

Heats, lanes and competition order

We have made some alterations to past practice with the introduction of Meet Manager software and to bring us more in line with World Athletics Rules. We will still adjust World Athletics rules in some track events to continue more in the spirit of past SSNS practice, all changes made are in attempts to be educational, fair, consistent and sustainable.

Track Events - Preliminaries and Finals

100m, 200m, 400m and 80m/100m/110m Hurdles

Each athlete's regional *place and time* will be used to create 2 heats of equal strength at the SSNS Provincial Championship Meet. Heat 1 will be composed of 2nd and 3rd fastest 1st placers, 1st and 4th fastest 2nd placers, 2nd and 3rd fastest 3rd placers, and 1st and 4th fastest 4th placers. Heat 2 will be 1st and 4th fastest 1st placers, 2nd and 3rd fastest 2nd placers, 1st and 4th fastest 3rd placers and 2nd and 3rd fastest 4th placers.

Advancement to the final will be Top 3 in each heat plus the next 2 fastest times when there are 2 heats and top 2 plus 2 fastest if there are three heats

Lane assignments for preliminary heats are by random draw. Lane assignments for finals are generated from preliminary results according to the following

In the 100m and hurdle events

The top 4 ranked athletes are randomly drawn into lanes 3,4,5,6 while 5th and 6th ranked athletes are randomly drawn into lanes 2,7 and the 7th and 8th ranked athletes are randomly drawn into lanes 1,8.

In the 200m and 400m

The top 4 ranked athletes are randomly drawn into lanes 4,5,6,7 while 5th and 6th ranked athletes are randomly drawn into lanes 3, 8 and the 7th and 8th ranked athletes are randomly drawn into lanes 1, 2.

This is a slight adjustment in lane assignments for 2024 from our past practice and mostly follows the new World Athletics ruling (as closely as we are able with our Meet Manager system - slight adjustment in 400m draw).

Track events - One heat timed-section finals

800m, 1500m and 3000m

In the 800m, each of the 8 lanes on the track will be shared by 2 athletes for the first turn and then athletes will have the opportunity to cut in and occupy any position on the track. Lane start lines are staggered to accommodate the extra distance run by each successive lane to the break line after the first curve.

In the 1500m and 3000m events, all 16 (or less) athletes will start in one row on a curved start line with cut-in available immediately.

Lanes are assigned by random draw (with some manual movement for safety/fairness in the 800m to prevent top times/places across the province from sharing a lane)

Track events - Two heat timed-section finals

Supported Athlete 100m and all 4x100m and 4x400m relays

Since it is a timed section final, only the athlete's or team's regional *placing* will be used to create a first heat of 3rd and 4th place regional finishers and a second heat of 1st and 2nd place regional finishers.

Lanes are assigned by random draw.

Horizontal jumps and all throwing eventsLong Jump, Triple Jump, Discus, Shot, Javelin

The order of competition for rounds 1-3 will be randomly selected and will not be altered unless an athlete(s) is/are called away to a track event. In this case, the athlete(s) may request throwing/jumping earlier or later in the round. If the athlete misses a complete round, no additional attempt is given.

Rounds 4-6 will be held for the Top 8 athletes after rounds 1-3. These rounds will be ordered so that the lowest ranked athlete after rounds 1-3 competes first and the top ranked athlete competes last. This order does not change for rounds 5 and/or 6. If there is a tie for 8th after rounds 1-3 (after tiebreakers are applied), all athletes who are tied advance to rounds 4-6. Also, the order for rounds 4-6 of any tied athletes is decided by their order from the original rounds.

Vertical JumpsHigh Jump

The order of jumping will be randomly selected and will not be altered unless an athlete(s) is/are called away to a track event. In this case, the athlete(s) may request jumping earlier or later at that height, but once the bar has moved and a new height established, the athlete will have been considered to have passed that height.