

OCSSAA Track and Field Meet 2023

Venue:

- **Niagara Olympic Club facilities in St Catharines**
- 78 Louth St, St. Catharines, ON L2S 2T4

Date:

- **Monday, May 8, 2023**
- Events will be starting promptly at 9:00 am
- Coaches meeting at 8:45am

Concessions:

- a concessions stand will be open, operated by the Niagara Olympic Club

Entries:

- We will be using Trackie to enter athletes this year. The URL is www.trackiereg.com/ocssaa2023
- The deadline to **enter** your athletes on Trackie is **Tuesday, May 2, 2023.**
- Changes/additions/deletions can be made up until 9:00 a.m. Thursday, May 4 by emailing Tom Glasbergen (TGlasbergen@hcsjordan.ca).

Fees:

- Each school is asked to send or take along a fee of \$10.00 per athlete up to a maximum of \$ 300 entry fee.
- Make cheques payable to Heritage Christian School.

Misc:

- Schools may enter a maximum of 3 athletes in any given individual event, and only 1 relay team in any relay event
- Please bring along throwing implements (labelled) and measuring tapes (labelled).

Please contact me at Heritage Christian School if you have any questions about the following information.

Tom Glasbergen
(514) 996-8406
tglasbergen@hcsjordan.ca

Track Events

Time	Event	
9:00	Novice/Junior/Senior/Ambulatory Girls 100m	Heats
9:25	Novice/Junior/Senior/Ambulatory Boys 100m	Heats
9:50	Novice/Junior/Senior Girls 1500m	Final
10:10	Novice/Junior/Senior Boys 1500m	Final
10:35	Novice/Junior/Senior Girls 200m	Final
11:00	Novice/Junior/Senior Boys 200m	Final
11:25	Novice/Junior/Senior Girls 800m	Final
11:55	Novice/Junior/Senior Boys 800m	Final
12:25	Novice/Junior/Senior/Ambulatory Girls 100m	Final
12:40	Novice/Junior/Senior/Ambulatory Boys 100m	Final
12:55	Novice/Junior/Senior Girls 400m	Final
1:10	Novice/Junior/Senior Boys 400m	Final
1:25	Novice/Junior/Senior Girls 3000m	Final
1:45	Novice/Junior/Senior Boys 3000m	Final
2:05	Novice/Junior/Senior Girls 4 x 100m relay	Finals
2:35	Novice/Junior/Senior Boys 4 x 100m relay	Finals
3:05	Girls Open 4 x 400 m relay	Finals
3:20	Boys Open 4 x 400 m relay	Finals
4:00	AWARDS CEREMONY	
*track events may run ahead of schedule		

OCSSAA Field Events Schedule 2023

Time	Class	Event
9:15	Novice Girls	High Jump
	Junior Girls	Triple Jump
	Senior Girls	Long Jump
	Novice Boys	Shot Put
	Junior Boys	Discus
	Senior Boys	Javelin
10:25	Novice Girls	Shot Put
	Junior Girls	Discus
	Senior Girls	Javelin
	Novice Boys	High Jump
	Junior Boys	Triple Jump
	Senior Boys	Long Jump
11:20	Novice Girls	Long Jump
	Junior Girls	High Jump
	Senior Girls	Triple Jump
	Novice Boys	Javelin
	Junior Boys	Shot Put
	Senior Boys	Discus
12:15	Novice Girls	Javelin
	Junior Girls	Shot Put
	Senior Girls	Discus
	Novice Boys	Long Jump
	Junior Boys	High Jump
	Senior Boys	Triple Jump
1:10	Novice Girls	Triple Jump
	Junior Girls	Long Jump
	Senior Girls	High Jump
	Novice Boys	Discus
	Junior Boys	Javelin
	Senior Boys	Shot Put
2:05	Novice Girls	Discus
	Junior Girls	Javelin
	Senior Girls	Shot Put
	Novice Boys	Triple Jump
	Junior Boys	Long Jump
	Senior Boys	High Jump

A. Rules

1. The Meet will run according to the rules of the Canadian Track and Field Association.
2. Ribbons will be awarded from first to sixth place. **T-Shirts will be awarded to the winner of each event.** Points will be awarded along the same lines. (5 for first place, 4 for second, etc). Medals will be presented to the individual winners in each gender and age classification.
3. Track events take precedence over field events. Competitors may jump twice in a row at the beginning or at the end of a round. However, if a field event has proceeded to the next round, then the competitor has missed a round.

B. Age Classifications:

OFSAA age categories apply:

Novice: has not reached 14 by Jan 1, 2022 and must be in first year of high school, and born in 2007 or later.*

Junior: has not reached 15 by Jan 1 2022, usually grade 10, born 2006 or later.

Senior: has not reached 19 by Jan 1 2022, usually grade 11 and above, born 2002 or later.

*athletes may compete in the midjet category for one year only

C. Events: The following events will be run on the track:

100m, 100m ambulatory, 200m, 400m, 800m, 1500m,
and 3000m.

We will also run a 4 x 100m relay for each age group
and a 4 x 400m open relay for each gender group.

The following field events will take place:
shot put, discus, javelin, triple, long and high jumps.

D. Entries:

1. Each school is allowed **three** entries per event, except in the relays, in which case it is **one** entry. E.g. three MG 100m, three JB Jav, one SG 4X100m
2. A competitor may enter a maximum of three events plus two relays.

E. Schedule / Regulations

1. Track events may run ahead of schedule. Field events will not.
2. In the lane events where there are two heats, first place, plus the next six fastest times will advance to the final. If there are three heats, the winner of each heat and the next five fastest times will go on to the final. If there are four heats, the winner of each heat, and the next four fastest times advance to the finals.
3. All competitors are asked to wear **school shirt or school track top**. No shirt, no event.

4. In cases where there is a small field of competitors in a middle or long distance event, the track marshal may deem it fit to run age groups together in the same race. Competitors will be competing against their own age group only in these races. (e.g. Midget Girls and Junior Girls 1500m may run together)
5. If there are more than 16 competitors in an 800m event, the track marshal may elect to run two heats as a timed final.
6. The 400m event will be a timed final.
7. If there are not enough competitors for preliminary heats in the 100m and 200m, that round of heats will be cancelled, and the remaining athletes will run the final race with the other finals in that event.
8. All competitors will receive 3 attempts for throws, long jump and triple jump. The top 8 competitors at that point will receive 3 more attempts **if time allows**.
9. Contrary to the OCSSAA Constitution, the throwing implements will be as follows:
Discus – 1kg for all competitors except Senior Boys
1.6kg for Senior Boys
Shot Put – 3 kg for Novice and Junior Girls
4.0 kg for Senior Girls, Novice and Junior Boys
5.44kg for Senior Boys
Javelin – 600g for all competitors except Senior Boys
800g for Senior Boys
* Please note that once an implement is checked into competition (whether it is your personal implement or not), it is available to be used by any competitor.
10. **New as of 2013:** The 3000m is no longer an open event, but will be run as NG, JG, SG, and NB, JB, SB. The races may still be run together (see #4 above).
11. All runners in the 100m, 200m, and 400m must use a 3-point stance to start the race. There will be no stand up starts.

F. Roster Sheet For Officiating Assignments – This could change based on school entries

1. a. Starter: Bruce Dyce **ROPSSAA**
b. Photo-electric Timing: Steve Moran, **SportMadeSimple**,
c. Track Marshall: Jessica Vickery **BCA**; Jumps Marshall: Bernadine Verstraeten **Woodland**
2. Throws Marshall: **Brampton** – Rich Fontanna
3. Meet Convenor, Results and Statistics table: **Heritage** – Thomas Glasbergen and Mitch Sikkema
4. Boy's Triple Jump: **Providence**
5. Girl's Triple Jump: **Unity/Great Lakes**
6. Boy's Long Jump: **Guido**
7. Girl's Long Jump: **Niagara**
8. Boy's High Jump: **Hamilton/St. Thomas**
9. Girl's High Jump: **Toronto/Durham**
10. Boy's Shot Put: **Kings**
11. Girl's Shot Put: **Smithville**
12. Boy's Discus: **London/Redeemer**
13. Girl's Discus: **Quinte/Chatham**
14. Boy's Javelin: **Brampton**
15. Girl's Javelin: **Emmanuel/Calvary**

**** Each school should bring along at least three people who will assist in the running or their event, one of whom is a responsible and knowledgeable adult.**

- This meet's success is, in part, determined by how successfully events are both run and judged.
- Before the meet, **it is important for coaches and officials to fully research their event** to determine how to a) properly judge that event, and b) run the event efficiently.
- **Events need to be fair** (impartial and adequate judging), **allow for competitor success** (not over-bearingly critical), **and must be efficient** (quick measures, quick calls for competitors, quick turnaround).
- **If you have questions** regarding your officiating duties, please contact the meet convenors before the date of the meet.

G. Technical Information

SHOT PUT AND DISCUS AND JAVELIN

1. Proper Weights:
 - Discus: 1 kg. for girls, novice and junior boys
 - Discus: 1.6 kg. senior boys
 - Shotput: 3 kg. for novice and junior girls
 - Shotput: 4.0 kg for senior girls, novice and junior boys
 - Shotput: 5.44 kg. for senior boys
 - Javelin: 600g for girls, novice and junior boys
 - Javelin: 800g for senior boys
2. Students cannot cross the throwing line at any time.
3. Each student is allowed three attempts. Top 8 competitors will receive another 3 attempts **if time allows**.
4. To determine placement order, choose the top throws from all 6 throws. If students are still tied, count the next best throw to break the tie.
5. Measure from the depression made in the ground straight to the throwing line. For convenience, place the “O” end of the tape at the edge of the depression nearest the throwing line.

HIGH JUMP

1. Starting Heights
 - Novice : Girls: 1.25m; Boys: 1.40m
 - Junior : Girls: 1.30m; Boys: 1.50m
 - Senior : Girls: 1.30m; Boys: 1.60m
2. The bar is raised 5cm at a time until there are only six competitors remaining. Once six competitors remain the bar is then to be raised by increments of 3cm. For final competitor, any increment except 1cm, unless it is to set a new record.
3. A competitor may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. **3 successive failures, not necessarily at the same height**, disqualifies the athlete from competing further.
4. Official marking:
 - A clear jump is an 'O'.
 - A failure is an 'X'.
 - A jump not taken is a 'P'.All attempts must be recorded.
5. An unsuccessful attempt is when:
 1. The Bar is displaced by the jumper during an attempt
 2. The jumper touches the ground or landing area beyond the plane of the bar or it's extension and gains an advantage.
 3. The bar is displaced by the jumper after the attempt.
6. Jumpers have 1 minute to complete their jump when called by the judge. When 3 jumpers remain, they have 3 minutes to jump. When one jumper remains, they have 5 minutes to jump.
7. Tie breakers:
 - 1) Fewest misses at the **previous** height at which the tie occurred
 - 2) If still tied, fewest misses overall.
 - 3) jump off if a tie remains for first place only – start at the given height they missed – each jumper has one attempt. The bar is then lowered and raised by 3cm until only one jumper succeeds at a given height and declared the winner.

Myths/Explanations.

It is a continuing myth that an athlete who quickly exits the mat will have a successful jump if the bar falls after their exit. If the judge rules that that bar was displaced by the action of the jumper, it shall be considered a fault, regardless of when it happens.

An athlete may exit under the bar, but will fault if the bar falls in the process.

LONG AND TRIPLE JUMP

1. Each competitor is allowed three non-consecutive jumps. Record the distance for each jump. The top 8 competitors at that point receive another 3 jumps **if time allows**.
2. To determine placement order, choose the top jumps from all 6 jumps. If students are still tied, count the next best jump to break the tie.
3. If a student's foot passes the edge of the board or tape closest to the pit, it is counted as a missed jump and a loss of one of their three turns.
4. Place the "O" end of the tape at the edge of the depression closest to the take-off board. You must measure in a straight line from depression to the edge of the take-off board nearest the pit.

Ontario Christian Schools - 2018 Track and Field

OCSSAA - Records

Novice Women and Men

- 1 Women 100 Meter Dash Midget 13.00 1986 Barb Bergsma - London
- 2 Men 100 Meter Dash Midget 11.60 1981 K. Kamp - Toronto
- 3 Women 200 Meter Dash Midget 26.97 2016 Makayla McGlashan - Durham
- 4 Men 200 Meter Dash Midget 24.27 1996 Colin Grotenboer - Hamilton
- 5 Women 400 Meter Dash Midget 1:01.73 1999 Nikki Reckman - Lambton
- 6 Men 400 Meter Dash Midget 55.55 1993 A. Hoff - Beacon
- 7 Women 800 Meter Run Midget 2:28.70 1979 J. Morsink - Chatham
- 8 Men 800 Meter Run Midget 2:11.11 2003 Justin Carruthers - Quinte
- 9 Women 1500 Meter Run Midget 4:55.20 1999 Nikki Reckman - Lambton
- 10 Men 1500 Meter Run Midget 4:28.80 2002 Joe Brunsting - Quinte
- 11 Women High Jump Midget 1.57m 1981 J. VanderWoude - Guido
- 12 Men High Jump Midget 1.87m 06/05/2014 Justin Jongsma - SOGU
- 13 Women Long Jump Midget 4.93m 1990 Judy Smit - London
- 14 Men Long Jump Midget 6.12m 05/04/2008 Matthew Fontanna - Brampton Christi
- 15 Women Triple Jump Midget 10.74m 2002 Anita Schipper - London
- 16 Men Triple Jump Midget 11.82m 05/04/2008 Matthew Fontanna - Brampton Christi
- 17 Women Shot Put Midget 9.32m 1972 A. Turkstra - Hamilton
- 18 Men Shot Put Midget 13.28m 1976 T. Dejonge - Hamilton
- 19 Women Discus Throw Midget 27.44m 1987 J. Hogeveen - Smithville
- 20 Men Discus Throw Midget 44.55m 1995 Shaun Peet - London
- 21 Women Javelin Throw Midget 29.70m 2003 Michelle Schinkel - London
- 22 Men Javelin Throw Midget 43.06m 1999 Matt Wismer - Woodland
- 23 Women 4x100 Meter Relay Midget 53.40 1987 - London
- 24 Men 4x100 Meter Relay Midget 48.37 06/05/2014 Cavaliers - KING
E Cumming, E Khacho, T Adams-Phillips, J Mrkobrada

Junior Women and Men

- 25 Women 100 Meter Dash Junior 12.44 2005 Jenna Brouwer - London
- 26 Men 100 Meter Dash Junior 11.13 1996 Roger Smit - London
- 27 Women 200 Meter Dash Junior 26.65 1980 A. Vandermeer - Toronto
- 28 Men 200 Meter Dash Junior 23.34 1998 Roger Smit - London
- 29 Women 400 Meter Dash Junior 59.90 1980 A. Vandermeer - Toronto
- 30 Men 400 Meter Dash Junior 52.53 1986 Jonathan Elgersma - Woodland
- 31 Women 800 Meter Run Junior 2:24.70 2001 Nikki Reckman - Lambton
- 32 Men 800 Meter Run Junior 2:07.13 1996 Joel Klooster - Chatham
- 33 Women 1500 Meter Run Junior 4:45.00 2001 Nikkie Reckman - Lambton
- 34 Men 1500 Meter Run Junior 4:19.80 1982 Adrienne Dieleman - Toronto
- 35 Women High Jump Junior 1.65m 1991 Wanita Dykstra - Beacon
- 36 Men High Jump Junior 1.90m 1996 John Brouwer - Woodland
- 37 Women Long Jump Junior 5.25m 1991 Wanita Dykstra - Beacon
- 38 Men Long Jump Junior 6.15m 1987 Richard Mulder - London
- 39 Women Triple Jump Junior 11.52m 1995 Monique Haan - London
- 40 Men Triple Jump Junior 13.18m 1990 Mark Roorda - Woodland

Ontario Christian Schools - 06/05/2014 Track and Field

OCSSAA - Records

- 41 Women Shot Put Junior 10.75m 2016 Laura Vis – Emmanuel
- 42 Men Shot Put Junior 14.52m 2017 Frank Vreugdenhil - Quinte
- 43 Women Discus Throw Junior 28.25m 1980 E. Hordyk - Guido
- 44 Men Discus Throw Junior 42.28m 01/05/2012 Tom Huitema - Unity
- 45 Women Javelin Throw Junior 31.00m 1993 H. Hofsink - Guido
- 46 Men Javelin Throw Junior 51.32m 2002 Jon Bultje - Chatham
- 47 Women 4x100 Meter Relay Junior 53.39 1987 - London
- 48 Men 4x100 Meter Relay Junior 46.04 1991 - Toronto

Senior Women and Men

- 49 Women 100 Meter Dash Senior 12.56 2006 Jenna Brouwer - London
- 50 Men 100 Meter Dash Senior 10.96 2010 Christian Fearon – Brampton Christian
- 51 Women 200 Meter Dash Senior 25.44 2007 Esther Vermeer - Smithville
- 52 Men 200 Meter Dash Senior 23.37 1983 A. Sybring - Toronto
- 53 Women 400 Meter Dash Senior 1:01.10 1981 A. Vandermeer - Toronto
- 54 Men 400 Meter Dash Senior 52.08 1998 Jonathan Elgersma - Woodland
- 55 Women 800 Meter Run Senior 2:15.94 2007 Esther Vermeer - Smithville
- 56 Men 800 Meter Run Senior 1:56.02 2017 Isaiah Frielink - Unity
- 57 Women 1500 Meter Run Senior 5:01.34 30/04/2013 Jordyn Visscher - Woodland
- 58 Men 1500 Meter Run Senior 4:03.00 2007 Josiah Luttjeboer - Quinte
- 59 Women 3000 Meter Run Senior 10:50.54 05/05/2008 Deanna Brasz - Heritage
- 60 Men 3000 Meter Run Senior 8:56.79 2007 Terrance Attema - Smithville
- 61 Women High Jump Senior 1.75m 1991 Wanita Dykstra - Beacon
- 62 Men High Jump Senior 1.95m 2007 Jharyl Bowry – Brampton Christian
- 63 Women Long Jump Senior 5.38m 1996 Monique Haan - London
- 64 Men Long Jump Senior 6.56m 2007 Jharyl Bowry - Brampton
- 65 Women Triple Jump Senior 11.48m 1996 Monique Haan - London
- 66 Men Triple Jump Senior 13.18m 1991 Mark Roorda - Woodland
- 67 Women Shot Put Senior 10.56m 30/04/2013 Sara Villani – Brampton Christian
- 68 Men Shot Put Senior 13.40m 05/04/2008 Joel Brouwer - Chatham Christian
- 69 Women Discus Throw Senior 31.44m 05/04/2008 Sara Krapez - Brampton Christi
- 70 Men Discus Throw Senior 39.56m 2007 Nick Deelstra - London
- 71 Women Javelin Throw Senior 39.80m 06/05/2014 Sara Villani – Brampton Christian
- 72 Men Javelin Throw Senior 49.74m 2002 Matt Wismer - Woodland
- 73 Women 4x100 Meter Relay Senior 51.90 1993 - Beacon
- 74 Men 4x100 Meter Relay Senior 46.19 1993 - London
- 75 Women 4x400 Meter Relay Senior 4:20.85 1985 - Smithville
- 76 Men 4x400 Meter Relay Senior 3:44.49 2006 - Quinte
- 78 Men 100 Meter Dash Ambulatory 12.98 06/05/2014 Cody Salomons - London Christian
- 79 Women 3000 Meter Run Midget 12:13.08 2017 Olivia Vanleeuwen – Emmanuel Christian
- 80 Men 3000 Meter Run Midget 8:37.36 06/05/2014 Mitch deLange - Unity
- 81 Women 3000 Meter Run Junior 12:40.60 06/05/2014 Rosalie Brakke - Emmanuel Eagles
- 82 Men 3000 Meter Run Junior 9:14.63 06/05/2014 Adam Armstrong - Unity