

**2025 INVERNESS/RICHMOND DISTRICT**

**TRACK & FIELD MEET**

**Dalbrae Academy- Thursday, May 15th (Rain Date: Friday, May 16th)**

**District Meet Director: Kim Talbot-Cluett**

**Email: kim.talbot@srce.ca**

**Please find the Track & Field District Meet guidelines in this document. The District Meet will be a one day meet where athletes must qualify to compete at the Regional meet on May 23 & 24 @ CBU in Sydney. In order for us to host a one day meet it was agreed that the following events be listed as “Direct Qualifier” events: 4X100m and 4X400m relays, 3000m races, and hurdles for all divisions. These events will be run at the Regional meet, but the competitors must be registered for the events at the same time as you register for the District meet. Coaches are also reminded that individual athletes are permitted to compete in 6 events. These can be individual events or a combination of relay and individual events. Points for individual awards include only the top 4 events, not including relays. The individual division athlete’s trophies and division trophies will be only awarded at the Regional Meet.**

1. **Date of meet: Thursday, May 15th (Rain date: Friday, May 16th)**
2. **Location: Dalbrae Academy**
3. **Coaches Meeting: 9:30am (inside main tent)**
4. **Starting Time: 10:00am (1st call will be made @ 9:45)**
5. **Officiating Responsibilities: \*will need to be updated for 2025\* email to follow \* Statisticians… Starters/Recall…**

**Marshalling Shot Put… Discus… Javelin… High Jump… Long Jump… Triple Jump… Timers…**

**Helpers…**

1. **Equipment: Each school may be responsible for bringing specific pieces of throwing equipment, measuring tapes & timers for the event they are running. Separate email will be sent out.**
2. **Tents: A large tent will be erected at the finish line area to store the electronic timing equipment, the PA system and field event equipment. Event Officials can pick up their equipment, competitor list & 1st, 2nd & 3rd place ribbons inside the tent. Schools wishing to erect their own tents may do so outside the track area.**
3. **Athlete bib numbers will be distributed at the coaches meeting. All athletes must wear their assigned bib # to compete at the District meet.**
4. **Marshalling area: Track event athletes will be called (1st, 2nd, 3rd & final call) to check in at the marshalling area prior to their event. Athletes competing at another event when their name is called should check in and tell the marshalling official that they have another event in progress.**
5. **Field events: Athletes are reminded that events may take place earlier than scheduled (if all the competitors are ready to compete and there are no conflicts). Athletes must listen to the announcements carefully in case an event time is changed. We will try to keep to the schedule as closely as possible.**
6. **Track events take priority over field events. Coaches must instruct their athletes in this important rule. This is consistent with Regional and Provincial rules.**
7. **All track events will be run as timed finals. In the event that track conditions create unacceptable lanes, race heats may be added to accommodate these athletes. All events will be run as fair as possible.**
8. **Ribbons for 1st, 2nd and 3rd place finishes will be presented at the District meet. There will not be any team or individual points kept nor team and individual awards presented at the District meet. Individual Division trophies and Regional banners will be presented at the conclusion of the Regional meet in Sydney.**

**Registration of Teams**

1. **We will be using the “Trackie” registration program.**
2. **Online Registration process:**
3. **Register your team by Sunday, May 11th (5:00pm) at the following website:**

<https://www.trackie.com/event/ssns-inverness-richmond-district-track-field-championships-2025/1021820/>  **\*\* Don’t forget to register your Para & Supported Athletes\*\***

1. **SSNS Age Classification a) Senior— Grade 11 & 12**

**b) Intermediate— Grade 9 & 10**

**c) Junior— Grade 7 & 8 (grade 6 allowed to participate only in Jr. division)**

**\* All schools confirm eligibility by referencing Rule 2 of the SSNS Handbook**

1. **Athletes are permitted to compete in a maximum of 6 events - \*including relays, 3000m, and the hurdle events, which are held at 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. **Regionals Qualifications: The top 8 placings in each of our District events will qualify for the Regional meet. Athletes finishing 9th to 14th may qualify for any open positions, therefore if an athlete who placed 1-8th is not attending Regionals, the coach must inform the 9th place coach. The Regional meet limits only the top 16 athletes (8 from each Districts) to compete in each event.**
4. **IMPORTANT NOTE: To avoid confusion and headaches for event Marshalls and the Registration System on the day of Districts, we ask that no substitutions be made UNLESS an athlete is not attending Districts or is injured. This missing/injured athlete can only be replaced by an already registered athlete and the substitution must be approved by their coach. Please make sure the new athlete does not reach their maximum number of events.**

**PART B: GENERAL INFORMATION, RULES AND REGULATIONS**

* **All athletes must check in for their events 20 minutes prior to the scheduled start of the event. Listen for announcements and report to the event Marshall.**
* **Ribbons will be given out at the end of each event by the event leader (jumping & throwing). Running ribbons can be collected in the main tent. Results will also be posted - location TBD.**
* **Entry fee: $15 per athlete. Schools are required to pay the amount per athlete as they register, no matter if some do not show up for Districts. Fees are based off expenses for the meet, so correct registration from each school is necessary. This is payable to Dalbrae Academy (please put District Fee in the memo line). These will be collected at the coaches meeting held inside the tent prior to the meet or you may turn it in to the Dalbrae secretary.**
* **School identification clothing is requested. No “club” or “games” uniforms are to be worn during competition. This is consistent with Regional & Provincial rules.**
* **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) additional trials. The top 8 placings will be determined from the best throw or jump from all six trials.**
* **Athletes must use the equipment, including starting blocks, supplied by the Meet organizers. In the throwing events, an athlete may request that their own implement be used. The event Marshall will determine if the implement is certified. If this implementation is permitted in competition, the other competitors are permitted to use it as well.**
* **Para Events: All Para athletes competing in the 200M, 800M and Shot Put (Girls and Boys) will automatically qualify for the Provincial meet. It is recommended, but not mandatory, for these athletes to use the District and Regional meets to prepare for the Provincial competition. Para competitors will be grouped together by gender for each of the three events listed above. The Girls Shot will use a 3.00kg and the Boys use a 4.00kg Shot. If you have any Para athletes wishing to compete at the Provincials they can register directly through Jason Murphy at murphyj@gnspes.ca**

**PART C: TECHNICAL DETAILS**

1. **Implements Shot Put SB 6.00kg**

**IB 5.00kg**

**JB/IG/SG 4.00kg**

**JG 3.00kg**

**Discus SB 1.75kg**

**IB 1.50kg**

**JB/SG/IG 1.00kg**

**JG .75kg**

**Javelin SB 800kg**

**IB 700kg**

**SG/JB 600kg**

**IG 500kg**

**JG 400kg**

1. **Starting High Jump Heights JG 1.15M**

**IG 1.25M**

**SG 1.25M**

**JB 1.25M**

**IB 1.40M**

**SB 1.45M**

1. **All track events 100M, 200M, 400M, 800M and 1500M shall be run as timed finals. \*Top 8 time results will qualify for the Regional meet.**
2. **The 800M will be run using a waterfall start. This will be explained at the start of each race. The 1500M will be started using a curved start line.**
3. **All track events have priority over field events. Field competitors who are called away to a track event are to: 1) let the field Marshall know and 2) report back to your field event as soon as possible. On their return the competitor will be granted a throw or jump if that round is not completed. A competitor is not permitted to make two throws or jumps in one round.**
4. **Blocks are available for all races up to and including the 400M.**
5. **Individual athletes are permitted one false start each in all individual track events. Individual competitors charged with a second false start in an individual event will be disqualified from that event**

**\*\*Please visit the SSNS Website and look on the Track & Field page for other rules.\*\***

**Previous Updates:**  
  
1) The relay zones for 4x100m are no longer a 20m pass zone preceded by a 10m acceleration zone.  They are now a 30m pass zone where the pass happens anywhere within the 30m and athletes must start the race somewhere in that zone.  So if the gun goes and all athletes are in the zone, you now only have to watch outgoing passes (and interference, lanes, etc) but no longer have to watch incoming passes since the outgoing athlete is already in the zone to start.   The rule also states a "check" line at 20m from the start/10m from the finish of the pass zone as an indicator line but it has no meaning really since we don’t have that line.  Our synthetic tracks already have a 30m zone with the start being the marked beginning of the acceleration zone and the end remaining the end as it always has been. The old start of the zone line 10m from the accel. zone is no longer a valid line.  
  
The 4x400m relay zone remains 20m and "moves" as it always has from first exchange location in the lane, to the second/third exchange line across the track.  
  
In the 4 x 100m and the 4 x 200m relays and for the first and second changes in the Medley Relay, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For the third change in the Medley Relay and in the 4 x 400m and longer relays each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone. The designated official shall also ensure that Rule 170.4 is observed.  
  
2) Field event time frames have moved from 60s per attempt to 30s per attempt for most events.  High jump is always different.  Not something we ever really enforce as out athletes generally do not use more than 20s but something to notify your officials, coaches and athletes of. High Jump more than 3 athletes 0.5min, 2-3 athletes 1.5min 1 athlete 2min. Other 0.5min