

## **SSNS Northumberland Regional Track & Field Meet 2024**

**Dates:** May 24 & 25, 2024  
**Location:** Pioneer Coal Athletics Field, Stellation.  
**Meet Director:** Trevor Boudreau, NGA  
**Starting Time:** 9:30 am [Friday and Saturday]  
**Coaches/Officials Meeting** Friday - 8:45 Meet overview and Officials Confirmation  
**Officials Meeting** Saturday - 8:45 Officials Confirmation

**Entry Fee:** \$5 per athlete up to a team maximum of \$200. Please make cheques payable to **New Glasgow Academy Track and Field**. Fees will be collected following the coaches meeting Friday morning. Receipts will be sent to your school by mail as soon as administration processes registration fees. **If your school requires an invoice in advance, please contact Trevor Boudreau.**

**Entries:** The District meet directors will register the top 8 athletes and top 4 relay teams from each district. Coaches are not required to register their athletes at this time.

**Alternates:** The 9th place finisher from each district may be eligible to compete if a qualified athlete **of the same District** is unable to attend. All alternates should report to the head official for their specific event upon hearing the first call.

**Lane Assignments:** For events with prelims and finals, each athlete's district final time and placing will be used to create 2 random heats of equal strength. Heats shall not include more than 4 athletes per district. Lanes for finals are generated from prelim results. We will be adopting WA format for determining lane assignments. For straight races (hurdles and 100m), the OLD version of 45362718 will be used. For curves races (200m and 400m) we will use a different model as it is now the case that certain lanes are not optimal for the athletes and so in these races will use this order 45673821. Fingers crossed that MM has been properly formatted for this?

**Exemptions:** Due to IB examinations/school commitments and SSNS policy for fair play, some heats and finals may be affected, causing 3 heats in a sprint race or having more than 16 competitors in any event.

**False Starts:** Individual student-athletes are permitted one false start each in all individual track events. Student-athletes charged with a second false start in an individual event will be disqualified from that event. For clarification, a semi-final and a final are two individual events.

**Heats & Finals:** All track events will be timed finals with the exception of the Hurdles, 100m, 200m and 400m races. In these four events (as will be the case at Provincials), the top 3 athletes from each heat plus the next 2 fastest runners will qualify for a final of 8 in order to determine the top 4

Provincial qualifiers. For prelims that include more than 16 athletes, 3 heats will be required and therefore the top 2 and next 2 fastest runners will qualify for the final.

**Spike size:** The maximum spike size is 7mm.

**Field Events:** 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 or jumping earlier or later in the round. If the athlete(s) misses an entire round, no extra additional attempt will be given. The top 8 athletes from rounds 1-3 will be awarded 3 additional rounds. In rounds 4-6, the order of competition will begin with the lowest ranked athlete to the highest ranking athlete.

**Track v. Field:** When an athlete is involved in both a track and a field event, the track events take priority over the field event. Competitors who are called away to a track event are to 1) let the field judge know and 2) report back as quickly as possible. You may ask and be permitted to throw/jump ahead of/after than your usual order, but once a round is finished you lose your attempt for that round. For instance, an athlete could throw first in one round and last in the next round but an athlete may not throw 2 throws in one round. Please ensure athletes understand this procedure and are proactive in discussing this with both the field official and clerks/marshal of track events. Ultimately, the responsibility lies with the athlete.

**Hurdles:** Scheduled as the first event of the day on Friday. Hurdle distances are 80m for junior girls and boys and intermediate girls, 100m for intermediate boys and senior girls, and 110m for senior boys. The hurdles event will be run as prelims and a final. The order of events will follow a slightly different order than other events (JG, JB, IG, SG, IB, SB). Following the Senior boys prelims, the hurdles will be reset to Junior girls height and the finals will begin.

**Para Athletes:** Three events will be contested for our Para athletes; 200m (ambulatory & wheelchair), 800m timed finals (ambulatory), and Shot Put (seated and ambulatory) **3** throws each. Any Para athlete in grade 6-12 shall be able to participate (no age limit). All Para athletes who compete at Regionals will automatically qualify for Provincials.

**Supported Athletes:** Three events will be contested for our supported athletes; the shot put (**3 throws** maximum), 100m as well as long jump (**3 jumps** maximum measured from the take-off board). These athletes would have qualified for Regionals based on their District placing. The top **four** here will qualify for Provincials. Age classes for the supported athletes are Junior (grade 7-9) and Senior (grade 10-12). **Ribbons and banners for all events will be presented following the athletes final event.**

**Age Up Relays:** As during Districts, athletes are able to age up and race in a higher age class relay race if a team requires additional runners. Aging up in a relay WILL NOT affect the individual age class for the competitor. Athletes are not able to race their own relay and then age up for another age class however.

**Scratch Rule:** If an athlete qualifies for an event at Provincials and is unable or unwilling to attend the qualified event(s), they may decline the position to avoid the 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 for Provincials) 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 2024.

**The scratch rule for these championships is in effect. All athletes must begin and give a competitive effort in their respective events.**

**Results:** All results will be posted outside the clubhouse area as quickly as possible. These are unofficial and will remain as so for 30 minutes following posting. Coaches are asked to check results for inconsistencies and bring errors to the attention of the Meet Director in a timely manner.

**Provincials:** The top 4 athletes in each event as well as the top 4 relay teams will advance to Provincials. Fifth place will act as the Regional alternate. Athletes who qualify for an event at Provincials, are expected to compete in that event. Scratch rules are enforced much more strictly. See details below.

**Awards:** Ribbons for 1st, 2nd, and 3rd place finishers as well as participation ribbons for all supported athletes will be awarded throughout the competition. Please see the schedule of events for the approximate presentation time. Banners will be awarded following the second day of competition. Banners will be awarded for JG, JB, IG, IB, SG, SB age classes. These awards are based on points gained through events placings. The point system is as follows:

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

**Code of Conduct:** Coaches and athletes are reminded that this is an SSNS sanctioned event and therefore all behavior should adhere to the SSNS Code of Conduct. Such Code of Conduct includes, promoting friendly relationships and good sportsmanship, to respect the judgment and integrity of referees, judges and other officials, and abstain from inappropriate language.

**Schedule:** A schedule of events is provided in a separate file. All events on the track will be run in two heats only, with the exception of events including SSNS excused student-athletes involved in IB programs. The times are mere guidelines. Athletes are encouraged to stay on-site and to check in with the clerk of the course on the track or the head official in the field events as soon as possible following their first call.

**Event Calls:** Meet officials will do their best to announce first calls for all track events 25 minutes prior to their scheduled time and all field events 30 minutes prior. Second and third calls for all events will be announced at 15 minutes and 5 minutes to event times. These are guidelines only. Athletes are ultimately responsible to check in with their event officials in a timely manner.

**Coaching:** All coaches (not officiating) must remain outside the fence surrounding lane 8. Coaches may assist and support their athletes from the rail, however athletes are not permitted to leave their competition area. Coaches who have kindly volunteered to officiate an event, may assist their athlete from the competition area. Such support should be done quickly so as not to interfere with the running of the event.

**Equipment:** In throwing events, an athlete may request that the head official certify an implement prior to competition. If this implement is certified, it may be used but must also be made available for all other athletes in that event.

**Changing Rooms:** Full washrooms are available on site. If you see that a washroom is in need of more supplies, please see the staff at the canteen for assistance. Male and Female washrooms are located at track level. A gender neutral washroom is located on the top floor of the clubhouse.

<b>Implements:</b>	Age Class	Shot Put	Discus	Javelin	HJ	Hurdles
	Senior Boys	6 kg	1.75 kg	800 g	1.40 m	36"
	Senior Girls	4 kg	1.0 kg	600 g	1.25 m	30"
	Intermediate Boys	5 kg	1.5 kg	700 g	1.40 m	33"
	Intermediate Girls	4 kg	1.0 kg	500 g	1.25 m	30"
	Junior Boys	4 kg	1.0 kg	600 g	1.25 m	30"
	Junior Girls	3 kg	0.75 kg	400 g	1.15 m	30"
	Special/Para Girls	3 kg	n/a	n/a	n/a	n/a
	Special/Para Boys	4 kg	n/a	n/a	n/a	n/a

**Canteen:** A full canteen and BBQ will be located on-site.

**Parking:** The facility has ample parking for buses and vehicles on site.

**Directions:** **From Truro;** take exit 23 and turn right on Westville Rd. Continue straight until Auburn Ave. Turn left onto Auburn Ave. and proceed roughly 400m to the facility driveway; Pat Carty Way on your right.

**From Antigonish;** take exit 23 and turn left on Westville Rd. towards Westville. Continue straight until Auburn Ave. Turn left onto Auburn Ave and proceed roughly 400m to the facility driveway; Pat Carty Way on your right.

**Contact:** If you require further information, contact Trevor Boudreau on cell (902) 616-4040 (c) or email [boudreaut@ccrce.ca](mailto:boudreaut@ccrce.ca)