.

Qualification for finals at districts is as follows:

Entries	Heats	Qualification
1-8	1	Heat is the final
9-16	2	Heats are a Bi-final
17-24	3	Top 1 + 5 fastest to 1 heat final
25-32	4	Top 1 + 4 fastest to 1 heat final
33-44	5	Top 1 + 11 fastest to Bi-final
41-48	6	Top 1 + 10 fastest to Bi-final
49-56	7	Top 1 + 9 fastest to Bi-final
57-64	8	Top 1 + 8 fastest to Bi-final
65-72	9	Top 1 + 7 fastest to Bi-final
73-80	10	Top 1 + 6 fastest to Bi-final
81-88	11	Top 1 + 5 fastest to Bi-final

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, but optional for the Para 200m. No blocks are used for the Special Athlete 100m.

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*

8. 400 meters and all races below this distance will be run in lanes for all age classes. 800m will use a waterfall start with 2 athletes per lane while the 1500m and 3000m will start on a curved line.
9. 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.
10. 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 |
11. 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 |
12. 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 or track officials.
13. 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.
14. Only pin spikes (max. 7 mm) will be permitted on the track or runways.

15. All competitors must start and finish their events in order to qualify for Regionals/Provincials*. If they qualify and will not be attending the Regionals/Provincials, we ask they submit their names immediately to the official-in-charge of their event and/or have their coaches submit their names to the meet director via email by a deadline provided (Victoria Day 5pm). No replacements will be made beyond this date for Regionals. For Provincials notification is simply a courtesy to allow the alternate athlete advance notice that they can replace the athlete and should travel to compete. Scratch rules at Regionals and Provincials are much stricter and are often enforced on athletes who miss a morning event and try to compete in the afternoon and of course you must compete in all events you qualify for at provincials. You cannot simply "drop" an event once you have qualified.

**See 2019 NSSAF Board directive re: IB/AP exam exceptions*

16. 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 (or 6th round at Regionals). In track events that are a 1 heat final, ribbons will be given at the finish line, otherwise all track ribbons will be given in the booth once final results have been posted. Class banners will be awarded on the javelin runway following the 4x400m event of each age class.

17. The team point system used to determine class banners 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

18. 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.

19. You will be allowed 6 changes/additions to your entries per day at the meet. This process will be discussed at the first coaches meeting and change sheets distributed there. Once the entry deadline has passed please realize that the work needed to put the meet together is underway and with over 1000 athletes in each district meet we really need to focus on getting it together. Carefully enter your athletes and post a list for students to tell you the errors prior to the deadline. The official entries are what are downloaded at the entry deadline communicated to coaches. Once this occurs it honestly is easier to make any additions or changes at the start line or at the event then trying to reheat/relane and adjust paperwork that is printed. As always, you may change your relay members at any time through the season but be sure they are only in 6 events and that they remain in one class all season.

20. Advancement

From District to Regional

Track Events	top 8
Field Events	top 8 (ties are broken when possible by next best jumps/throws or HJ rules)
Relays	top 4
All wheelchair 50m athletes and all Para Athletes may advance	

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
No wheelchair athletes may advance	
All Para Athletes advance.	