

Rules and Regulations 2023 Capital Regional Track Meets

1. Age classifications:

S	Senior	2 nd /3 rd year of high school
I	Intermediate	Grade 9/1 st year of high school
J	Junior	Grade *7/8
SAJ	Supported Athlete Junior High	Grade *7-9
SAS	Supported Athlete Senior High	Grade 10-12
P	Para Athlete	Grade *7-12

There may be special case exceptions for grade level of Supported Athletes when deemed in the interest of the student-athlete. Supported and Para athletes must be under 21 on Sept 1, 2022 and all others under 19 on September 1, 2022

*Grade 6's may compete if they are in the student population of a school with grade 7's or above.

New for 2023 - In addition to being able to race up a class in all individual and relay events as in the past, an athlete may choose to race up in only a relay or relays. For example, an athlete who races their individual events as an intermediate, could participate in Senior 4x400m and Intermediate 4x100m but could not then at any time participate in Intermediate 4x400m or Senior 4x100m. An athlete cannot compete in the same event in two classes at any point in the same season. A reminder as well that the class for any event is set by an athlete's first participation in the event at districts and that all individual events must be in one class.

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

3. 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 athletes may advance as it is not an SSNS event

All Para Athletes advance.

4. All competitors must start and finish their events in order to qualify for Regionals/Provincials

(IB/AP Exam have some exceptions)

New for

2023- If an athlete qualifies for an event at Regionals or Provincials and is unable or unwilling to attend the qualified event(s), they may decline the position to avoid scratch rule at the next event. To decline the qualifying position the athlete or coach needs to inform the meet results/entries manager (Jason Murphy) via email/phone by 5pm the Monday before the respective meet. This notification allows the meet director time to notify the replacement athlete and coach so they can prepare to compete. If an athlete fails to notify they are declining their qualified position before the deadline and then does not compete in the qualified event with a competitive effort, the athlete will be removed from the remaining events for that day. This will apply at both our regional and at provincial events in 2023. There is no scratch rule at districts.

5. 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 only 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.

6. 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

7. Starting High Jump Heights:

*The HJ official may use discretion
and lower these based on warm up
and/or jumping and conditions*

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

8. Only pin spikes (max. 7 mm) will be permitted on the track or runways.

9. 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 as per SSNS regulation).

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.

Qualification for finals at districts is as follows:

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 for all classes except Para Athletes

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

10. 400 meters and all races below this distance will be run in lanes for all age classes. 800m will use a start with 2-3 athletes per lane for ¼ lap and then open to cut in while the 1500m and 3000m will start on a curved line with cut in immediately (when safe to do so).

11. 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 with athletes outside their lane. 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.

Remember that last year, several hurdle distances/heights changed. JB to 80m, SG to 100m, SB to 110m

12. 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

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

14. Each athlete is permitted a false start in each of their 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.

15. 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

The athlete may ask to throw/jump ahead/after of the usual order, but once a round is finished the athlete loses the 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 the individual field event official/clerk of the course/track clerk.**

16. 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 at Regionals. 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.

17. The team point system used to determine class banners will follow the Provincial model.

Individual events

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

Relays

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

2023 SSNS Capital Region Heats and Lanes Seeding Protocol

We are now mostly in line with World Athletics Rules 166 and 180 but 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 district *place and time* will be used to create 2 heats of equal strength. Advancement to the final will be top 3 in each heat plus the next 2 fastest times.

Lane assignment for semi-finals 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. Our software will not do these separate draws so we will give 5,4,6,3,7,8,2,1 in order. 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, 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.