

Pictou/Cumberland District Track & Field Meet 2022

- Dates: Tuesday May 17 & Wednesday 18, 2022
- Registration Deadline:** **Friday, May 13th at 11:59 PM (using Trackie.reg)**
- Location: Pioneer Coal Athletics Field, Stellarton
- Meet Director: Trevor Boudreau (NGA)
- Starting Time: 9:00 am [both Tuesday & Wednesday]
- Coaches Meeting: Tuesday - 8:35 inside the clubhouse. Please try to be in attendance.
- Entry Fee: **\$120.00 per school with 12 athletes or more. \$70.00 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 13th at 11:59 PM** to have student athletes compete at this track meet. The deadline above applies for any changes. Data from the website will be transferred to the meet database at the morning of **Sat. May 16th**. 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 902-616-4040 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.**
- Supported Athletes: Supported 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 supported 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 MUST provide 1 or 2 officials [i.e., coach, parent, former student athletes, leadership students, etc.] to provide assistance with minor tasks such as raking sand, measuring throws, holding tape, etc. Schools will be assigned to a specific event and are expected to help. Please see the file attached in order to check and confirm the event your school is responsible for officiating. 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 marshaling area. Please remind your athletes before their events.
- Age Classifications: Junior – under 14 years of age as of December 31 of the current school year
Intermediate – under 16 years of age as of December 31 of the current school year
Senior – under 19 years of age as of September 1 of the current school year
Supported Junior - Grades 7-9
Supported Senior - Grades 10-12
Para athletes - under 19 years of age as of September 30 of the current school year

- Canteen: A full canteen will be available on site for coaches, athletes, and spectators.
- Hurdles: Scheduled as the first event of the day. **NEW! Hurdle distances are 80m for Junior Girls, Junior Boys and Intermediate Girls, 100m for Senior Girls and Intermediate Boys and 110m for Senior Boys.** Most age class hurdle heights have also changed. The hurdles event is a timed final at the District level. The race order will also be altered to adjust for distance and height changes. This order will be JG, JB, IG, IB, SG, SB
- 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. If athletes remain tied after this tie breaker, then 3 finals may be required. The 400m is a timed final only.
- Implements:
- | Age Class | Shot Put | Discus | Javelin | High Jump | Hurdles |
|----------------------|----------|---------|---------|-----------|---------|
| Senior Boys | 6 kg | 1.75 kg | 800 g | 1.45 | 36" |
| Senior Girls | 4 kg | 1.0 kg | 600 g | 1.25 | 30" |
| Intermediate Boys | 5 kg | 1.5 kg | 700 g | 1.40 | 33" |
| Intermediate Girls | 4 kg | 1.0 kg | 500 g | 1.25 | 30" |
| Junior Boys | 4 kg | 1.0 kg | 600 g | 1.25 | 30" |
| Junior Girls | 3 kg | 0.75 kg | 400 g | 1.15 | 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 |
- 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. With the exception of high jump, athletes will only be permitted 30 sec. for each field attempt. Reduced from 60 sec.
- Advancement to Regionals: The top eight athletes in each event as well as the top four relay teams will advance to Regionals on May 27th & 28th. The 9th place competitor (or 5th relay team) from each district may substitute for an athlete of the same district 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, weather and other factors. 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 the first call by the announcing booth. **All athletes competing in field events should pay careful attention to their schedule.**
- Directions: **From Truro;** take exit 23 and turn right on Westville Rd. Continue straight until Foster Ave. Turn left onto Foster Ave. Proceed roughly 400m and turn right onto Pat Carty Way. **From Antigonish;** take exit 23 and turn left on Westville Rd. towards Westville. Continue straight until Foster Ave. Turn left onto Foster Ave. Proceed roughly 400m and turn right onto Pat Carty Way.
- Parking: The facility has ample parking for buses 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 902-661-4040 (C) or 902-755-8400 ext. 316 (W) or by email BoudreauT@ccrce.ca**