

SSNS Cape Breton-Victoria District Track and Field Meet 2023

Thursday 11 May (12 May- Rain date)

FEES : No Cost

Attention: Track & Field Coaches

Please find the Track and Field meet guidelines and schedule. This District meet will be a **one day** meet where athletes must qualify to compete at the Regional meet held this year in Sydney. In order for us to host a one day meet it was agreed that the following events be listed as

“Direct Qualifier” events and athletes must register for these now at the same time they register for the District events (these are available on Trackie: 4X100m relay; 4X400m relay; triple jump: all hurdle events, 3000m.) Please include these in the maximum 6 events permitted. (The junior division will run 4x100 relay but this will not be a qualifier for the Regionals)

However, the coach must register for these while registering for Districts.

If you have further questions please contact Mitchell Curran(m-curran@gnsps.ca) or Mary Lou Andrea (mlandrea@gnsps.ca)

Part A:

SSNS Cape Breton-Victoria District Track and Field Meet - 11-May, 2023

- 1. Date of Meet: Thursday 11 May (Rain date: 12 May) 9:30 Start
9:15 Coaches Meeting**
- 2. Location: Sydney ATLANTIC FIELD Cabot St**
- 3. Officiating Responsibilities (coaches or parents):**
 - Announcers- Sydney Academy**
 - ETS Results- Sydney Academy**
 - Starters/ Recall/ Track Marshall Sydney Academy**
 - Starter Assistant- Sydney Academy**
 - Shot Put- Memorial/Sydney Mines /Riverside**
 - Discus- Riverview**
 - High Jump- OVEC/TL Sullivan/Rankin**
 - Long Jump- Baddeck/MMJH**
 - Javelin- Baddeck/Glace Bay**
 - Finish Line- Whitney Pier Memorial/Malcolm Monroe**
- 4. Equipment- Each school will be responsible to bring stop watches and measuring tapes.**
- 5. Tents- Tents will be erected for all events. Schools wishing to erect their own tents and windbreaks may do so outside the track area.**
- 6. Safety zones- Areas around and along the field events will be roped off. Coaches are reminded to instruct athletes to use caution when crossing the playing field.**

7. Athlete numbers- Each athlete will be assigned a specific number at registration. Athletes will not be permitted to compete without these numbers. Coach or designated coach substitute are to pick up bib numbers.
8. Marshalling Area- Athletes competing in the track events only must report/ check in at the marshalling area prior to or at the first call for their specific event. Please listen carefully to the announcements.
9. Field events- Athletes are reminded to report/ check in with the event judges prior to or on the first call, usually 15-20 minutes before the time of event. Please listen to the announcements.
10. Track events take priority over field events. Be aware of conflicting events.
11. All track events will be run as timed finals. Top 8 times qualify for Regionals.
12. Schedule- The schedule will be followed as closely as possible. START TIME 9:30 am sharp!
13. Regionals- The top 8 placings in the District event will qualify for the Regional meet in Sydney. Coaches must notify the registration officials at the District meet if any of their athletes are unable to compete at the Regional meet. *Inverness-Richmond District athletes will qualify for the remaining 8 positions. The Regional meet limits only the top 16 athletes to compete in each event. If a top 8 athlete is unable to attend the Regionals, there will be no substitution by a lower placed athlete.

PART B: REGISTRATION OF TEAMS

1. We will be using the Hy-Tek Meet Manager and electronic timing equipment for the District meet, along with the trackiereg program for registration.
2. Online Registration process as follows:
 - a. Register your team by 12pm May 7th no exceptions at the following website: www.trackiereg.com **USE ENTRY PROCEDURE PACKAGE**
 - b. There is a tutorial video on the website if this is your first time using trackie, and instructions to register on the meet site.
 - c. Select the Current Events box on the header line
 - d. Find our event by date or name- 11 May SSNS Cape Breton Victoria District Track and Field Meet
 - e. Select the COACHES and ATHLETES box on the top of the event listing
 - f. Select either EXISTING COACH/ATHLETE or NEW COACH/ATHLETE
 - g. Complete the required fields. Note- you select your own password and that is linked to your email for future events.
 - h. At the bottom you will find "TEAM", there is a dropdown box with all the teams listed by school alphabetically across Cape Breton.
 - i. Register all athletes on your Team. Remember that athletes are permitted to compete in 6 events including relays. Athletes competing in the relay events, triple jump and the hurdles must register for these events at the same time, but they will not be part of the District meet.
 - j. When you complete your listings- please check your entrants for accuracy and ensure each student athlete and the Team is in compliance with the SSNS Track and Field Rules and Regulations.
3. SSNS Age Classification
 - a) Senior – Grades 11 & 12 (Under 19 as of September 1st, 2022).

b) Intermediate – Grades 9 & 10

c) Junior – Grades 6(If part of middle school) 7 & 8

4. Ribbons for 1st, 2nd and 3rd place finishes will be presented at the District meet. There will not be any team or individual points kept nor team and individual awards presented at the District meet. Individual Division trophies and Regional banners will be presented at the conclusion of the Regional meet.
5. Each team/school may register a maximum of 3 athletes per event. All coaches must review their own entries to ensure accuracy.
6. **IMPORTANT NOTE:** Once registration is closed substitutions are not permitted. Last minute substitutions, on the day of the meet, creates confusion and headaches for event Marshalls and the registration system.

PART C:

GENERAL INFORMATION, RULES AND REGULATIONS

- All athletes must check in for their events 20 minutes prior to the start of the event. Listen for announcements and report to the event official. For track events, to the track marshal area.
- Results will be posted and ribbons presented as soon as possible following the completion of an event.
- The coaches meeting will be held 15 minutes prior to the meet. Athlete numbers will also be distributed to coaches at the registration desk.
- School identification clothing is requested. No “club” or “games” uniforms are to be worn during competition.
- In the throw and jump events each competitor will be given (3) trials. The top eight (ties broken when possible) will then be given (3) more additional trials. Best of 6 (or 3) attempts will count for the top 12 placing.
- No necessary delay in making an attempt in any field event will be permitted.
- Athletes must use the equipment, including starting blocks, supplied by the Meet Organizers. In the throwing events, an athlete may request that the head official certify an athlete’s implement prior to the competition. If this implement is certified it may be used but must also be made available for use by all athletes in that event.

PART D:

TECHNICAL DETAILS

1. Implements	Shot Put	SB	6.00kg
		IB	5.00kg
		JG	3.00kg
		JB/IG/SG	4.00kg
	Discus	SB	1.75kg
		IB	1.50kg
		JB/SG/IG	1.00kg

	JG	.75kg
Javelin	SB	800g
	IB	700g
	SG/JB	600g
	IG	500g
	JG	400g

2. Starting High Jump Heights	Class	High Jump
	SB	1.45M
	IB	1.40M
	JB	1.25M
	SG	1.25M
	IG	1.25M
	JG	1.15M

3. Hurdle Heights	Class	
	SB	36"
	IB	33"
	JB/SG/IG/JG	30"

3. All track events 100m, 200m, 400m, 800m and 1500m shall be run as timed finals. Top 8 time results will qualify for the Regional meet.
4. The 800m will be run in a waterfall formation. This will be explained at the start of each race. The 1500m will be run on a curved start line.
5. 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 quickly as possible. You may ask and be permitted to throw/jump ahead/after of your usual order, but once a round is finished you lose your attempt for that round. You may not throw 2 throws in one round. Please ensure your athletes understand this procedure and are proactive in discussing this with field officials and clerks of track events, but ultimately, the responsibility lies with the athlete.
6. Blocks are available for all races up to and including the 400m. Blocks will not be used for any race over 400m.
7. 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.

PART E:

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).

PART F:

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