

Capital Region Track and Field Championships 2022

Congratulations for having the opportunity to advance your athletes to the **Regional Track and Field Meet**. The meet will be held at the **Beazley Field in Dartmouth on Wednesday, May 25th and Thursday, May 26th** (with the storm date Friday, May 27th). If Wednesday is canceled due to extreme weather, then we will run Thursday events as scheduled on Thursday and run Wednesday's canceled events on Friday. A storm day on Wednesday would include moving Supported Athletes to Friday as well. Track events start both days at 10:00am with a 9:30am coaches meeting.

Track coaches and volunteers are the ones who make our meets so successful each year. In the role as meet directors, we will be asking each and every one of you to step up once again and assist with the officiating and other duties. With the number of schools competing from the city and county, we should be able to combine our resources to make the officiating load easier. If there is one day better for you than another, please let us know so we can put you at the right event at the right time.

Registration, Competing and Results for Regionals

Entry fees are \$10 per competitor plus a \$20 team entry fee (up to a maximum of \$400 per school). Cheques are made payable to: Metro High School Athletic Association. All fees should be brought to the booth sometime after we get up and running on day 1. Receipts to follow.

Since we are simply advancing athletes from Districts, athletes will be entered into the Regional meet automatically by the meet directors from the District results. You do not enter them in the Trackie site a second time. To know who advances, simply note which athletes placed in the top 8 in track and field events and top 4 in relays from the District results. This includes Supported athletes as they follow the same qualification rules as any other athlete. All Para Athletes advance (and actually advance right to provincials without having to compete).

In a shift from previous years, we are simply advancing the 9th place athlete from each district as the alternate as we do for provincials. Similarly, if there is a space created in an event by the absence of an athlete, that place goes to the alternate from that district. Unlike provincials however if that space is not filled by the alternate from that district, we will allow the other alternate in the event. Hopefully the athletes who have advanced to Regionals have let us know they are unable to compete at Regionals, and we have done our best to notify the alternate. Please ensure you notify your athletes of who made it to Regionals and look for them in the heats and lanes/program posted on the regional Trackie page on Monday night.

Results for Regionals will be available on the Meet Mobile app, on the SSNS webpage and also sent out via email either late night the day of, or early the day after the Regional meet. Please check the results from Regionals for errors as soon as you receive them. This is a coach's responsibility since there are simply too many athletes for us to pick up a possible clerical error. Please notify Jason of any errors on Friday before days end. Our Capital Regional results are compiled with the other regions on Sunday in order to create the Provincial meet.

Coaches Meeting

The coaches meeting will take place at roughly 9:30am each morning on the javelin runway. We know some of you will have a tough time making this with late buses but we will meet anyway with the majority so we can get the meet underway. By Regionals we are simply checking if you are there to handle your event, remind you of the changes in measuring, block use and qualifying for finals at the regional meet and answer any questions you may have.

Registration and Competing at Provincials

The Top 4 athletes or relay teams in any event at the Regional meet will advance to the SSNS Provincial Championships June 3rd and 4th hosted by Trevor Boudreau and New Glasgow Academy at Pioneer Coal Athletic Facility in Stellarton, NS. Again, athletes will be entered automatically and any athlete or relay team that places 5th shall be listed as an alternate and will be able to compete if an athlete from their region in the top 4 does not show by the final call of the event. Athletes beyond 5th place do not have the opportunity to compete at Provincials regardless of how many from their region do not show. A reminder however that if you qualify for an event at Provincials, you are expected to compete in that event and scratch rules are enforced much more strictly. You cannot simply "drop" an event at Provincials like we sometimes allow you to do at Regionals.

Thanks again for all your hard work this season with track and field (and many other sports!). We love your work!

Donna Duggan/Jason Murphy - Capital Region Track and Field Coordinators

**Capital Regional Track and Field Meet
Wednesday May 25
Coaches/Officials Meeting 9:30-9:45**

Track Events (with approximate times)

10:00am	80m Hurdles	Semi-Finals	JG, JB, IG
10:30am	100m hurdles	Semi-Finals	IB, SG
10:50am	110m hurdles	Semi-Finals	SB
11:00am	80m Hurdles	Finals	JG, JB, IG
11:15am	100m hurdles	Finals	IB, SG
11:25am	110m hurdles	Finals	SB
11:45am	400m	Semi-Finals	JG, JB, IG, IB, SG, SB
12:45pm	100m	Semi-Finals	JG, JB, IG, IB, SG, SB
1:30pm	1500m	Finals	JG, JB, IG, IB, SG, SB
2:30pm	100m	Finals	JG, JB, IG, IB, SG, SB
3:00pm	400m	Finals	JG, JB, IG, IB, SG, SB

(Any semi final with only 8 athletes on site will be run as the final during the semi final timeframes)

Field Events

	<u>10:00</u>	<u>12:00</u>	<u>2:00</u>
Long Jump	IB (10:30)	JB	SB
High Jump	JG	IG	SG
Triple Jump	IG (10:30)	SG	JG
Shot Put	JB	SB	IB
Discus	SG	JG	IG
Javelin	SB	IB	JB

Supported Athletes (different order than Districts)

10:00am	Long Jump	Junior High (long jump pit) & Senior High (triple jump pit)
10:45am	100m	Junior High and Senior High (far side near main shot put circle)
11:30am	Shot Put	Junior High (high jump area) & Senior High (main shot circle)

Supported Athletes in wheelchairs (did not need to pre-qualify at districts)

11:00am	50m	All classes (far side near main shot put circle)
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**Capital Regional Track and Field Meet
Thursday May 26
Coaches/Officials Meeting 9:30-9:45**

Track Events (with approximate times)			
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10:00am	200 meter	Semi-Finals	JG, JB, IG, IB, SG, SB, Para
10:45am	800 meter	Finals	JG, JB, IG, IB, SG, SB,
11:30am	4x100 Relay	Finals	JG, JB, IG, IB, SG, SB
12:15pm	200 meter	Finals	JG, JB, IG, IB, *SG, SB
12:45pm	3000 meter	Finals	JG, JB, IG, IB, SG,SB
2:15pm	4x400 meter	Finals	JG, JB, IG, IB, SG, SB

(Any semi final with only 8 athletes on site will be run as the final during the semi final timeframes)

Field Events			
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	<u>10:00</u>	<u>12:00</u>	<u>2:00</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

Rules and Regulations 2022 Capital 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 Dec. 31
J	Junior	under 14 as of Dec. 31
SAJ	Junior High Supported Athlete	Grade *7-9
SAS	Senior High Supported Athlete	Grade *10-12
Para	Para Athlete	under 19 as of Sept 30

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

3. Field Event Attempts

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 Supported Athletes do not get additional rounds but are given 3 attempts as per SSNS 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.

4. Starting High Jump Heights:

*(all heights are 5cm below
 Provincial starting heights)
 The HJ official may use discretion
 and lower these based on warm up
 jumping and conditions*

<u>Class</u>	<u>Height</u>
SB	1.40 m
IB	1.35 m
JB	1.20 m
SG	1.20 m
IG	1.20 m
JG	1.10 m

5. 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

6. Track events with heats

REGIONALS

In the 800m, 1500m, 3000m, all relays, the Supported Athlete 100m and the Para Athlete 200m, each race shall be run as a timed-section final. The Supported Athlete 100m will run on the backstretch simply due to the hurdles and 400m extending so far into the meet and these athletes short time on site

The 100m, 200m, 400m and hurdles will run as heats and then a final (except for Supported Athlete and Para Athletes who run as finals only and if only 8 athletes are on site for the semi final for any event, then it is the final)

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 Supported 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 in all events.

**Para athletes automatically qualify for provincials and do not need to compete at districts or regionals*

7. 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.

8. 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.

Several hurdle distances/heights have changed this season. JB to 80m, SG to 100m, SB to 110m

9. Hurdle heights & distances:	JG	30" (0.76m) X 80m
	JB	30" (0.76m) X 80m
	IG	30" (0.76m) X 80m
	IB	33" (0.84m) X 100m
	SG	30" (0.76m) X 100m
	SB	36" (0.91m) X 110m

10. Hurdle placements:	80m	100m	110m
To first hurdle:	12m	13m	13.72m
Between hurdles:	8m	8.5m	9.14m
From last hurdle to finish:	12m	10.5m	14.02m

11. 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.

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. Only pin spikes (max. 7 mm) will be permitted on the track or runways.
14. All competitors must start and finish their events in order to qualify for Provincials*. If they qualify and will not be attending the Provincials, we ask them to 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. This notification is simply a courtesy to allow the alternate athlete advance notice that they can replace the athlete to compete. Scratch rules at 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.
15. Ribbons will be awarded to the top 3 finishers in each event. Field event ribbons will be given at the event following the 6th round. 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.
16. The team point system used to determine class banners will follow the Regional and Provincial Championship model.

Individual events

1st=12 2nd=10
 3rd=9 4th=8
 5th=7 6th=6
 7th=5 8th=4

Relays

1st=16 2nd=14
 3rd=12 4th=11
 5th=10 6th=9
 7th= 8 8th=7

17. Supported Athletes: Must fall into the "Intellectual Disability" category and this is a school-based decision. EPA's should be with the Supported Athletes at all times on site. Supported 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.

18. Advancement

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 50m athletes may advance

All Para Athletes advance

2022 SSNS Capital Region Heats and Lanes Seeding Protocol

We have made some alterations to past practice in order to bring us more in line with IAAF Rules 166 and 180 now that we have moved to Meet Manager™ software. We will still adjust IAAF rules in some track events to continue more in the spirit of past practice. All changes made are in attempts to follow IAAF rules and be fair, consistent and sustainable.

Track events

1) Events with Preliminaries and Finals

100m, 200m, 400m, 80m and 100m Hurdles

Each athlete's regional *place and time* will be used to create 2 heats of equal strength. Heat 1 will be composed of 2nd and 3rd fastest 1st placers, 1st and 4th fastest 2nd placers, 2nd and 3rd fastest 3rd placers, and 1st and 4th fastest 4th placers. Heat 2 will be 1st and 4th fastest 1st placers, 2nd and 3rd fastest 2nd placers, 1st and 4th fastest 3rd placers and 2nd and 3rd fastest 4th placers. Advancement to the final will be top 3 in each heat plus the next 2 fastest times.

Lane assignment for preliminary heats is by random draw.

Lanes for finals are generated from prelim results as per IAAF Rule 166.4 (b). The top 4 ranked athletes draw from lanes 3, 4, 5 and 6, athletes ranked 5th and 6th draw from lanes 7 and 8 and athletes ranked 7th and 8th draw from lanes 1 and 2. This is slightly different from previous years but is in line with IAAF

Automatic qualifiers (top 3 in each heat) take priority over those who qualify on time (next fastest times) with regard to rankings.

2) One heat timed-section finals

800m, 1500m and 3000m, 4x100m and 4x400m relays

- In the 800m, a waterfall start will be used. Each of the 8 lanes on the track will be shared by 2 athletes for the first turn and then athletes will have the opportunity to cut in and occupy any position on the track. Lane start lines are staggered to accommodate the extra distance run by each successive lane.
- In the 1500m and 3000m events, all 16 (or less) athletes will start in one row on a curved start line where cut in is available immediately.

Lanes are assigned by random draw (with some movement to prevent top times/places from sharing a lane in the 800m)

3) Two heat timed-section finals

Supported Athlete 100m

Since it is a timed section final, we will create a second heat of the 8 top placers from district competition and a first heat of the remaining placers.

Lanes are assigned by random draw.

Field Events

1) Horizontal jumps and all throwing events

Long Jump, Triple Jump, Discus, Shot, Javelin

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/jumping earlier or later in the round. If the athlete misses a complete round, no additional attempt is given.

Rounds 4-6 will be held for the Top 8 athletes after rounds 1-3. These rounds will be ordered so that the lowest ranked athlete after rounds 1-3 competes first and the top ranked athlete competes last. This order does not change for rounds 5 and/or 6. If there is a tie for 8th after rounds 1-3 (after tiebreakers are applied), all athletes who are tied advance to rounds 4-6. Also, for any ties, the order for rounds 4-6 of the athletes involved is the same as the original rounds.

2) Vertical Jumps

High Jump

The order of jumping 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 jumping earlier or later at that height, but once the bar has moved and a new height established, the athlete will have been considered to have passed that height.