**SSNS Highland Region Track and Field Meet 2024**

**Friday Saturday 24-25 May Cape Breton Health and Recreation Center**

**FEES : $250 per high school, $175 per educational center/middle school or $25 Per athlete.**

**Attention: Track & Field Coaches**

Please find the Track and Field meet guidelines.The following events are direct qualifiers without competition at the Districts: relays,hurdles,3000m. **However, the coach must have registered for these while registering for Districts.** Please include these in the maximum 6 events permitted.

**EVENTS MAY OCCUR EARLIER THAN SCHEDULED IF WE ARE EFFICIENT. BE PREPARED FOR THIS.**

If you have further questions please contact Greg Myatt ([gmyattsydns@aol.com](mailto:gmyattsydns@aol.com)) or Mitchell Curran(m-curran@gnspes.ca)

**Part A:**

1. **Date of Meet: Friday 24 May , Saturday 25 May START TIME 10AM FRI 10 AM SAT**
2. **COACHES MEETING DOME FRI 930 AM**
3. **Location: Cape Breton Health and Recreation**
4. **Officiating Responsibilities:**

**Announcers- Sydney Academy Statistician- Sydney Academy**

**Starters/ Recall Sydney Academy/Bayview**

**Track Marshall Sydney Academy**

**Starter Assistant- Joe LeBlanc Leroy Hodder Glen Fernandez Cabot**

**Hurdles-Memorial/CBHA/All schools**

**4x100 Relay-Z1 Dal WPM Z2 SA SAERC Z3 RHS TEC**

**Shot Put- Riverside/Tamerac/Sydney Mines Jr/ Memorial**

**Discus- Riverview/CBHA**

**High Jump- Rankin/Dalbrae/CSEA/WPM/BEC**

**Long Jump- Bayview/Baddeck /SAERC/**

**Triple Jump- Whycocomagh/SA/Baddeck**

**Javelin- Inverness/Glace Bay/EREC/MCS**

**Finish Line- Leanne Fri Lori Jody Fri Sat Maggie Ardell Fri Sat**

1. **Tents- Tents will be erected for all events. Schools wishing to erect their own tents and windbreaks may do so outside the track area.**
2. **Safety zones- Areas around and along the field events will be roped off. Coaches are reminded to instruct athletes to use caution when crossing the playing field.**
3. **Athlete numbers- Each athlete will be assigned a specific number at registration. Athletes will not be permitted to compete without these numbers.**
4. **Marshalling Area- Athletes competing in the track events must report/ check in at the Marshalling Area ( in green building) prior to or at the first call for their specific event. Please listen carefully to the announcements.**
5. **Field events- Athletes are reminded to report/ check in with the event judges prior to or on the first call. Please listen to the announcements.**
6. **Track events take priority over field events. Be aware of conflicting events.**
7. **Top 4 times qualify for PROVINCIALS. It is the responsibility of the the 1-4 place athlete coach to tell the 5th place athlete (alternate) coach if their athlete will not be traveling to Provincials (CBHRC Sydney)**
8. **Schedule- The schedule will be followed as closely as possible and possibly may run EARLY. START TIME 10:00 am sharp!**
9. **A challenge to a result must be received in writing (with the event and details) within 30 min of results being posted, in writing to the meet director, Greg Myatt.**

**PART B:**

**REGISTRATION OF TEAMS**

1. **We will be using the Hy-Tek Meet Manager and electronic timing equipment for the Regional meet, registration is through qualification from the District meet, and through registration at the District meet for hurdles, 3000m, and relays.**
2. **SSNS Age Classification**

**a) Senior – second or third year of high school (Usually Grade 11 and 12) andunder 19 years of age as of 30 September 2022.**

**b) Intermediate – Grade 9 and first year of high school (Grade 10).**

**c) Junior – Grade 7 and 8 (Grade 6 if participant is in a middle school).**

1. **Ribbons for 1st, 2nd and 3rd place finishes will be presented at the Regional meet. There will be team and individual points kept and team and individual awards presented at the Regional meet. Individual Division trophies and Regional banners will be presented at the conclusion of the Regional meet.**
2. **Each team/school may register a maximum of 3 athletes per event. All coaches must review their own entries to ensure accuracy.**
3. **IMPORTANT NOTE: Once registration is closed substitutions are not permitted. Only scratches (please email them to contacts) Last minute substitutions, on the day of the meet, creates confusion and headaches for event Marshalls and the registration system.**

**PART C:**

**GENERAL INFORMATION, RULES AND REGULATIONS**

* **All athletes must check in for their events 30 minutes prior to the start of the event. Listen for announcements and report to the event Marshall.**
* **Results will be posted and ribbons presented as soon as possible following the completion of an event. At field event site for field events, at Registration Desk for track events.**
* **The coaches meeting will be held 30 (0930) minutes prior to the meet. Athlete numbers will also be distributed to coaches at the registration desk.**
* **School identification clothing is requested. No “club” or “games” uniforms are to be worn during competition.**
* **In the throw and jump events each competitor will be given (3) trials. The top eight (ties broken when possible) will then be given (3) more additional trials. Best of 6 (or 3) attempts will count for the top 12 placing.**
* **No necessary delay in making an attempt in any field event will be permitted.**
* **Athletes must use the equipment, including starting blocks, supplied by the Meet Organizers. In the throwing events, an athlete may request that the head official certify an athlete’s implement prior to the competition. If this implement is certified it may be used but must also be made available for use by all athletes in that event.**
* **Canteen service may possibly be be available.**
* **Tents may be erected outside of the competition area.**
* **Results will be posted on Results board behind the bleechers, or available at tfacb.com under Results. A QR code with instructions will be provided to take you to the site.**
* **Maximum spike length allowable on track and runways is 7mm, preferably of the pyramid type. Replacement spikes are usually available for purchase.**

**PART D:**

**TECHNICAL DETAILS**

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| 1. **Implements** | **Shot Put**  **Discus**  **Javelin** | **SB**  **IB**  **JG**  **JB/IG/SG**  **SB**  **IB**  **JB/SG/IG**  **JG**  **SB**  **IB**  **SG/JB**  **IG**  **JG** | **6.00kg**  **5.00kg**  **3.00kg**  **4.00kg**  **1.75kg**  **1.50kg**  **1.00kg**  **.75kg**  **800g**  **700g**  **600g**  **500g**  **400g** |

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| 1. **Starting High Jump Heights** | **Class**  **SB**  **IB**  **JB**  **SG**  **IG**  **JG** | **High Jump**  **1.45M**  **1.40M**  **1.25M**  **1.25M**  **1.25M**  **1.15M** |

1. **The 100m, 200m events will have semi finals and finals. The top 3 (2, if 3 heats) finishers from each heat, and the next 2 fastest finishers will advance to the final The 400m, 800m and 1500m shall be run as timed finals. Top 4 time results ( 5th as an alternate)will qualify for the Provincial meet. This differs if there are 3 heats.**
2. **The 800m will be run in a 2 to a lane formation with cut in at the 800 CIL. This will be explained at the start of each race. The 1500m and 3000m will be run on a curved start line.**
3. **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 quickly as possible. You may ask and be permitted to throw/jump ahead/later of your usual order, but once a round is finished you lose your attempt for that round. You may not throw 2 throws in one round. Please ensure your athletes understand this procedure and are proactive in discussing this with field officials and clerks of track events, but ultimately, the responsibility lies with the athlete.**
4. **Blocks are available for all races up to and including the 400m. Blocks will not be used for any race over 400m.**
5. **Only one false start in a race and is charged to the field. The offending party in a second false start will be disqualified from the event.**