

## Northumberland Regional Track & Field Meet 2019

- Dates: May 24 & 25, 2019
- Location: Pioneer Coal Athletics Field, Stellarton.
- Meet Director: Trevor Boudreau, NGA
- Starting Time: 9:30 am [Friday and Saturday]
- Coaches / Officials Meeting: Friday - 8:45 Meet overview and Officials Confirmation  
Saturday - 8:45 Officials Confirmation
- Entry Fee: \$125 per school (15 or more athletes) OR \$75 (less than 15 athletes). Please make cheques payable to **New Glasgow Academy Track and Field**. Fees will be collected following the coaches meeting Friday morning. Receipts will be sent to your school by mail as soon as administration processes registration fees.
- Entries: The District meet directors will register the top 8 athletes and top 4 relay teams from each district. Coaches are not required to register their athletes at this time.
- Alternates: The 9th place finisher from each district may be eligible to compete if a qualified athlete **of the same District** is unable to attend. Coaches are asked to contact the 9th place alternate coach if he/she is aware of an athlete not participating. All alternates should report to the head official for their specific event upon hearing first call.
- Lane Assignments: For events with prelims and finals, each athlete's district final time and placing will be used to create 2 heats of equal strength. Heats shall not include more than 4 athletes per district. Lanes for prelims are random draw. Lanes for finals are generated from prelim results and are given in the following order based on ranking: 4,5,3,6,2,7,1,8.
- Heats & Finals: All track events will be timed finals with the exception of the Hurdles, 100m, 200m and 400m races. In these four events (as will be the case at Provincials), the top 3 athletes from each heat plus the next 2 fastest runners will qualify for a final of 8 in order to determine the top 4 Provincial qualifiers. For prelims that include more than 16 athletes, 3 heats will be required and therefore the top 2 and next 2 fastest runners will qualify for the final.
- Senior Girls 400m:** Due to IB examinations/school commitments and NSSAF policy for fair play, the senior girls 400m will only be run as a 2 heat timed section final involving a maximum of 16 athletes. This timed section final will take place during the 400m FINALS time slot in the schedule. There will be no 400m preliminary for the senior girls age class. The top 4 athletes will advance to Provincials based on times. Ties shall be broken with heat placing. If 2 or more athletes remain tied after the first tiebreaker, our Region will qualify additional athletes to Provincials.

- Field Events:** The order of competition for rounds 1-3 will be randomly selected and will not be altered unless an athlete(s) is/are called away to a track event. In this case, the athlete(s) may request throwing or jumping earlier or later in the round. If the athlete(s) misses a entire round, no extra additional attempt will be given. The top 8 athletes from rounds 1-3 will be awarded 3 additional rounds. In these rounds 4-6, the order of competition will begin with the lowest ranked athlete to the highest ranking athlete.
- Hurdles:** Scheduled as the first event of the day on Friday. Hurdle distances are 80m for girls and 100m for boys. The hurdles event will be run as prelims and a final. All girls prelim events will take place prior to the boys races, in the order of junior, intermediate, senior. Following the Senior boys prelims, the hurdles will be reset to Junior girls height and the finals will begin.
- 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
- Spike size:** The maximum spike size is 7mm and only cone or pyramids will be permitted. NO pins or xmas trees please. Spikes will be available onsite for sale through the canteen. Please have your athletes check their spike size prior to the meet.
- Para Athletes:** Three events will be contested for our Para athletes; 200m (ambulatory & wheelchair), 800m timed finals (ambulatory), and Shot Put (seated and ambulatory) **3** throws each. Any Para athlete in grade 6-12 shall be able to participate (no age limit). All Para athletes who compete at Regionals will automatically qualify for Provincials.
- Special Athletes:** Three events will be contested for our special athletes; the shot put (**3 throws** maximum), 100m as well as long jump (**3 jumps** maximum measured from the take-off board). These athletes would have been qualified for Regionals based on their District placing. The top **four** here will qualify for Provincials. Age classes for the special athletes are Junior (grade 7-9) and Senior (grade 10-12). **Ribbons for all events will be presented following the athletes final event.**
- Results:** All results will be posted as quickly as possible. Unofficial results will be posted outside clubhouse area. Coaches are asked to check results for inconsistencies and bring errors to the attention of the Meet Director in a timely manner. Results will also be available through the Track Meet Mobile App.

Awards: Ribbons and banners will be awarded throughout the competition. 1st, 2nd, and 3rd place ribbons will be awarded to the top 3 finishers in each individual event as well as the top three relay teams. Banners will be awarded for JG, JB, IG, IB, SG, SB age classes. Banners will be awarded based on points gained through events placings. The point system is as follows:

<b>Individual</b>		<b>Relays</b>	
1st = 12pts.	2nd = 10pts.	1st = 16pts.	2nd = 14 pts
3rd = 9pts.	4th = 8pts.	3rd = 12pts.	4th = 11pts.
5th = 7pts.	6th = 6pts.	5th = 10pts.	6th = 9pts.
7th = 5 pts.	8th = 4pts.	7th = 8pts.	8th = 7pts.

Provincials: The top 4 athletes in each event as well as the top 4 relay teams will advance to Provincials. Fifth place will act as the Regional alternate. Athletes who qualify for an event at Provincials, are expected to compete in that event. Scratch rules are enforced much more strictly.

Code of Conduct: Coaches and athletes are reminded that this is an NSSAF sanctioned event and therefore all behavior should adhere to the NSSAF Code of Conduct. Such Code of Conduct includes, promoting friendly relationships and good sportsmanship, to respect the judgment and integrity of referees, judges and other officials, and abstain from inappropriate language.

Schedule: A schedule of events is provided in a separate file. All events on the track will be run in two heats only with the exception of events including NSSAF excused student-athletes involved in IB programs. The times are mere guidelines. Athletes are encouraged to stay on-site and to check in with the clerk of the course and/or the head official of the field events as soon as possible following their first call.

Event Calls: Meet officials will do their best to announce first calls for all track events 25 minutes prior to their scheduled time and all field events 30 minutes prior. Second and third calls for all events will be announced at 15 minutes and 5 minutes to event times. These are guidelines only. Athletes are ultimately responsible to check in with their event officials in a timely manner.

Field Events: The top 8 will be awarded an additional 3 attempts in every field event, except high jump. The top 8 athletes shall be re-ordered following round 3 so that the lowest ranked athletes competes first in round 4 and the highest ranked athlete competes last. This order will remain the same for rounds 5 and 6 as well. The top 4 athletes from the final 8 will advance to Provincials.

**Coaching:** All coaches (not officiating) must remain outside the fence surrounding lane 8. Coaches may assist and support their athletes from the rail, however athletes are not permitted to leave their competition area. Coaches who have kindly volunteered to officiate an event, may assist their athlete from the competition area. Such support should be done quickly so not to interfere with the running of the event.

**Officiating:** As has been the case in recent years, we are expecting assistance in the area of officiating. We will be seeking assistance from schools from each district to help with our field events as well as relays. **Head officials are asked to find 2-3 other minor officials to help in that specific area as well. Thank you!**

**Equipment:** In throwing events, an athlete may request that the head official certify an implement prior to competition. If this implement is certified, it may be used but must also be made available for all other athletes in that event.

Implements:	Age Class	Shot Put	Discus	Javelin	High Jump
	Senior Boys	6 kg	1.75 kg	800 g	1.40
	Senior Girls	4 kg	1.0 kg	600 g	1.25
	Intermediate Boys	5 kg	1.5 kg	700 g	1.30
	Intermediate Girls	4 kg	1.0 kg	500 g	1.25
	Junior Boys	4 kg	1.0 kg	600 g	1.25
	Junior Girls	3 kg	0.75 kg	400 g	1.15
	Special/Para Girls	3 kg	n/a	n/a	n/a
	Special/Para Boys	4 kg	n/a	n/a	n/a

**Canteen:** A full canteen and BBQ will be located on-site.

**Parking:** The facility has ample parking for busses and vehicles on site.

**Changing Rooms:** Full washrooms are available on site. If you see that a washroom is in need of more supplies, please see the staff at the canteen for assistance.

**Directions:** **From Truro;** take exit 23 and turn right on Westville Rd. Continue straight until Auburn Ave. Turn left onto Auburn Ave. and proceed roughly 400m to facility driveway on your right.  
**From Antigonish;** take exit 23 and turn left on Westville Rd. towards Westville. Continue straight until Auburn Ave. Turn left onto Auburn Ave and proceed roughly 400m to facility driveway on your right.

**Information:** If you require further information, contact Trevor Boudreau 616-4040 (c) or 755-8400 ext. 316 (w) or [boudreaut@ccrce.ca](mailto:boudreaut@ccrce.ca)