

**To:**

All Track and Field Coaches and support personnel

**From:**

Capital Region Track and Field Coordinators

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Jason Murphy - Citadel High School: murphyj@gnspes.ca / 902-237-1000

**Re:**

2023 Track and Field Season Information

**Dates of Meets:**

COUNTY District Meet - May 15/16 (rain date May 19) (Entry Deadline May 11 5pm)

CITY District Meet - May 17/18 (rain date May 19) (Entry Deadline May 12 5pm)

CAPITAL Regional Meet - May 24/25 (rain date May 26)

SSNS Provincial Meet – June 2/3 (no rain date)

**all meets at Beazley Field, Dartmouth**

**Start Times for district and regional meets:**

9:30am – morning coaches meeting

10:00am – events begin

**Entry Fees:**

Fees should be paid at the end of the 1<sup>st</sup> day, or mid-morning on the 2<sup>nd</sup> day. Cheques are made payable to: *Metro High School Athletic Association* and cover costs for security, timing equipment, computers, printers, rentals, equipment like shells, guns, measuring tapes and some snacks for our hard-working officials.

***District and Regional Fees:*** \$10.00 per competitor + a \$20.00 school entry fee to a max of \$400 per school

**Registration/Meet information**

We will be using Trackie.ca and the TrackieReg section as the key source of information for the meets again this year. Registration, results, schedules and entry lists will be available on this site. While the SSNS site will have results post-event and some of the provincial information, TrackieReg is the direction we are headed in most regions for sharing information. As always, each school coach will be responsible for completing their own entries and meeting deadlines. Entry procedures can be found below. PLEASE BE SURE TO REGISTER FOR THE CORRECT DISTRICT MEET.

**Advancement****From Districts to Regionals**

Top 8 placed athletes in individual events and top 4 relay teams advance to regionals (with exception of wheelchair 50m who may all advance). Meet management will automatically consider the 9<sup>th</sup> place athlete from districts and the 5<sup>th</sup> place athlete from Regionals as the alternate and they will be listed in the heats and lanes document. **See policy on scratching events at Regionals**

**From Regionals to Provincials**

The Top 4 placed athletes and relay teams in all events at Regionals advance to Provincials (wheelchair 50m does not advance to provincials). 5<sup>th</sup> place will be listed as an alternate in the provincial program. No athletes beyond 5<sup>th</sup> will be able to compete at Provincials regardless of the number of athletes who do not show at Provincials. 5<sup>th</sup> place athletes can only compete at Provincials if an athlete from their region does not show by final call of the event. They cannot fill in for a no-show from another region. **See policy on scratching events at Provincials**

## **Supported Athletes (formerly known as Special Athletes)**

Supported Athletes and the trademarked name Special Olympians™ are by definition those with “Intellectual Disabilities”. We do not know your students so leave it to schools to decide who should compete in this category. We will be holding the 100m, shot put and long jump events for Supported Athletes and they are split into four divisions; Junior High Girls & Junior High Boys (7\*-9) and Senior High Girls & Senior High Boys (10-12). They will have the same opportunity to advance to the Regional and Provincial Championships as all other athletes and must follow the same qualification rules.

*Wheelchair 50m is only a demonstration event at district and regional events here in Capital and is not part of the SSNS program of events so they do not advance to provincials.*

## **Para Athletes**

Para athletes may compete in the 200m, 800m and shot put. These athletes may compete at both districts and regionals and may advance directly to provincials regardless of prior participation.

## **Supervision**

To ensure the safety of all athletes when they are not competing, schools should provide an additional teacher or parent to act as a chaperone of the team area. Please do not allow your students to bring athletic equipment that may interfere with the event. We understand it is difficult to monitor all behavior, but please help us create a positive environment at the meet and provide support for your athletes.

Also, we often run into issues with athletes warming up or camping out on adjacent baseball fields so please remind your athletes of off-limits areas and to keep non-track equipment away from the track.

## **Officiating**

Track and Field is a much different SSNS sport with regards to officiating and running the event. We cannot hire the 40 or so people required to make the meet function with over 1000 student-athletes on site. Each school will be assigned an event to officiate or other duties to complete. With school budgets as they are, we have noted a decline in the number of teachers who are coming with schools so please communicate with your administration and ensure you have enough sub-time to cover a full time official at the meet. Also, ensure the person(s) representing your school is familiar with the rules for that event or the role they are assigned and that it is for the day, not shared or parts of the day. Please ensure your principal understands that they cannot send a variety of parents at varying times. They also need to realize that they may indeed be on site with little break throughout the day and that it is also necessary that each school supply several students to assist the official at the event to rake, retrieve, mark or simply help out.

**We require that every field event have 2 capable adults present at all times and at least 2 student helpers.** Adults should be making decisions about the “line” (toeboards/takeoff boards) and the “mark” in the field/sand where the implement or athlete makes their mark. Students may help with raking, pulling and holding tapes but competent adults should make decisions that affect measurements.

## **Athlete Safety/Facilities**

There is very little protection from the weather on site, so please make sure your athletes dress properly and bring tarps and tents to protect themselves from the elements. As we have seen, we may even have to hold the event in cold and wet conditions and students need to be prepared for this. We suggest that they bring toques, mitts, waterproof gear and full foot coverage. Washrooms, a canteen and athletic therapists (for athletic related injuries only) will once again be available on site. Also, garbage bags are available in “the shack” so that at the end of the day your team can clean up before they depart. Also, we remind schools to bring their own first aid kit and to be sure that they are legally parked on site.

## **Rules**

See the separate document for the district and regional meet rules. They differ slightly from district to regional to provincial. Typically, this is so that we can be both educational and time efficient!

Thank you for your involvement and all the hard work you put into Track and Field! We do appreciate it and I know we say it every year, but we honestly cannot do it without you!

**Capital DISTRICT Meet Schedule DAY 1**  
**Coaches/Officials Meeting 9:30-9:45**

**Track Events (approximate times)**

10:00am	100m /50m	Timed Finals	Supported Athletes/Wheelchair (far side of the track)
10:00am	Hurdles	Timed Finals	JG 80m, JB 80m, IG 80m, IB 100m, SG 100m, SB 110m
11:15am	400m	Timed Finals	JG, JB, IG, IB, SG, SB
1:15pm	100m	Heats	JG, JB, IG, IB, SG, SB
3:30pm	1500m	Timed Finals	JG, JB, IG, IB, SG, SB
5:00pm	100m	Finals	JG, JB, IG, IB, SG, SB

**Field Events**

	<u>10:00</u>	<u>12:30</u>	<u>3:00</u>
Long Jump	IB	JB*	SB
Triple Jump	IG	SG*	JG
High Jump	JG	IG	SG
Shot Put	JB	SB	IB
Discus	SG	JG	IG
Javelin	SB	IB	JB

*\*May be slightly delayed due to numbers in supported athletes*

**Supported Athletes**

**100m (meet on the track near the shot put circle)**

**10:00am Junior Girls then Junior Boys**

**10:30am Senior Girls then Senior Boys**

**Shot Put (meet in grassy area between high jump and triple jump pit)**

**10:30am (After 100m) Junior Girls (Pit 1) and Junior Boys (Pit 2)**

**11:00am (After 100m) Senior Girls (Pit 1) and Senior Boys (Pit 2)**

**Long Jump (we will use triple and long jump pits as they become available)**

**11:15ish Junior Girls and Junior Boys**

**11:45ish Senior Girls and Senior Boys**

**Capital DISTRICT Meet Schedule DAY 2**  
**Coaches/Officials Meeting 9:30-9:45**

***Track Events (approximate times)***

10:00am	200m	Heats	JG, JB, IG, IB, SG, SB, ParaG, ParaB
11:45am	800m	Timed Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
1:15pm	4x100m	Timed Finals	JG, JB, IG, IB, SG, SB
2:30pm	200m	Finals	JG, JB, IG, IB, SG, SB
3:00pm	3000m	Timed Finals	JG, JB, IG, IB, SG, SB
5:00pm	4x400m	Timed Finals	JG, JB, IG, IB, SG, SB

***Field Events***

	<u>10:00</u>	<u>12:30</u>	<u>3:00</u>
Long Jump	IG	JG	SG
High Jump	SB	JB	IB
Triple Jump	JB	IB	SB
Shot Put	JG	SG	IG
Discus	IB	SB	JB
Javelin	SG	IG	JG

***\*Para shot put will follow SG Shot Put (approximately 1:15pm)***

**Rules and Regulations 2023 Capital District and Regional Track Meets**  
*(see variations between District and Regional as noted)*

1. Age classifications:

***This year classes are determined by grade level. You will not be required to collect or enter birth dates.***

S	Senior	2 <sup>nd</sup> /3 <sup>rd</sup> year of high school
I	Intermediate	Grade 9/1 <sup>st</sup> 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 enter a maximum of 6 events, including relays.

3. Entry limits per school

Field events- Four (4) athletes per field event, per age class, per gender, per school.

Track events- Four (4) athletes per track event, per age class, per gender, per school.

*No limits on Para Athlete or Supported Athlete entries since they have limited events possible*

4 Advancement

**From District to Regional**

Track Events top 8

Field Events top 8 (ties are broken when possible by next best jumps/throws or HJ rules)

Relays top 4

*All wheelchair 50m athletes and all Para Athletes may advance*

**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.*

5. 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.***

6. 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 (but must be under 21). Discuss any concerns with meet directors prior to the meet

7. Field Event Attempts

**DISTRICTS**

In all throwing and jump-for-distance events, each competitor in junior, intermediate, senior will be allowed 3 attempts only. (At the district level, Supported Athletes will be limited to 2 attempts due to the number of athletes and keeping in mind limits on their transport and supervision). The athlete’s best throw or jump in all rounds is used for placing. Ties will be broken by the next best jump or throw through all throws/jumps. If a dead tie exists, all tied athletes earn the placing while the next best athlete is ranked that many athletes down. No jump off or throw off will take place.

\* The first jump or throw of each competitor will be measured

\* In rounds 2 & 3, only those throws/jumps which place in the top 10 will be measured. A stake will be placed in the field at the 10<sup>th</sup> place distance following the first round and only jumps, throws beyond this will be measured (*for Para Athletes and Supported Athletes all non-fault attempts will be measured*)

\* if the athlete faults in the 1<sup>st</sup> round, the 2<sup>nd</sup> round jump or throw will be measured regardless of location (not in top 10) so that they get all athletes get at least 1 measured attempt

**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 8<sup>th</sup> to 1<sup>st</sup> based on the preliminary round results (not reordered after 4<sup>th</sup> round, etc). The best throw of the competition counts for final placing and advancement.

8. Implements:

<b>Shot Put</b>	SB	6.00kg
	IB	5.00kg
	JG/ParaG	3.00kg
	JB/IG/SG/ParaB	4.00kg
	SAJB/SASB	4.00kg
	SAJG/SASG	3.00kg
<b>Discus</b>	SB	1.75kg
	IB	1.50kg
	SG/IG/JB	1.00kg
	JG	0.75kg
<b>Javelin</b>	SB	800g
	IB	700g
	SG/JB	600g
	IG	500g
	JG	400g

9. 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>District / Regional</u>
SB	1.35 m / 1.40m
IB	1.30 m / 1.35m
JB	1.15 m / 1.20m
SG	1.15 m / 1.20m
IG	1.15 m / 1.20m
JG	1.05 m / 1.10m

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

## 11. Track events with heats

### DISTRICTS

The 400m, 800m, 1500m, 3000m, Hurdles and all relays will be run as a timed-section final. In addition the Supported Athlete 100m and the Para Athlete 200m will be run as timed-section finals. The Junior, Intermediate and Senior 100m and 200m events will run as heats and then finals or bi-finals depending on the number of heats. The timed section final of the Supported Athletes 100m and the wheelchair 50m will take place on the backstretch. Blocks will be used in the 100m, 200m, 4x100m Relay (not the 4x400m) and hurdles **except for** the backstretch 100m.

Qualification for finals at districts is as follows:

Entries	Heats	Qualification to Finals
1-8	1	Heat is the final
9-16	2	Heats are a bi-final
17-24	3	Top 1 + 5 fastest to 1 heat final
25-32	4	Top 1 + 4 fastest to 1 heat final
33-44	5	Top 1 + 11 fastest to bi-final
41-48	6	Top 1 + 10 fastest to bi-final
49-56	7	Top 1 + 9 fastest to bi-final
57-64	8	Top 1 + 8 fastest to bi-final
65-72	9	Top 1 + 7 fastest to bi-final
73-80	10	Top 1 + 6 fastest to bi-final
81-88	11	Top 1 + 5 fastest to bi-final
89-96	12	Top 1 + 4 fastest to bi-final

### 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*

12. 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).

13. 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*

14. 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

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

16. 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.

17. 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.**

18. Ribbons will be awarded to the top 3 finishers in each event. Field event ribbons will be given at the event following the 3<sup>rd</sup> round (or 6<sup>th</sup> 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.

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

<b>Individual events</b>		<b>Relays</b>	
1 <sup>st</sup> = 12	2 <sup>nd</sup> = 10	1 <sup>st</sup> = 16	2 <sup>nd</sup> = 14
3 <sup>rd</sup> = 9	4 <sup>th</sup> = 8	3 <sup>rd</sup> = 12	4 <sup>th</sup> = 11
5 <sup>th</sup> = 7	6 <sup>th</sup> = 6	5 <sup>th</sup> = 10	6 <sup>th</sup> = 9
7 <sup>th</sup> = 5	8 <sup>th</sup> = 4	7 <sup>th</sup> = 8	8 <sup>th</sup> = 7

20. Each team will be allowed 6 changes/additions to entries per day at the meet. Change sheets are distributed at the morning coaches meeting. Once the entry deadline has passed, the work needed to put the meet together is underway with over 1000 athletes in each district meet. Carefully enter your athletes and then post a list for students. They will tell you the errors so that prior to the deadline you can correct them. The official entries are what are downloaded at the entry deadline communicated to coaches. Once this deadline has passed heats/lanes and paperwork are generated and it honestly is easier to make any additions or changes at the start line (if we have lane space) or at the field event. As always, you may change your relay members at any time through the season but be sure they are only in 6 events and retain class affiliation as above 1. above





SCHOOL SPORT  
NOVA SCOTIA  
SPORT SCOLAIRE  
NOUVELLE-ÉCOSSE

## School Entry Procedures - SSNS Track and Field 2023

All entries for SSNS Track and Field District meets will be done through Trackie.ca. The site has a registration section called TrackieReg. Each school will be responsible for entering their own athletes on this site by the posted deadline for their district meet. This includes all Junior, Intermediate and Senior athletes, as well as registering relay teams and all Junior and Senior Supported Athletes. In addition to these 5 classes, your district may be offering a Para Athlete event in preparation for the Para events being held at Provincials. Para Athletes do not have to follow any qualification standard and therefore do not necessarily have to compete at your district or regional meet to advance but could/should be entered on Trackie at the district level. If you have any questions, please contact your District Track and Field meet director, or contact Jason Murphy ([murphyj@gnspes.ca](mailto:murphyj@gnspes.ca)).

1) Determine your team list. Ensure each athlete's name is spelled correctly and that you are certain of the class they wish to enter based on their grade level.

A reminder our competition classes are now grade based.

**Junior = Grade \*7-8**

**Intermediate = Grade 9 and First Year of high school**

**Senior = Second and Third Year of high school.**

**Athletes must also be under 19 as of Sept 1, 2022.**

Other classes are

Supported Junior = Grade \*7-9 and under 21 as of Sept 1, 2022

Supported Senior = Grades 10-12 and under 21 as of Sept 1, 2022

Para = Grades \*7-12 and under 21 as of Sept 1, 2022.

*\*Grade 6 students who are part of the school population with grade 7's or above shall be eligible to compete but may not race up and must compete only in the Junior age group classification*

2) Please ensure the athletes are competing in the correct events and that no athlete is entered in more than 6 total events (relays included). Also ensure you are abiding by your districts allotted relays per classification/per gender rule and the limit of entries for athletes per gender, per age class, per event. A reminder that Supported Athletes and Para Athletes are exempt from any entry limit on numbers of athletes per event. See SSNS memo on Supported Athletes and Para Athletes for determining who would be eligible for these classes.

***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.***

- 3) Log onto the Trackie.ca website and click the tab on the top left for TrackieReg.
- 4) We ask that each coach/school set up an account under the Login/My Account tab so that you can store and access all your athletes in one place. This is helpful when printing team lists and making changes before the deadline. It also eliminates you from mistakenly entering athletes under different emails (gnspes, Gmail, school, Center for Education and NSTU for example) and not being able to see all your athletes under one email. You only have to create the account once and beyond this would simply go to My Account to login each time you access TrackieReg.
- 5) Once logged on, go to Find Event in the upper left of the screen and look for the correct district meet. This system will allow you to register for the wrong meet so ensure you choose the correct district meet. Note that you can "register" for the meet or view "more info" about the meet. Most districts are loading schedules and meet rules in this location so it might be wise to share this site with parents (but remind them they are not entering athletes). In some districts, entries are restricted to the emails of the coaches specific to that meet so again, check with your district meet director.
- 6) To enter individual athletes select *Register*
  - a. Select how many athletes you want to enter in the time you have at the moment (you can enter more later)
  - b. Select *This registration is for an individual*
  - c. Enter *First name* and *Last name* (please use proper format as in Stephen Gallant not stephen gallant or STEPHEN GALLANT)
  - d. Select *Gender* (see SSNS memo/handbook on gender policies if you have questions)
  - e. Ignore Hometown but be sure to select *Team* (School). The drop menu should take you to specific SSNS teams (schools). You can narrow the list by typing the first few letters of the school. Once selected click the apply to all checkbox.  
*If your school is missing, please contact Jason Murphy*
  - f. Select the *Event* and then the *Category* (Junior, Intermediate, Senior, Supported Athlete Junior, Supported Athlete Senior, Para). If the athlete is entering more than one event select *Add Event* and continue adding events and categories for the athlete.
  - g. When you are finished for this athlete click *Add Another Registrant*
  - h. When finished for this session it is vital you select *Proceed to Step 2* from the bottom of the screen to confirm your entries
- 7) To enter relay teams select *Register*
  - a. Select how many relays you want to enter at this session on the computer
  - b. Select *This registration is for a relay team*
  - c. Select the *Team* (School), *Gender*, *Event* and then *Category* (and *Add Another Event* if the team is doing both relays).
  - d. Since SSNS does not require us to list the team members of any relay team, most districts do not require you to list the athletes in the relay. Some districts do however allow you to enter multiple teams from your school in the same relay race, so check your district rules regarding how many of each can be entered in each Event
  - e. Move onto the next Team by clicking *Add Another Registrant*

Good luck to your athletes and thank you for all the work you do in support of SSNS Track and Field.