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| **Colchester-East Hants/Antigonish/Guysborough** **SSNS District Track and Field Meet 2024** |
| **DATES** | **FRIDAY, May 10th, 2024****SATURDAY, May 11th, 2024** |
| **REGISTRATION DEADLINE** | **Wednesday, May 8th – @9:00 am (Trackie.reg)** |
| **LOCATION** | **Pioneer Coal Athletic Field****483 Auburn Avenue, Stellarton (for GPS)** |
| **START TIME** | **9:00 am both days** |
| **COACHES MEETING** | **8:30 am Friday, May 10th** **Inside the clubhouse; one coach per team please attend** |
| **MEET DIRECTORS** | **Paul Millman (Technical Director)****Joyce Millman (902-890-3930 cell)****millmanjoyce@gmail.com** |

**\*\*Please read ALL information details carefully and share relevant information with your athletes and parents. If you have any questions, please ask. The following information is essential for a safe and positive experience for all of our athletes.**

**Entry Fee: $250.00 per school with 20+ athletes; $150.00 per school with 19 athletes, or fewer.**

Please make cheques payable to CEC.

 Please have your cheque ready for the Coaches Meeting.

 Receipts will be mailed to each school. Schools requiring an

 invoice, please request this **in advance** from Joyce Millman.

**Entries:** Registrations will open **April 28 at 5:00 pm**. Each school

 must register on-line (Trackie.reg) **by MAY 8th at 9:00am** in

 order to have student athletes registered to compete at this

 meet. This deadline applies to ANY changes. Data from the

 website will be transferred on May 12th. Any changes made

 on the website after this time will not be included in the meet

entries. Please contact Data Manager Ron Smith (smithrg@ccrce.ca) with any questions or concerns following May 12th.

**Entry Restrictions:** Each school is allowed only **FIVE** entries per event per age-class. Each school is restricted to **ONE** entry in each of the relay event categories. An individual athlete may compete in a maximum of **SIX** events **INCLUDING RELAYS**. \*\*Please ensure

 your school does not submit more than five athletes per event, per age-class.

**Supported Athletes**: Supported Athletes may register in the following events: 100m Finals; Long Jump (3 jumps maximum from any point on the runway; and Shot Put (3 throws, women 3 kg; men 4 kg). Please enter all Supported Athletes online using the correct category (**Supported Athletes Junior** – grades 7-9; **Supported Athletes Senior** – grades 10 – 12).

**Para Athletes**: Para Athletes may register in the following events: 200m (ambulatory and wheelchair); 800m Timed Finals (ambulatory); and Shot Put (seated and ambulatory) – 3 throws each. Women will use the 3 kg implement and men will use the 4 kg implement. Any **Para Athlete in grades 6 – 12** shall be able to participate (no age restriction). Registration for the Para category must be completed online via Trackie.reg.

**IB/AP Exam Conflicts: Statement from SSNS:** IB/AP exams take place at times dictated by outside bodies. Where they are required components for PSP graduation, in 2024 we will aim to accommodate student-athletes who have exam conflicts with specific individual events at district track and field meets. No accommodations are made for relay teams containing the student-athlete (put in a replacement) and no accommodations need to be made for Para athletes as they advance directly to Provincials with no qualification necessary.

School representatives must complete the required form (*form sent to coaches/schools with District registration package*) for District and Regional Meet Directors/Results Managers. With IB and AP exams both ending May 17th, 2024, the conflict will only impact the District meet. Genuine IB/AP exam conflicts will result in an auto-advancement of the athlete to Regional in the event(s) in conflict. **Schools must verify the conflict and complete one form per athlete. Forms are to be submitted to the Regional SSNS Director by 5 pm on May 9th. (The form indicates May 13th but our meet runs prior to that deadline.)**

**Officiating:** As the host school, CEC is ensuring placement of Head Officials in each event. As has been the case in the past, **each participating school must provide one or two minor/support officials** (coach, parent, former athlete, leadership student, etc.) to provide assistance with tasks such as raking sand, measuring throws, holding tape, timing, etc. Please email the names of your volunteers to Meet Director Joyce Millman (millmanjoyce@gmail.com) by the registration deadline. We will place volunteers in needed areas. Volunteer officials will be provided with a free lunch for the day.

**Spike Size:** The **maximum spike size is 7mm** and **ONLY CONE** or **PYRAMIDS** will be permitted. There will be random checks at the marshalling area so please ensure your athletes are prepared prior to their events.

**Age-Classifications:** As of 2023, all age classes/categories are **GRADE LEVEL**, not age-based.

 **JUNIOR - Grades 7-9** (grade 6 students who are part of the school population with grade 7s or above shall be eligible to compete but ONLY in the Junior classification)

 **INTERMEDIATE – Grade 9 and first-year high school**

 **SENIOR – 2nd and 3rd year high school (under 19 as of Sept.1/23)**

**Hurdles:** Changes to the Hurdle events occurred in 2022 but are highlighted below. Please note, **race order has been adjusted** to accommodate these changes for efficiency on the track.

 **\*\*Volunteers will be needed to shift hurdle heights/distances between events.**

**Implements:**

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| **AGE CLASS** | **Shot Put** | **Discus** | **Javelin** | **High Jump** | **Hurdles** |
| Senior Boys | 6 kg | 1.75 kg | 800 g | 1.45 m | 110m –36” |
| Senior Girls | 4 kg | 1 kg | 600 g | 1.25 m | 100m –30” |
| Intermediate Boys | 5 kg | 1.5 kg | 700 g | 1.40 m | 100m – 33” |
| Intermediate Girls | 4 kg | 1 kg | 500 g | 1.25 m | 80m – 30” |
| Junior Boys | 4 kg | 1 kg | 600 g | 1.25 m | 80m – 30” |
| Junior Girls | 3 kg | 0.75 kg | 400 g | 1.15 m | 80m – 30” |
| Supported/Para Girls | 3 kg | n/a | n/a | n/a | n/a |
| Supported/Para Boys | 4 kg | n/a | n/a | n/a | n/a |

**Heats/Finals:** All track events will be timed finals with the exception of the 100m and 200m races. Because the heats are randomly determined, **the fastest 16 athletes from those heats will advance to a two-heat timed section final**. The fastest eight times from the heats will race in the second final. The fastest athletes will occupy the middle lanes of both finals. In the event of a tie in any sprint event, the competitor with the fastest time in the heats will advance. If athletes remain tied after this tie-breaker, then three finals may be required. The 400m is a timed final.

**Field Events:** Each competitor will have three attempts. The top eight will have an additional three attempts in every field event except High Jump. Those eight athletes will advance to Regionals. With the exception of High Jump, athletes will only be permitted 30 seconds for each field attempt. \*\*Reduced from 60 seconds.

**Racing Up:** 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 evet at Districts, and that all individual events must be in one class.**

**Advancement:** The top eight athletes in each event, as well as the top four relay teams, will advance to Regionals (May 24/May25). The 9th place competitor (or 5th relay team) from each District may substitute for an athlete from the same District in the top eight if one is unable to compete.

**Schedule:** A schedule of events is available on Trackie.reg . Times are approximate due to variances in the number of athletes per event. We are posting a start time on the track of 9:15 am, and all events will follow in order when the track is ready. We will not post a start time for track events so things may proceed ahead when circumstances make that possible. All coaches and athletes need to be aware of what events are happening on the track, and listen for age-class calls on the PA. This is NOT how the schedule will work at Regionals so please keep that in mind. Athletes are encouraged to stay on site and to check in with the Clerk of the Course and/or Head Official of field events ASAP after the first call by the announcing booth. All athletes competing in field events should pay careful attention to their schedule as these have specific start times. Discus and Javelin competitors should not advance to the competition area until an official is present. These events are staggered for athlete and spectator safety.

 **\*\*NEW 2024:** All track events will be timed using the new electronic timing and photo-finish system. This will be discussed at the Coaches Meeting.

**Canteen:** On-site canteen available for coaches, athletes, and spectators.

**Parking:** The facility has ample on-site parking for buses and vehicles. Please avoid blocking gates and entrances.

**Directions:** Pioneer Coal Athletic Field (GPS address: 483 Auburn Avenue, Stellarton)

 **From Truro**: Take exit 23 off Highway 104 and turn right on Westville Road. Continue straight until Foster Avenue. Turn left. Proceed roughly 400m and turn right onto Pat Carty Way.

 **From Antigonish**: Take exit 23 off Highway 104 and turn left onto Westville Road. Continue straight until Foster Avenue. Turn left. Proceed roughly 400m and turn right onto Pat Carty Way.

 **Note**: Foster Avenue and Auburn Avenue are the same road but it has different names at either end. You will enter from the Foster Avenue end.

**Changing Rooms:** The facility has a clubhouse that contains washroom facilities. Athletes should come to the meet prepared for the entire day. Schools are asked to remind athletes to clean up after themselves, and to prepare for all weather conditions.

**Information:** If you require further information, please contact Joyce Millman – 902-890-3930 (cell), or by email: millmanjoyce@gmail.com