



Thames Valley Regional Athletics

RULES OF PLAY: TRACK AND FIELD

1.0 Organization of Competition

In reference to schedule 5, Organization of Competitive Groupings, Seasons and Practice Restrictions, TVRA Track & Field will be contested via one (1) TVRA Track and Field Meet. Teams will come from the former conferences:

Tri-County

Glencoe DHS
West Elgin
Central Elgin
East Elgin
Parkside
College Ave
Lord Dorchester
Glendale
Woodstock CI
Huron Park
Ingersoll DCI
Holy Cross
St. Joseph's
St. Mary's
Notre Dame
Providence RC
Strathroy DCI
North Mid. DHS

Central

Montcalm
Westminster
South
Clarke Road
Central
Medway
Oakridge
Laurier
Lucas
Beal
Saunders
Banting
St. Andre Bessette
Gabriel Dumont
London DCSS
Mgr. Bruyere
Catholic Central
Regina Mundi
St. Thomas Aquinas
John Paul II
Mother Teresa

- 1.1 The site for the TVRA Championships will be determined by SAC.
- 1.2 The meet schedules will be posted and distributed to Athletic Directors and Coaches as soon as possible prior to the start of the season.

2.0 Eligibility/Entries

- 2.1 Refer to the TVRA Agreement Schedule 6 as well as the following:
- 2.2 Conference eligibility lists must be submitted to the Conference convenor prior to any competition, including exhibition meets. The deadline for eligibility sheets will be set each year by the SAC.
- 2.3 Conference entries must be submitted to the Conference convenor no later than four (4) days prior to the Conference Championship.
- 2.4 A student may only play on one team of the same sport (team or individual) during a school year.
- 2.5 Any athlete participating in a TVRA Track & Field Championship must have participated as a member of a bona fide high school program during the season (March to June), in a minimum of sixteen (16) practices and one (1) exhibition meet. An exhibition meet can take



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make forms, but should include competition among schools. *NOTE: For the 2021-2022 season, a provision has been made for the amount of practices to be 8, instead of 16 and no exhibition meet.*

2.6 Conference meet results and entries to WOSSAA are to use compatible computer programs (Hy-Tek Meet Manager, Trackie).

2.7 **Scratch Rule**

2.7.1 Entry scratches shall be accepted at the discretion of the entries chairperson and up until the scratch deadline set by the Convenor.

2.7.2 Any competitor scratching from an event during the meet shall be ineligible for individual competition for the remainder of that day of competition.

2.7.3 Appeals may be made to the Convenor of the meet through their head Coach prior the event.

3.0 **Competition**

3.1 The meet shall be conducted according to the current official rules of the IAAF with amendments outlined as per OFSAA Track & Field regulations. eg. false start rule

3.2 A school may only enter three (3) athletes/relay teams per event.

3.3 Competitors may enter any three (3) individual events in the same age class or open class. In addition, a competitor may enter one (1) 4x100m relay (provided he/she is not over-age for that age-class relay) and one (1) 4x400m relay.

3.4 Each school may enter three (3) relay teams in each event and division. Only one (1) team per school in each event and division may score points. However, all teams may advance to the WOSSAA Championships.

3.5 See Appendix A – List of events.

3.6 See Appendix B – Meet Schedule.

3.7 See Appendix C -- Event Specifications (eg. hurdle heights, starting heights, etc.)

3.8 **Conflict of Track & Field Events**

3.8.1 When a competitor has a track event and field event scheduled for the same time, then he/she must inform the chief official of the field event as soon as possible. The competitor must report to the track event upon the second call for that event.

3.8.2 Vertical jumps have precedence over other field events. Athletes are asked to notify officials at both events if an athlete is in two (2) field events at the same time.

3.8.3 In horizontal jumps and throws, if a competitor misses a round, he/she may receive only his/her attempt in the round of competition in progress at the time of return. This attempt may occur out of order.

3.8.4 After the last competitor has completed their attempt, a round is deemed to be over.

3.8.5 In vertical jumps, any missed trial(s) of a round will be recorded as a pass(es). If the crossbar has been raised, then it will not be lowered for returning athletes.



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4.0 Uniforms and Equipment

- 4.1 All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colour and logo. No sport club insignia on uniforms or warm-up attire shall be permitted. Sponsorship or brand recognition is permitted to be visible but must conform with the placement guidelines outlined in OFSAA By-Law 6, section 2 (h).
- 4.2 All competitors shall wear bib numbers on the front of their competition shirt. For high jump and pole vault, bib placement is at the discretion of the official.
- 4.3 The tops of all four relay competitors must be **identical**. The shorts of all four relay competitors should be the same colour.

5.0 Scheduling

- 5.1 The TVRA Conference championships will be held the week prior to the WOSSAA Championships.
- 5.2 The TVRA Conference championships will be a two day meet.

6.0 School Responsibilities

- 6.1 The Convenor will assign each school with areas of responsibility for officiating. See Appendix D – School Responsibility List.
- 6.2 Schools shall provide the required number of adult official(s) and adult and/or student volunteers. Student volunteers should not be athletes competing during that day of competition.
- 6.3 Officials should bring all equipment necessary for the running of the event eg. tape measures, etc.

7.0 Advancement to WOSSAA

- 7.1 The top ten (10) finishers from TVRA shall advance to WOSSAA.
- 7.2 In events where athletes compete in preliminary rounds in order to advance to the final, the athlete must compete in and finish the final round of the event with an "honest effort".

8.0 Awards

- 8.1 Individual Awards:
 - Gold Medallions for 1st place finishers
 - Ribbons for 2nd – 6th place finishers
- 8.1.1 On a six lane track, points shall be awarded 10, 8, 6, 4, 2, 1. On an eight lane track, points shall be awarded 10, 8, 6, 5, 4, 3, 2, 1.
- 8.1.2 Points earned by Para Athletes will go to team points only, and not assigned to age division.



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- 8.2 Team Awards:
TVRA Track and Field Novice Boys Champions
TVRA Track and Field Junior Boys Champions
TVRA Track and Field Senior Boys Champions
TVRA Track and Field Novice Girls Champions
TVRA Track and Field Junior Girls Champions
TVRA Track and Field Senior Girls Champions

Individual Awards:

The Bob Gage Award will be presented to the top graduating male and female track and field athletes in TVRA. Nomination forms will be distributed by the convenor. (8x10 plaque)

- 9.0 **Convenor Responsibilities** – As outlined in the TVRA Sports Agreement - section 5.6 and schedules 3 through 8.
- 9.1 Convenor Coverage
a) There are 12 days of supply coverage available for convening in TVRA



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APPENDIX A – LIST OF EVENTS

Girls' Events - Novice, Junior, Senior:

100 metres	High Jump
200 metres	Pole Vault
400 metres	Long Jump
800 metres	Triple Jump
1500 metres	Discus -- 1 kg
3000 metres	Javelin (600 gm)
80 metre hurdles (Novice & Junior 30")	Shot – 3 kg (Novice & Junior)
100 metre hurdles (Senior 30")	Shot – 4 kg (Senior)
300 metre hurdles (Novice & Junior 30")	
400 metre hurdles (Senior 30")	
1500 metre steeple chase (Open)	
4 x 100 metre Relays	
4x400 metre Relay (Open)	

Boys' Events - Novice, Junior, Senior:

100 metres	High Jump
200 metres	Pole Vault
400 metres	Long Jump
800 metres	Triple Jump
1500 metres	Shot: Novice /Junior -- 4 kg (8 lb., 13 oz.)
3000 metres	Shot: Senior -- 5.443 kg (12 lb.)
100 metre hurdles (Novice 33"/Junior 36")	Discus: Novice /Junior -- 1 kg
110 metre hurdles (Senior 36")	Senior -- 1.613 kg (3 lb., 9 oz.)
300 metre hurdles (Novice & Junior 33")	Javelin: Novice /Junior -- 600 gm
400 metre hurdles (Senior 36")	Senior -- 800 gm
2000 metre steeple chase (Open)	
4 x 100 metre Relays	
4x400 metre Relay (Open)	



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Para Division & Physical and Intellectual Disabilities

Chart # 1 - Classifications

Key : T = Track Events; F = Field Events

Athletes with A Visual Impairment T/F 11 – Blind

T/F 12 – Very Limited Vision

T/F 13 – Limited Vision

Athletes with an Intellectual Impairment

T/F 20 – IQ at or below 75

Athletes with Cerebral Palsy

F 32; F 33; T/F 34 – Wheelchair Athletes

T/F 35 ; T/F 36; T/F 37; T/F 38 – Ambulatory Athletes

Athletes with an amputation & les

Autres F 40 & F 41 – Dwarfs

T/F 42; T/F 43; T/F 44 – Leg

Amputees T/F 45; T/F 46; T/F 47 –

Arm Amputees

Athletes in a wheelchair

T/F 51; T/F 52 – Quadriplegic

Chart # 2 — Para Track & Field

Race	Divisions	Classification – (Chart # 1)
100m	Visually Impaired	T/F 11, 12, & 13
100m	Intellectually Impaired	T/F 20
100m	Ambulatory	T/F 35 – 38 & 40 -- 47
200m	Wheelchair	T/F 34 & 51 -- 54
800m	Visually Impaired	T/F 11,12,13
800m	Ambulatory	T/F 35 – 38 & 40- 46
800m	Intellectually Impaired	T/F 20

Where there are sufficient numbers in Para Track Events, there will be heats to finals.

Note: In visually impaired events, there will be an allowance for an athlete who requires a guide (thus two lanes).



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APPENDIX B – MEET SCHEDULE **TVRA Track and Field Schedule**

Day One

Blocks of Events may run up to 30 minutes ahead of schedule.

The track will close at 8:45 am. At this time, no coaches, athletes, or spectators will be allowed in the competition area. All athletes will marshal in the marshalling area and will be directed to their event. Warm-ups may only take place in the designated areas. One coach from each school is permitted at the pole vault area only. All other coaches must remain in the stands. There will be absolutely no coaches or spectators allowed anywhere in the competition area at any time during the competition.

Track Events

- 9:00 am Open Boys Steeplechase (2 heats)
2000 m
- 9:20 am Novice Girls 80m Hurdles Heats
Junior Girls 80m Hurdles Heats
Senior Girls 100m Hurdles Heats
Novice Boys 100m Hurdles Heats
Junior Boys 100m Hurdles Heats
Senior Boys 110m Hurdles Heats
- 10:00 am Novice Girls 100m Heats
Junior Girls 100m Heats
Senior Girls 100m Heats
Novice Boys 100m Heats
Junior Boys 100m Heats
Senior Boys 100m Heats
- 11:30 am Open Girls Steeplechase (1 or 2 heats)
- 11:50 am Novice Girls 400m Timed Finals
Junior Girls 400m Timed Finals
Senior Girls 400m Timed Finals
Novice Boys 400m Timed Finals
Junior Boys 400m Timed Finals
Senior Boys 400m Timed Finals
Wheelchair Girls 400m
Wheelchair Boys 400m

Field Events

- 9:00 am Novice Girls Long Jump
Novice Boys Shot Put
Senior Boys Triple Jump
Junior Boys Discus
Senior Girls High Jump
Senior Boys Javelin
Novice and Junior Boys
Pole Vault
- 11:00 am Novice Girls Shot Put
Novice Boys Long Jump
Junior Girls Discus
Junior Boys Triple Jump
Senior Girls Javelin
Senior Boys High Jump
Novice, Junior, and Senior
Girls pole vault



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1:10 pm Track Lunch Break

TVRA Track and Field Schedule (con't)

Day One

Track Events

1:40 pm Senior Boys 110m Hurdle Finals
Junior Boys 100m Hurdle Finals
Novice Boys 100m Hurdle Finals
Senior Girls 100m Hurdle Finals
Junior Girls 80m Hurdle Finals
Novice Girls 80m Hurdle Finals

2:00 pm 100m Semi-Finals (where necessary – if over 24 entries)
Same order as the heats

2:30 pm Novice Boys 1500m Timed Finals
Junior Boys 1500m Timed Finals
Senior Boys 1500m Timed Finals

3:20 pm Novice Girls 100m Finals
Junior Girls 100m Finals
Senior Girls 100m Finals
Novice Boys 100m Finals
Junior Boys 100m Finals
Senior Boys 100m Finals
Girls Visually Impaired, Intellectual Disability & Ambulatory 100m Timed Finals
Boys Visually Impaired, Intellectual Disability and Ambulatory 100m Timed Finals

3:40 pm Novice Girls 1500m Timed Finals
Junior Girls 1500m Timed Finals
Senior Girls 1500m Timed Finals

4:40 pm Novice Girls 4 x 100m Relay, Timed Finals
Junior Girls 4 x 100m Relay, Timed Finals
Senior Girls 4 x 100m Relay, Timed Finals
Novice Boys 4 x 100m Relay, Timed Finals
Junior Boys 4 x 100m Relay, Timed Finals
Senior Boys 4 x 100m Relay, Timed Finals

Field Events

1:30 pm Novice Girls High Jump
Novice Boys Javelin
Junior Girls Long Jump
Junior Boys Shot Put
Senior Girls Triple Jump
Senior Boys Discus
Senior Boys Pole Vault



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TVRA Track and Field Schedule (con't)

Day Two

Blocks of Events may run up to 30 minutes ahead of schedule.

The track will close at 8:45 am. At this time, no coaches, athletes, or spectators will be allowed in the competition area. All athletes will marshal in the marshalling area and will be directed to their event. Warm-ups may only take place in the designated areas. All coaches must remain in the stands. There will be absolutely no coaches or spectators allowed anywhere in the competition area at any time during the competition.

Track Events

9:00 am Novice Girls 300m Hurdles, Timed Finals
Junior Girls 300m Hurdles, Timed Finals
Senior Girls 400m Hurdles, Timed Finals
Novice Boys 300m Hurdles, Timed Finals
Junior Boys 300m Hurdles, Timed Finals
Senior Boys 400m Hurdles, Timed Finals

10:00 am Novice Girls 200m Heats
Junior Girls 200m Heats
Senior Girls 200m Heats
Novice Boys 200m Heats
Junior Boys 200m Heats
Senior Boys 200m Heats

11:15 am Novice Boys 800m Timed Finals
Junior Boys 800m Timed Finals
Senior Boys 800m Timed Finals
Visually Impaired, Ambulatory Boys 800m
Intellectual Impairment Boys 800m
Novice Girls 800m Timed Finals
Junior Girls 800m Timed Finals
Senior Girls 800m Timed Finals
Visually Impaired, Ambulatory Girls 800m
Intellectual Impairment Girls 800m

12:30 pm 200m Semi-Finals if required (for more than 24 entries)

1:00 pm **Track Lunch Break**

Field Events

9:00 am Novice Girls Javelin
Novice Boys High Jump
Junior Girls Shot Put
Junior Boys Long Jump
Senior Girls Discus
Junior Girls Triple Jump

11:00 am Novice Girls Triple Jump
Novice Boys Discus
Junior Girls High Jump
Junior Boys Javelin
Senior Girls Long Jump
Senior Boys Shot Put



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TVRA Track and Field Schedule (con't)

Day Two Events

Track Events

- 1:30 pm Novice Boys 3000m Timed Finals
Junior Boys 3000m Timed Finals
Senior Boys 3000m Timed Finals
- 2:20 pm Novice Girls 200m Finals
Junior Girls 200m Finals
Senior Girls 200m Finals
Wheelchair Girls 200m Finals
Novice Boys 200m Finals
Junior Boys 200m Finals
Senior Boys 200m Finals
Wheelchair Boys 200m Finals
- 2:35 pm Senior Girls 3000m Timed Finals
Junior Girls 3000m Timed Finals
Novice Girls 3000m Timed Finals
- 3:40 pm Open Boys 4x 400m Relay Timed Finals
Open Girls 4 x 400m Relay Timed Finals

Field Events

- 1:30 pm** Novice Girls Discus
Novice Boys Triple Jump
Junior Girls Javelin
Junior Boys High Jump
Senior Girls Shot Put
Senior Boys Long Jump

4:15 pm Awards Presentation



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APPENDIX C – EVENT SPECIFICATIONS

Seeding

Ranking and Composition of Heats

- a) Seeding will be done in order to spread the fastest qualifying times evenly throughout the heats and shall be done randomly in lane designated events from lanes one to eight.
- b) Whenever possible, athletes from the same team shall be placed in different heats in all preliminary rounds of the competition. The required exchanges of athletes between heats should, to the extent possible, be made between athletes of similar ranking.
- c) For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from times submitted by their coaches.
- d) After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:
 - i. for events with three (3) rounds, seeding in the second round (semi) shall be based upon placings and times from the first round (heats). For this purpose, athletes shall be ranked as follows:

Fastest heat winner
2nd fastest heat winner
3rd fastest heat winner, etc.

Fastest 2nd place
2nd fastest 2nd place
3rd fastest 2nd place, etc.

(Concluding with)
Fastest time qualifier
2nd fastest time qualifier
3rd fastest time qualifier, etc.

- ii. for events with two (2) rounds, seeding in the second round (finals) shall be based upon placings and times from the first round (heats). For this purpose, athletes shall be ranked as follows:

Fastest heat winner
2nd fastest heat winner
3rd fastest heat winner (if there is a third heat)

(Concluding with)
Fastest time qualifier
2nd fastest time qualifier
3rd fastest time qualifier, etc.

- iii. for events with three (3) rounds, seeding in the third round (finals) shall be based upon placings and times from the second round (semis). For this purpose, athletes shall be ranked as follows:

Fastest heat winner
2nd fastest heat winner
3rd fastest heat winner



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APPENDIX C – EVENT SPECIFICATIONS (con't)

(Concluding with)
Fastest time qualifier
2nd fastest time qualifier
3rd fastest time qualifier, etc.

- b) For events with three (3) rounds, in round two (semis), the athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. three heats will consist of the following seedings:

A	1	6	7	12	13	18	19	24
B	2	5	8	11	14	17	20	23
C	3	4	9	10	15	16	21	22

In all cases, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

Draw for Lanes

- a) For events where there is more than one round of a race, lanes will be drawn as follows:
- in the first round (heats) the lane order shall be drawn by lot.
 - for the following rounds (semis, finals), two (2) free draws shall be made to determine lane assignments: the four (4) top seeds in a heat shall draw for placement in lanes 3, 4, 5 and 6; and the remaining four (4) seeds shall draw for placement in lanes 1, 2, 7 and 8.

Single Rounds (Timed Finals)

- a) In track events with timed finals, the athletes shall be placed in heats with the top seeds in the same heat, and the next best seeds in subsequent heats. The seeding will be determined from times submitted by their coaches. For example, in the 400m race, the top eight (8) seeds would be in the same heat, and the next eight (8) best seeds would be in the same heat, and so on. eg. Three heats will consist of the following seedings:

A	1	2	3	4	5	6	7	8
B	9	10	11	12	13	14	15	16
C	17	18	19	20	21	22	23	24

The heat order will be slowest to fastest.

- b) The lane order shall be drawn by lot.

Starting Rules:

The false start rule is as follows: The **first false start will be charged to the field. The second false start and subsequent false starts will be charged against the athlete(s)** making a false start.



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APPENDIX C – EVENT SPECIFICATIONS (con't)

An athlete who does not use starting blocks must use a four point stance in the individual event races that begin and end in lanes:- Sprint Hurdles; Intermediate Hurdles, 100m, 200m, 400m. In both relay events, the initial athlete who does not use starting blocks must use a four point stance.

Field Event Finalists

In the Field Events, the top eight competitors after three attempts shall receive three more attempts (excluding High Jump and Pole Vault). The order for the extra attempts in Field Events shall be from the lowest ranking competitor (8th) to the highest ranking competitor (1st). If there are eight or fewer competitors, each competitor receives six attempts (excluding High Jump and Pole Vault).

Starting Heights

	Girls HJ	Girls PV		Boys HJ	Boys PV
Novice	1.25	1.60m		1.40m	2.15m
Junior	1.30 m	1.60m		1.55m	2.55m
Senior	1.35 m	1.85m		1.60m	2.85m

Height Increments (following IAAF procedures)

- High Jump** - up 5 cm at a time until only six competitors remain, then up by 3 cm.
- Pole Vault** - up 15 cm at a time until only six competitors remain, then up by 10cm.

Field Event Timing

A two-minute rule will be used in Pole Vault, and a 1.5-minute rule in all other Field Events. The times may be restarted due to interruption of the starting pistol.



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APPENDIX D – School Responsibilities

Responsibility	Number of Helpers needed	School	
		DAY 1	DAY 2
Long Jump	2 Adults, 2 students		
Triple Jump	2 Adults, 2 students		
High Jump	1 Adult, 2 helpers		
Shot Put	2 Adults, 2 students		
Discus	2 Adults, 2 students		
Javelin	2 Adults, 2 students		
Pole vault	2 Adults, 2 students		
Hurdles, Steeplechase	2 Adults, 12 students		
Starting Blocks	1 Adult Supervisor 2 students		
Computer Entries	1 adult, 2 helpers		
Announcer	1 adult		
Finish Line all day	1 adult		
Marshalling Starting Line Helper	4 Adults		
Finish line for Distance Races	3 schools, 2 adults per school		

