**SSNS Cape Breton-Victoria District Track and Field Meet 2025**

**Date:** Tuesday, May 13th, 2025 (Rain date: Wednesday, May 14th)

**Location:** Cape Breton University

**Cost:** $125/Middle School, $250/High School, $25/Athlete

Each school will receive an invoice for the amount due for registering your team.

Payment should be made out to “Robin Foote Elementary”.

**Time:** Coaches meeting at **9:00am** Events begin at **9:30am**

**Contacts:** Technical Coordinator: Mitchell Curran(m-curran@gnspes.ca)

Meet Coordinator: Troy MacInnis ([troymacin@gnspes.ca](mailto:troymacin@gnspes.ca))

**SSNS Track Meet Classifications:**

Students will compete in one of two categories: those athletes who identify as **Male** or **Female** in each age category below.

a) **Senior** – Grades 11 & 12 (Under 19 as of September 1st, 2024).

b) **Intermediate** – Grades 9 & 10

c) **Junior** – Grades 6(If part of middle school) 7 & 8

**Part A: Registration Prior to Event**

This **District meet** will be a **one day** event where the top eight athletes must qualify to compete at the Regional meet held on Friday, May 23rd and Saturday, May 24th at Cape Breton University. We will be using the Hy-Tek Meet Manager and electronic timing equipment for the District and Regional meets.

**Track Events offered at districts** will be: 100m, 200m, 400m, 800m and 1500m races.

**Field Events offered at districts** will be: High Jump, Long Jump, Triple Jump, Shot Put, Discus, and Javelin.

The following events will be offered at the **Regional meet but not at Districts:** 4X100m relay; 4X400m relay; all hurdle events and the 3000m.

These events will be listed as **“Direct Qualifier”** events and coaches must register their athletes for these events at the same time they register their teams for the District meet.

We will be using the online Trackie program for registration, which is open and available now for coaches to register their athletes at the following website: [www.trackie.com](http://www.trackie.com/) USE ENTRY PROCEDURE PACKAGE

Deadline for registration is: **Friday, May 9th, 2025 at 11:59pm.**

Coaches please make sure to register by school with all your athletes in all of their events including the events not to be held at districts: 4X100m relay; 4X400m relay; all hurdle events and the 3000m.

Coaches may register a **maximum of three athletes per event**.

Each athlete is permitted to participate in a **maximum of 6 events**, including relays.

**Registration Procedure:**

- There is a tutorial video on the website if this is your first time using trackie, and instructions to register on the meet site.

- Select the Current Events box on the header line

- To find our event on Trackie you may search by date: Tuesday, May 13th, 2025

or by name: SSNS Cape Breton Victoria District Track and Field Meet

- Once in Trackie, select the COACHES and ATHLETES box on the top of the event listing.

- Select either EXISTING COACH/ATHLETE or NEW COACH/ATHLETE

- Complete the required fields. Note: when you select your own password it will be linked to your email for future events.

- At the bottom you will find “TEAM”, there is a dropdown box with all the teams listed

by school alphabetically across Cape Breton. Select your school.

-You may select the number of athletes you plan to register.

-For each athlete you will need to input their first name, last name, gender, team, as

well as the event(s) and category that they are competing in.

- Register all athletes on your team. Reminder that each team/school may register a

**maximum of 3** athletes per event. Remember that athletes are permitted to compete

in a **maximum of 6 events including relays.**

Also, remember to register athletes competing in: 4X100m relay; 4X400m relay; all

hurdle events and the 3000m. Even though these events will not be part of the District

meet, coaches must register those athletes at the time of registration.

- When you complete your listings- please check your entrants for accuracy and ensure

each student athlete and the team is in compliance with the SSNS Track and Field

Rules and Regulations according to gender and age classifications. All coaches must

review their own entries to ensure accuracy.

- **IMPORTANT NOTE:** Once registration is closed substitutions are not permitted.

Last minute substitutions, on the day of the meet will not be allowed.

-Coaches should receive a confirmation email on their list of athletes and the events

they are registered in. It is recommended that coaches print this confirmation list off

and have it with them at the event.

-Once the District Meet is complete it will not be necessary for coaches to have to

Registry their athletes for regionals. The top eight athletes in each event from

Districts will automatically be placed/registered for regionals.

**Part B: Day of Event**

-On the day of the meet there will be a coaches meeting at 9:00am at track level by the bleachers.

-On the way, coaches may pick up their team’s package at the registration desk located in the main building at CBU track. Each package contains a schedule of events for the meet, coaches assignments for officiating, as well as a list of their athletes along with their corresponding **bib numbers**. Each athlete will be assigned a specific **bib number** at registration. The coach or designated coach substitutes are to pick up bib numbers at the registration desk and distribute the correct number to each of their athletes. Bib numbers are to be worn on the front area of the shirt/jersey that an athlete plans on competing in. Athletes will not be permitted to compete in their events without wearing their correct bib numbers on the front of their shirt/jersey.

-The meet is scheduled to begin by 9:30am.

- All officials are expected to arrive at their event assignments on time.

-School officiating assignments are as follows:

Registration Desk:

Announcers- Sydney Academy

ETS Results- Sydney Academy

Starters/ Recall/ Track Marshall - Malcolm Munroe/RHS

Starter Assistant- Malcolm Munroe/Mem

High Jump- SPEC

Long Jump- Baddeck

Triple Jump - BEC/WPM

Shot Put- GBH/OVEC

Discus- Riverview/Rankin

Javelin- MEM/TL Sullivan/Syd. Mines

Finish Line- Sydney Academy/Malcolm Munroe/RHS

All Coaches/Volunteers are expected to officiate at one of the track or field events as assigned. Any teams or coaches on hand that are not listed here and assigned to officiate an event we hope will come forward to offer help at any of the events, it will greatly be appreciated. Any coaches with questions or concerns should contact Troy MacInnis for clarification.

**Take Down Crew:** At the end of the day each school is expected to have at least one volunteer representative to participate in the Take Down and return of equipment. For the officials in charge of the field events please make sure to return all equipment to the green storage shed. Track officials shall be in charge of returning track equipment. The more hands we have available at the end of the day to help put equipment away the faster the clean up. I ask that any school without assigned duties to contact Troy MacInnis before the event for assignment. (troymacin@gnspes.ca)

-Equipment: As a backup, we ask that volunteers from each school please bring

stopwatches and measuring tapes.

-Tents- Officiating Tents will be erected for events and marshaling areas. Schools

wishing to erect their own tents and windbreaks may do so outside the track area.

-**Athletes must check in 20 minutes prior to the start of their event.** Coaches and

Athletes should keep an eye on the schedule and listen for announcements.

-For track events, the **Marshalling Area** will be located at the 100m start line. Athletes

competing in the **track events only** must report/ check in at the marshalling area prior to

or at the first call for their specific event. Please listen carefully to the announcements.

Those athletes will then be marshalled/escorted to their event start lines from the

marshalling area at the time of their event.

-For **Field events** athletes are expected to **report/check in** with the event judges at the

field event locations prior to or on the first call for their event. Please listen to the

announcements.

-In case of overlap, **Track events take priority over field events**. Coaches should take note and be aware of conflicting events when registering their athletes. Athletes should report to the field event first, then go and run their track event, and then return to the field event as quickly as possible. Athletes may ask the field judge to 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 make two attempts 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.

- All track events at Districts will be run as timed finals. Top 8 times qualify for Regionals.   
-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

-Regionals- The top 8 placings in the District event will qualify for the Regional meet to be

held at CBU. Coaches must notify the registration officials at the District meet if any of their

athletes are unable to compete at the Regional meet. \*Inverness Richmond District

athletes will qualify for the remaining 8 positions. The Regional meet limits only the top 16

athletes to compete in each event.

**Part C:** **General Information, Rules and Regulations**

- Reminder that all athletes must check in for their events 20 minutes prior to the start of

the event. Listen for announcements and report to the event official. For track events,

athletes need to check in to the track marshal area.

- Results will be posted and ribbons presented as soon as possible following the

completion of an event. Field Events can present their ribbons on location following their

events.

- School identification clothing is requested. No “club” or “games” uniforms are to be worn

during competition.

- In the shot put, discus, javelin, long jump and triple jump events, each competitor will be

given (3) attempts. After which the top eight athletes (ties broken when possible) will then

be given (3) more additional attempts. Based on those results, the top 3 will receive ribbons

and the top 8 will move on to regionals.

-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.

- No unnecessary delay in making an attempt in any field event will be permitted.

- 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.

-Blocks are available for all races up to and including the 400m. All athletes participating in

100m, 200m, 400m must use starter blocks. Blocks will not be used for any race over

400m.

-The 800m will be run in a waterfall formation. This will be explained at the start of each race. The 1500m will be run on a curved start line.

- Individual student athletes are permitted a **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.

-Remember all track events have priority over field events. For competitors who are called

away to a track event make sure to let the field judge know and report back as quickly as

possible.

**Part D: Technical Details**

| Categories | Throwing Implement  (Shot Put) | Throwing Implement  (Discus) | Throwing Implement  (Javelin) | Hurdle  Heights | High Jump  Starting  Heights |
| --- | --- | --- | --- | --- | --- |
| Jr. Girls | 3 kg | 0.75 kg | 400 g | 30” | 1.15 m |
| Jr. Boys | 4 kg | 1 kg | 600 g | 30” | 1.25 m |
| Int. Girls | 4 kg | 1 kg | 500 g | 30” | 1.25 m |
| Int. Boys | 5 kg | 1.5 kg | 700 g | 33” | 1.40 m |
| Sen. Girls | 4 kg | 1 kg | 600 g | 30” | 1.25 m |
| Sen. Boys | 6 kg | 1.75 kg | 800 g | 36” | 1.45 m |

**Part E: Supported Athletes**

Supported Athletes will be allowed to participate in the following events: 100m Finals, Long Jump (3 jumps maximum from any point on the runway) and Shot Put (3 throws maximum, women 3kg & boys 4kg). Please enter all supported athletes online using the correct category (Supported Junior for athletes in grades 9 or below OR Supported Senior for athletes in grades 10-12).

**Part F: Para Athletes**

Para athletes are also encouraged to participate in this meet. Para athlete events will be 200m (ambulatory & wheelchair), 800m timed finals (ambulatory), and Shot Put (seated and ambulatory). Athletes will be allowed 3 throws each. Women 3kg & Men 4kg. Any Para athlete in grade 6-12 shall be able to participate (no age limit). Registration will be online. Please be sure to use the appropriate category