

Rules and Regulations 2022 Capital Regional Track Meets

1. Age classifications:

S	Senior	under 19 as of Sept. 1
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 1

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 World Athletics Rules 166 and 180 now that we have moved to Meet Manager™ software. We will still adjust World Athletics rules in some track events to continue more in the spirit of past practice. All changes made are in attempts to follow World Athletics 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 World Athletics 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 World Athletics

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.