

2024 Capital Regional Track & Field Championships

Daily Start/End Times for the regional meet:

9:30am - Coaches Meeting

10:00am – events begin

Roughly 3:30pm - end time regional events

Entry Fees:

Fees should be paid at the end of the 1st day, or mid-morning on the 2nd 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.

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. 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, meet directors will do all entries for regionals.

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 and Regulations 2024 Capital Regional Track Meets

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 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 September 1, 2023 and all others under 19 on September 1, 2023

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

New last year - 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 but also Intermediate 4x100m. They could not then at any time participate in Intermediate 4x400m or Senior 4x100m as no athlete can 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. 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 last year- 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 2024.

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). Be sure to connect with your learning centre staff early and share this opportunity and requirements

7. 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. 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.

8. 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

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

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

11. 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 regionals 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

**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 athletes per lane for ¼ lap and then athletes are 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.

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:

	80m	100m	110m
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 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.

19. 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