**SSNS Highland Region Track and Field Meet 2025**

**Dates:** Friday, May 23rd, 2025 and Saturday, May 24th

**Location:** Cape Breton University

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

Teams can pay onsite the day of the meet at the registration desk.

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

**Time:** Coaches meeting at **9:30am** Events begin at **10:00am**

**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**

Athletes who were registered for and competed in their local district meet and placed in the top eight of their event(s) will automatically be forwarded to registration for the regional meet. There is no need to re-register your athletes for regionals. Top eight athletes from each district meet will compete at regionals, a maximum of **16 athletes** in total for each event.

**The Regional meet** will be a **two day** event where the **top four** athletes qualify to compete at the Provincial meet held on Friday, May 30th and Saturday, May 31st hosted by the Western Region at Bridgetown. If an athlete who places in the top four at Regionals knows that they will not be travelling to compete at Provincials, it is the responsibility of their coach to notify the 5th place finisher’s coach, so as to name them as an alternate for theProvincial meet.

Regionals will be timed using the Hy-Tek Meet Manager and electronic timing equipment.

**Track Events offered at Regionals** will be: Hurdles, 100m, 200m, 400m, 800m, 1500m and 3000m races, as well as 4X100m relay; 4X400m relay

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

**Part B: Day of Event**

-On the day of the meet there will be a coaches meeting at 9:30am 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 the athlete plans on wearing in competition. 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 10:00am.

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

-School officiating assignments are as follows:

Registration Desk:

Announcers- RHS

ETS Results- Sydney Academy

Starting Line- Malcolm Munroe/Riverside/Mem/Bayview

Finish Line- Robin Foote/SA/Bayview

Hurdles - A representative from each school is expected to help with the movement of

hurdles.

High Jump- SPEC/Dalbrae/CSEA/Rankin

Long Jump- Baddeck/Bayview/SAERC

Triple Jump - BEC/WPM/Whycocomagh/

Shot Put- GBH/Robin Foote/Malcolm/Tamerac

Discus- Riverview/Rankin/CBHA/Cabot

Javelin- MEM/TL Sullivan/Syd. Mines/Inverness/EREC/MCS

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 can 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 or the finish line tower, depending on where you got it. 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. Any school without assigned duties should 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 marshalling areas. Schools

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

-**Athletes must check in 20-30 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.

- At Regionals, the 100m, 200m and 400m track events will have two semi-final heats and a final. The top 3 finishers from each heat, and the next 2 fastest finishers will advance to the final. Whereas, the Hurdles, 800m, 1500m and 3000m events will be run as timed finals. The top four times in each race will qualify for Provincials. The 5th place finisher will serve as an alternate if one of the top four are unable to go to provincials.  
-Ribbons for 1st, 2nd and 3rd place finishes will be presented at the Regional meet. Ribbons for field events will be presented onsite after the completion of their event. There will be team and individual points kept, along with team and individual awards presented at the Regional meet. The individual division trophies and Regional banners will be presented at the conclusion of the Regional meet down by the finish line.

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

- Reminder that all athletes must check in for their events 20-30 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 four will move on to Provincials.

-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.

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

100m, 200m, 400m, as well as relays, must use starter blocks.

Blocks will not be used for any race over 400m.

-In the 800m event athletes will run two athletes at a time in lanes through the first turn and then cut in after a breakin point marked by cones. The 1500m and 3000m will be run on a curved start line where athletes will be allowed to cut in gradually off the start. Officials will explain the procedure prior to the start of each race

- 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: Hurdle Specifications**

| Age Class | Distance | # of Hurdles | Height | Color | Distance to First Hurdle | Hurdle Spacing | Distance from last Hurdle to Finish |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Jr. Girls | 80m | 8 | 30” | Black | 12m | 8m | 12m |
| Int. Girls | 80m | 8 | 30” | Black | 12m | 8m | 12m |
| Jr. Boys | 80m | 8 | 30” | Black | 12m | 8m | 12m |
| Sen.Girls | 100m | 10 | 30” | Yellow | 13m | 8.5m | 10.5m |
| Int. Boys | 100m | 10 | 33” | Yellow | 13m | 8.5m | 10.5m |
| Sen.Boys | 110m | 10 | 36” | Blue | 13.72m | 9.14m | 14.02m |

**Part F: 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 G: 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