**Colchester-East Hants and Antigonish District Track and Field Meet 2022**

**Dates:** Friday, May 13 and Saturday, May 14, 2022

**Registration Deadline:** Saturday, May 7th, 2022 @ 5:00 pm (Trackie.reg)

**Location:**  Pioneer Coal Athletic Field, Stellarton

**Meet Directors:**  Paul Millman/Joyce Millman

**Start Time:**  9:00 am May 13 & May 14

**COACHES MEETING:** 8:30am. Inside the clubhouse. One coach per team please attend. **Masks required inside the clubhouse**.

**Because of the two-year Covid-19 hiatus, many athletes and coaches will be experiencing the District**

**Track and Field Meet for the first time. We ask that you read all information carefully and share**

**relevant information with your athletes. If you have any questions, please ask. The following**

**information is essential for a safe and positive experience for all our athletes.**

**Entry Fee:** $220.00 per school with 20+ athletes. $120.00 per school with 19 athletes or fewer. Please make cheques payable to CEC. Please have your cheque ready at the Coaches Meeting. Receipts will be mailed to each school.

**Entries:** Registrations will open April 27th at 5:00 pm. Each school must register on-line (Trackie.reg) by Saturday, May 7th at 5:00 pm in order to have student athletes entered to compete at this meet. The deadline above applies to ANY changes. Data from the website will be transferred on Monday, May 9th. Any changes made on the website after this time will not be included in the meet schedule. Please contact Data Manager Ron Smith at [smithrg@ccrce.ca](mailto:smithrg@ccrce.ca) with any questions or concerns following May 7th.

**Entry Restrictions:** Each school may only **FIVE** entries per event per age-class. Each school is restricted to **ONE** entry in each of the relay event categories. An individual athlete may compete in a maximum of **SIX** events INCLUDING RELAYS. **\*\*Please ensure your school does not submit more than five athletes per event, per age-class.**

**Supported Athletes:** Supported Athletes may participate in the following events: 100m Finals; Long Jump (3 jumps maximum from any point on the runway); and Shot Put (3 throws; women 3 kg; men 4 kg). Please enter all Supported Athletes online using the correct category (Supported Junior for athletes in grades 9 and below; Supported Senior for athletes in grades 10 – 12).

**Para Athletes:** Para Athletes are encouraged to participate. Para events: 200m (ambulatory and wheelchair), 800m timed finals (ambulatory), and Shot Put (seated and ambulatory) – 3 throws each. Women will use the 3 kg implement and men will use the 4 kg. Any Para Athlete in grades 6 – 12 shall be able to participate (no age restriction). Registration will be online. Please be sure to use the appropriate category.

**Officiating:** As the host school, CEC is ensuring placement of Head Officials in each event. As has been the case in the past, each participating school must provide one or two minor/support officials (coach, parent, former athletes, leadership students, etc.) to provide assistance with minor tasks such as raking sand, measuring throws, holding tape, etc. Please email the names of your volunteer officials to Joyce Millman ([millmanjoyce@gmail.com](mailto:millmanjoyce@gmail.com)) by the May 7th registration deadline. We will place volunteers in needed areas including timers, pit/jumps assistants, tape pullers, etc. 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 so please ensure athletes are prepared prior to their events.

**Age-Classifications:** Junior Under 14 years of age as of December 31, 2021

Intermediate Under 16 years of age as of December 31, 2021

Senior Under 19 years of age as of September 1, 2021

**\*\*DO NOT ASSUME AN ATHLETE IS A JUNIOR BECAUSE THEY ARE IN JUNIOR HIGH. PLEASE CHECK AGES PRIOR TO REGISTRATION.**

**Canteen:** On-site canteen available for coaches, athletes, and spectators.

**Hurdles:** Please note the following highlighted changes to Hurdles events in the implement chart below:

***\*Race order has been adjusted to allow for these changes. Volunteers will be needed to shift hurdle heights/distances between events.***

**Implements:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age Class** | **Shot Put** | **Discus** | **Javelin** | **High Jump** | **Hurdles** |
| Senior Boys | 6 kg | 1.75 kg | 800 g | 1.45 | 110 m - 36” |
| Senior Girls | 4 kg | 1.0 kg | 600 g | 1.25 | 100m, -30” |
| Int Boys | 5 kg | 1.5 kg | 700 g | 1.40 | 100m - 33” |
| Int Girls | 4 kg | 1.0 kg | 500 g | 1.25 | 80m - 30” |
| Junior Boys | 4 kg | 1.0 kg | 600 g | 1.25 | 80m - 30” |
| Junior Girls | 3 kg | 0.75 kg | 400 g | 1.15 | 80m - 30” |
| Supported/Para Girls | 3 kg | n/a | n/a | n/a | n/a |
| Supported/Para Boys | 4 kg | n/a | n/a | n/a | n/a |

**Heats/Finals:** All track events will be timed finals with the exception of the 100m and 200m races. Because the heats are randomly determined, **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. If athletes remain tied after this tie-breaker, then three finals may be required. The 400m is a timed final.

**Field Events:** Each competitor will have three attempts. The top eight will have an additional three attempts in every field event except High Jump. Those eight athletes will advance to Regionals. With the exception of high jump, athletes will only be permitted 30 seconds for each field attempt. \*\*Reduced from 60 seconds.

**Advancement:** The top eight athletes in each event, as well as the top four relay teams, will advance to Regionals May 27th-28th. The 9th place competitor (or 5th relay team) from each district may substitute for an athlete from the same district in the top eight if one is unable to compete.

**Schedule:** A schedule of events is available on Trackie.reg. These times are approximate due to variances in the number of athletes per event, weather, and other factors. All track events will run in order when the track is ready. Athletes are encouraged to stay on-site and to check in with the Clerk of the Course and/or Head Official of field events ASAP after the first call by the announcing booth. All athletes competing in field events should pay careful attention to their schedule. Discus and Javelin competitors should not advance to the competition area until an official is present as these events are staggered for safety.

**Directions:** **From Truro**: Take exit 23 off 104 and turn right on Westville Road. Continue straight until Foster Avenue. Turn left. Proceed roughly 400m and turn right onto Pat Carty Way.

**From Antigonish**: Take exit 23 off 104 and turn left onto Westville Road. Continue straight until Foster Avenue. Turn left. Proceed roughly 400m and turn right onto Pat Carty Way.

**Parking:** The facility has ample on-site parking for buses and vehicles. Please avoid 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. Schools are asked to remind athletes to respect the facility and clean up after themselves.

**Masks:** As per school regulations, Covid-19 masks are required inside clubhouse facilities. This includes washroom areas, coaches/officials meetings, etc.

**Information:** If you require further information, please contact **Joyce Millman – 902-890-3930 (cell), or by email: millmanjoyce@gmail.com**