

# 2023 NLAA High School Championships

May 27, 2023, at Pearlgate Track and Field Complex, Mount Pearl

## About:

The Championships are being held for any school with high school students. The meet is intended for high school students; however, eligibility will extend to students registered in that school from grade 9 to grade 12. Junior High schools or students at those schools are not permitted to register.

## Rules:

- Athletes Canada and NLAA-modified rules will govern this competition.
- Starting blocks are mandatory for 400m and shorter, plus relays.
- False start - athletes charged with false start are disqualified.
- Field events: each participant is allowed three (3) attempts only in Long Jump, Shot Put, Discus Throw, and Javelin Throw.
- High Jump Increments: Each bar increase will be uniform throughout the competition - 5cm.
- Relays: The 20-meter exchange zones are open-ended; teams will not be disqualified if incoming or outgoing runner exchange the baton outside the designated zone.

## Team Competition:

- The top 2 ranked athletes per school will score.
- There is no limit to the number of participants per school and per event.
- A competitor may enter a maximum of three (3) events plus a relay. A student can be a part of one relay team only.
- Wheelchair and Special Olympic athletes will receive individual awards, but their results will not be awarded points toward team standings.
- Points for the team placement will be awarded based on the number of NLAA-affiliated schools in the competition (e.g., if there are 10 qualifying teams in the event, points will begin at 20 for the top competitor and descent by 1).

## Awards

- Individual: Gold, silver and bronze individual medals. They are presented immediately following the completion of each event.

- Team: Female and Male Provincial Championship banners. Only NLAA-affiliated schools are eligible for the team awards.

## Registration

- Registration and payment must be made through the Trackie registration platform.
- Participants can register individually or as a team by coach.
- No event changes, or substitutions, including due to injury, will be accepted after the registration deadline.
- No in-person, on-site registration. No telephone entries. No faxes. No entries by e-mail.
- Refund Policy: There are no refunds, transfers or credits.

## Registration deadlines and fees per athlete:

- Registration will open on Wednesday, May 17.
- \$10\* Thursday, May 25
- \$20\* 2 pm on Friday, May 26
- A One-Day Permit fee of \$1 per student will be added to non-NLAA-affiliated schools. NLAA individual track and field members can enter their membership number to avoid the \$1 fee.
- Up to 3 individual events and a relay

## Relay Team Registration

- A teacher-sponsor or school-designated coach must select Relay Members (4 girls or 4 boys) from participants registered on TrackieReg.
- Relay TEAMS must be submitted by the registration deadline. A teacher-sponsor or school-designated coach must submit participants' names in running order to the NLAA office via email to [nlaaoffice@gmail.com](mailto:nlaaoffice@gmail.com) before the registration deadline (Thursday, May 25).

## Final Relay Team Declaration:

- No relay teams will be added following the registration deadline - Thursday, May 25.
- Relay Team Changes: Should there be any changes to the team's running order, substitutions, or scratches, the team coach must use the Relay Declaration Form to submit these changes on Meet Day, 1 hour before the start of the relay event.
- Following the Final Declaration period, relay teams that have altered the declared order or team members will be disqualified.

## Events

- “Able Bodied” competitors cannot be entered in Wheelchair events.
- Track: 100m, 200m, 400m, 800m, 1500m, 3000m; 4x100m relay
- Jumps: Long Jump, High Jump
- Throwing: Shot Put, Javelin Throw, Discus Throw
- Events Para-athletes:
  - Special Olympic (SO) - 100m, 200m
  - Wheelchair (WC)\* - 100, 400m, 1500m
  - All WC athletes must have a racing helmet with a hard protective shell, recognized with an international safety standard.

### Weight of Throwing Implements:

- Event - Female/Male
- Shot Put - 4kg/5kg
- Discus - 1kg/1.5kg
- Javelin - 600g/700g

## Competition (Tentative) Schedule

- MORNING SESSION
  - 9:30 100m
  - 10:00 Girls Shot Put
  - 10:00 Boys Javelin Throw
  - 10:30 1500m
  - 10:30 Girls Long Jump
  - 10:30 Boys High Jump
  - 11:15 Girls Javelin Throw
  - 11:15 Boys Shot Put
  - 11:30 400m
- AFTERNOON SESSION
  - 1:30 Boys Discus Throw
  - 2:00 Boys Long Jump
  - 2:00 Girls High Jump
  - 2:00 800m
  - 2:45 200m
  - 3:15 Girls Discus Throw
  - 3:15 3000m\* mixed
  - 3:45 4x100m relay