

Pictou/Cumberland District Track & Field Meet 2023

- Dates: Friday May 12 & Saturday 13, 2023
- Registration Deadline:** **Tuesday, May 9th at 11:59 PM (using Trackie.reg)**
- Location: Pioneer Coal Athletics Field, Stellarton
- Meet Director: Trevor Boudreau (NGA)
- Starting Time: 9:15 am [both Friday & Saturday]
- 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.**
The administrative assistance at NGA will invoice your school following the meet for payment. No cheques will be required on day of the meet.
- Entries: Each school must **register on-line (trackiereg.com) by Tuesday, May 9th 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 on the day of **Thursday, May 11th**. 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 grade class **ONLY** with the exception of Supported Athletes and Para which have no limit to participation. 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 (Supported Junior for athletes in grades 9 or below OR Supported 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 7-12 shall be able to participate (no age limit). Registration will be online. Please be sure to use the appropriate category.
- IB/AP Exam: Student-athletes whose District participation is affected by IB/AP exam conflicts will be able to auto-advance to Regionals in the affected event only, given the appropriate documentation has been completed and submitted on time. **THE FILE IS POSTED ON OUR TRACKIEREG PAGE.** All forms must be **submitted to Trevor Boudreau by MAY 10th at 5pm.**
- 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 cones or pyramids will be permitted. There may be random checks at the marshaling area.

Age Classifications: Junior – grade 7 and 8 students
 Intermediate – grade 9 and first year high school students
 Senior – second and third year high school students
 Supported Junior - Grades 7-9
 Supported Senior - Grades 10-12
 Para athletes - grade 7 - third year high school students

Hurdles: Scheduled as the first event of the day. **Please recall our new hurdle distances and height changes from last year. 80m hurdles 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. See table below. The hurdles event is a timed final at the District level. The race order will follow the same as all other track events: 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	1.40	36"
	Senior Girls	4 kg	1.0 kg	600 g	1.25	30"
	Intermediate Boys	5 kg	1.5 kg	700 g	1.35	33"
	Intermediate Girls	4 kg	1.0 kg	500 g	1.20	30"
	Junior Boys	4 kg	1.0 kg	600 g	1.20	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.

Age Up Individual: Athletes can move up one age/grade class (except grade 6 student-athletes), but **MUST** continue to compete in that grade class for the remainder of the meet and all subsequent meets thereafter. No athlete can age up once they have already competed in their age/grade appropriate category. The class for any athlete shall be set by the athlete’s first participation in an event at the District level.

Age Up Relays: Athletes can “age up” and compete on a RELAY team during a competition without requiring an “age up” in all their individual events. Any athlete who plans to compete on an older relay team **CANNOT** also compete on a relay team in their own age class. Once the athlete has competed in the relay, they must continue to compete on that relay team for all subsequent competitions and cannot return to their own age class relay team if they fail to qualify.

Advancement to Regionals: The top eight athletes in each event as well as the top four relay teams will advance to Regionals on May 26th & 27th. 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.**

- Canteen: A full canteen will be available on site for coaches, athletes, and spectators.
- 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 as well as a gender neutral washroom on the top floor. 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 902-616-4040 (C) or 902-755-8400 ext. 316 (W) or by email BoudreauT@ccrce.ca**