**KINGS/HANTS SSNS DISTRICT**

**TRACK & FIELD CHAMPIONSHIPS**

**KINGS EDGEHILL SCHOOL**

***33 King's-Edgehill Lane, Windsor, Nova Scotia***

**MAY 9-10, 2025**

**WE BELIEVE;**

**PHYSICAL EDUCATION IS VITAL TO ALL CHILDREN.**

**ALL STUDENTS HAVE THE RIGHT AND THE OPPORTUNITY TO PARTICIPATE IN QUALITY DAILY PHYSICAL EDUCATION PROGRAMS.**

**A QUALITY PHYSICAL EDUCATION PROGRAM IS LEARNER-CENTERED WITH THE STUDENTS TAKING RESPONSIBILITY FOR DESIGNING, ACHIEVING AND MAINTAINING A LEVEL OF PHYSICAL FITNESS OF THEIR CHOICE.**

**A QUALITY PHYSICAL EDUCATION PROGRAM HAS A POSITIVE IMPACT ON THE PSYCHOMOTOR, COGNITIVE AND AFFECTIVE ASPECTS OF THE LIVES OF ALL CHILDREN AND YOUTH.**

**PHYSICAL EDUCATION PROVIDES A VEHICLE FOR THE PRACTICE OF FAIRPLAY.**

**PHYSICAL EDUCATION PROGRAMS SHOULD BE EQUITABLE IN REGARDS TO GENDER AND RACE.**

**A QUALITY PHYSICAL EDUCATION PROGRAM STRIVES TO HELP EVERY STUDENT BECOME PHYSICALLY EDUCATED.**

**PHYSICAL EDUCATION PROGRAMS HAVE A POSITIVE INFLUENCE ON THE ACTIVE LIFESTYLES OF CHILDREN AND YOUTH FOR A LIFETIME.**

**PHYSICALLY EDUCATED CHILDREN WILL GROW UP TO LEAD ACTIVE, HEALTHY AND PRODUCTIVE LIVES.**

**SCHOOLS ELIGIBLE TO PARTICIPATE**

**AVON VIEW HIGH SCHOOL**

**BERWICK SCHOOL**

**CENTRAL KINGS RURAL HIGH SCHOOL**

**COLDBROOK & DISTRICT SCHOOL**

**ECOLE ROSE-des-VENTS**

**EVANGELINE MIDDLE SCHOOL**

**HANTSPORT SCHOOL**

**HORTON HIGH SCHOOL**

**KINGS COUNTY ACADEMY (KCA)**

**KINGS EDGEHILL SCHOOL (KES)**

**LANDMARK EAST SCHOOL**

**NORTHEAST KINGS EDUCATIONAL CENTRE**

**PINE RIDGE MIDDLE SCHOOL**

**UNIACKE DISTRICT SCHOOL**

**WEST KINGS DISTRICT SCHOOL**

**WOLFVILLE JUNIOR HIGH SCHOOL**

**WEST HANTS MIDDLE SCHOOL**

**OFFICIALS**

**MEET DIRECTORS** - MELISSA HYSON/DAVE MOLNAR

**SSNS** – DALE SANFORD

**COMMITTEE OF APPEAL -** MELISSA HYSON / DALE SANFORD / PHIL HADLEY

**CLERK OF THE COURSE** - CATHY BALDWIN / ELLEN BURNETT

**FINISH LINE RECORDER –** KINGS EDGEHILL SCHOOL

**ANNOUNCERS –** DALE SANFORD

**TIMERS** - KINGS EDGEHILL SCHOOL

**FINISH LINE JUDGES** - KINGS EDGEHILL SCHOOL

**STARTERS** – ANDRE BENOIT, ROSS BENTLEY??, BILL WALSH??

**TECHNICAL DIRECTOR / RESULTS** **–** PHIL HADLEY

**FEES -** MELISSA HYSON

**SHOT PUT** – EVANGALINE MIDDLE SCHOOL, WOLFVILLE

**JAVELIN** - CENTRAL KINGS, LANDMARK, ROSE DES VENTS

**DISCUS** – KINGS COUNTY ACADAMY, NORTHEAST KINGS

**LONG JUMP** - BERWICK, WEST KINGS, UNIACKE

**TRIPLE JUMP** - HANTSPORT, PINE RIDGE, WEST HANTS

**HIGH JUMP**- HORTON, AVON VIEW, COLDBROOK

**FIRST AID** - CENTRAL KINGS

**MAINTENANCE CREW** – ALL SCHOOLS PITCH IN TO HELP OUT

**ENTRY FEE:** $100.00 per school - schools with fewer than 10 athletes will pay $10 per athlete. Payable to CENTRAL KINGS.

**ENTRIES DUE**: TUESDAY MAY 6th 2024, 10:00PM. Registration is to be done on-line (TrackieReg).  Please follow the directions sent to school by the Meet Director.

COMPETITION RULES

A competitor may enter up to a maximum of six events including relays. **Please keep in mind ifan 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 in subsequent events in the meet. To decline the qualifying position the athlete or coach needs to inform the meet results/entries manager (Phil Hadley) 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.**

Coaches may enter **4 competitors** per event and 2 relay teams in all age classifications.  Only one relay team may score points and advance to Regionals.

If there is a disqualification at the district meet in an individual or a relay event, then these competitors **cannot** compete at the Regional Meet.

If an athlete or a relay team cannot compete at the next meet, the next standing team takes their place.

Advancements to Regionals are: 4 track, 5 field, and 4 relays.

We encourage all coaches to be in attendance at the Regionals and Provincials championships. We need qualified people to run the events.  Please follow through on your coaching responsibilities for track at the district, regional, and provincial meets.

**Coaches are asked to ensure that their athletes are familiar with the use of starting blocks and starting commands; (take your mark, set, bang)**

**ATHLETES’ CONDUCT** - Unsportsmanlike behavior (verbal or physical actions) may result in disqualification from event(s) and/or meet; in which case, regional participation would not be possible. PLEASE - Athletes are not to be practicing shot, discus or javelin unless under direct supervision of coach in designated areas; otherwise implements will be confiscated if necessary.

**AWARDS**- Ribbons for all events

**CLASSIFICATIONS AGE**:

Senior: second and third year high school

Intermediate: Grade 9 and first year high school

Junior: Grade 7 and Grade 8 students

\* Grade 6 students who are part of the school population of a High school or Junior/Middle school shall be eligible to compete at the Junior level.

**JUMPING EVENTS** - 3 jumps ONLY, there will NOT be 3 extra throws for top eight competitors. High Jump will take place on the turf, spikes allowed. Long jump, triple jump, and javelin will all have a synthetic take off runway. Track spikes recommended.

In the high jump, credit will be given for clearing standing height in practice round. No penalty if not cleared.

**THROWING EVENTS** - 3 throws and then the top 8 will have 3 more throws (trial this year).

**REPORTING TO EVENTS** - Competitors in a field event who must leave for a track event must tell the field official. When they return to the field event, they may continue the competition in the round which is currently taking place. Eg: If they leave during the second throws and return before 2nd throws are completed, they may have their second throw at the end of that round. If second throws are completed and 3rd have started, they will have missed the second round.  The onus is on the athlete to be responsible for returning to the field without delay.

**HURDLES MEASUREMENTS**

Junior Girls            80 m (30") .76m

Intermediate Girls 80 m (30") .76m

Junior Boys                 80 m (30") .76m

Senior Girls            100 m (30") .76m

Intermediate Boys 100 m (33") .83m

Senior Boys            110 m (36") .9m

**HURDLE PLACEMENT**

***80m******100m 110m***

From start to first hurdle 12m                     13.00m 13.72m

Between each hurdle 8m             8.5m 9.14m

From last hurdle to finish 12m                     10.5m 14.02m

**HIGH JUMP** – Starting heights

Junior Boys - 1.25 m

Junior Girls - 1.15 m

Intermediate Boys - 1.40 m

Intermediate Girls - 1.25 m

Senior Boys - 1.45 m

Senior Girls - 1.25 m

**SHOT PUT**

Senior Boys – 6 kg                                     Junior/Para Girls/Special Athlete Girls -3 kg

Intermediate Boys – 5 kg                           JB/IG/SG/Para Boys/SA Boys – 4kg

**DISCUS**

Intermediate Boys – 1.5 kg                        Senior Boys – 1.75 kg

Junior Girls – 0.75 kg        SG/IG/JB – 1 kg

**JAVELIN**

Junior Boys – 600 g       Junior Girls – 400 g

Intermediate Boys – 700 g                         Intermediate Girls – 500 g

Senior Boys – 800 g       Senior Girls – 600 g

**SCORING SYSTEM ( tentative )**

Points will be awarded according to the following:

**INDIVIDUAL EVENTS**                           **RELAYS**:

1st - 10                             1st - 16

2nd - 8                             2nd - 14

3rd - 7                             3rd - 12

4th - 6                             4th - 10

5th - 5                             5th - 8

6th - 4                             6th -           6

7th - 3     7th   -           4

8th - 2     8th   -          2

SSNS T&F Specific Rules: <https://sites.google.com/gnspes.ca/nssaf/sports/track-field>

Canteen – on site (cash only).

Portable toilets available on site. No change rooms available.

Bring chairs, tents, etc.

Parking on site will be limited, please keep this in mind and consider car-pooling, bus, etc. A parking plan will be released closer to the date. There are new (2025) parking spaces available on College Road.