

**Rules and Regulations Capital District and Regional Track Meets**  
**(see variations between District and Regional as noted)**

1. Age classifications:

**Classes are determined by grade level. You will not be required to collect or enter birth dates.**

S	Senior	2 <sup>nd</sup> /3 <sup>rd</sup> year of high school
I	Intermediate	Grade 9/1 <sup>st</sup> year of high school
J	Junior	Grade *7/8
SAJ	Supported Athlete Junior High	Grade *7-9
SAS	Supported Athlete Senior High	Grade 10-12
P	Para Athlete	Grade *7-12

There may be special case exceptions for grade level of Supported Athletes when deemed in the interest of the student-athlete. Supported and Para athletes must be under 21 on September 1 of the current school year and all others under 19 on September 1 of the current school year.

\*Grade 6's may compete if they are in the student population of a school with grade 7's or above.

*New last year - In addition to being able to race up a class in all individual and relay events as in the past, an athlete may choose to race up in only a relay or relays. For example, an athlete who races their individual events as an intermediate, could participate in Senior 4x400m but also Intermediate 4x100m. They could not then at any time participate in Intermediate 4x400m or Senior 4x100m as no athlete can compete in the same event in two classes at any point in the same season. A reminder as well that the class for any event is set by an athlete's first participation in the event at districts and that all individual events must be in one class.*

2. A competitor may enter a maximum of 6 events, including relays.

3. Entry limits per school

Field events- Four (4) athletes per field event, per age class, per gender, per school.

Track events- Four (4) athletes per track event, per age class, per gender, per school.

*No limits on Para Athlete or Supported Athlete entries since they have limited events possible*

4 Advancement

**From District to Regional**

Track Events top 8

Field Events top 8 (ties are broken when possible by next best jumps/throws or HJ rules)

Relays top 4

*All wheelchair 50m athletes and all Para Athletes may advance*

**From Regional to Provincial**

Track Events top 4

Field Events top 4 (ties are broken when possible by next best jumps/throws or HJ rules)

Relays top 4

*No wheelchair athletes may advance as it is not an SSNS event*

*All Para Athletes advance.*

5. All competitors must start and finish their events in order to qualify for Regionals/Provincials

*(IB/AP Exams may lead to some exceptions)*

*If an athlete qualifies for an event at Regionals or Provincials and is unable or unwilling to attend the qualified event(s), they may decline the position to avoid scratch rule at the next event. To decline the qualifying position the athlete or coach needs to inform the meet results/entries manager (Jason Murphy) 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. This will apply at both the regional and provincial meets. There is no scratch rule at districts.*

6. Supported Athletes: Must fall into the “Intellectual Disability” category and this is a school-based decision. EPA’s should be with the Supported Athletes at all times on site. Supported Athletes are classed by the type of school (junior high vs senior high) or grade level (\*7-9 =junior high, 10-12 =senior high), not by age (but must be under 21). Be sure to connect with your learning centre staff early and share this opportunity/requirements

7. Field Event Attempts

**DISTRICTS**

In all throwing and jump-for-distance events, each competitor in junior, intermediate, senior will be allowed 3 attempts only. (At the district level, Supported Athletes will be limited to 2 attempts due to the number of athletes and keeping in mind limits on their transport and supervision schedules). The athlete’s best throw or jump made in all rounds is used for placing. Ties will be broken by the next best jump or throw through all throws/jumps. If a dead tie exists, all tied athletes earn the placing while the next best athlete is ranked that many athletes down. No jump off or throw off will take place.

\* The first jump or throw of each competitor will be measured

\* In rounds 2 & 3, only those throws/jumps which place in the top 10 will be measured. A stake will be placed in the field at the 10<sup>th</sup> place distance following the first round and only jumps, throws beyond this will be measured (for Para Athletes and Supported Athletes all non-fault attempts will be measured)

\* if the athlete faults in the 1<sup>st</sup> round, the 2<sup>nd</sup> round jump or throw will be measured regardless of location (not in top 10) so that they get all athletes get at least 1 measured attempt

**REGIONALS**

Each competitor will have 3 attempts and all legal attempts are measured. The top 8 athletes (ties broken when possible as per above) will then receive 3 additional attempts (Para Athletes and Supported Athletes do not get additional rounds but are given 3 attempts only as per SSNS rule). For rounds 4-6 the athletes should be ordered such that the final 3 rounds are in order of 8<sup>th</sup> to 1<sup>st</sup> based on the preliminary round results (not reordered after 4<sup>th</sup> round, etc). The best throw of the competition counts for final placing and advancement.

8. Implements:

<b>Shot Put</b>	SB	6.00kg
	IB	5.00kg
	JG/ParaG	3.00kg
	JB/IG/SG/ParaB	4.00kg
	SAJB/SASB	4.00kg
	SAJG/SASG	3.00kg
<b>Discus</b>	SB	1.75kg
	IB	1.50kg
	SG/IG/JB	1.00kg
	JG	0.75kg
<b>Javelin</b>	SB	800g
	IB	700g
	SG/JB	600g
	IG	500g
	JG	400g

9. Starting High Jump Heights:

*The HJ official may use discretion and lower these based on warm up and/or jumping and conditions*

<b>Class</b>	<b>District / Regional</b>
SB	1.35 m / 1.40m
IB	1.30 m / 1.35m
JB	1.15 m / 1.20m
SG	1.15 m / 1.20m
IG	1.15 m / 1.20m
JG	1.05 m / 1.10m

10. Only pin spikes (max. 7 mm) will be permitted on the track or runways.

11. Track events with heats

### DISTRICTS

The 400m, 800m, 1500m, 3000m, Hurdles and all relays will be run as a timed-section final. In addition the Supported Athlete 100m and the Para Athlete 200m will be run as timed-section finals. The Junior, Intermediate and Senior 100m and 200m events will run as heats and then finals or bi-finals depending on the number of heats. The timed section final of the Supported Athletes 100m and the wheelchair 50m will take place on the backstretch. Blocks will be used in the 100m, 200m, 4x100m Relay (not the 4x400m) and hurdles **except for** the backstretch 100m.

Qualification for finals at districts is as follows:

Entries	Heats	Qualification to Finals
1-8	1	The 1 heat is the final
9-16	2	The 2 heats are a bi-final
17-24	3	Top 8 times in heats to a 1 heat final
25-32	4	Top 8 times in heats to a 1 heat final
Anything above 4 heats/32 athletes will be Top 16 times to a bifinal <i>In bi-finals where there were heats to advance, we will run the 8 fastest qualifiers in the 2nd heat and 8 slowest qualifiers in the 1st heat of the bi final.</i> <b>Top 4 times from the finals or bi-finals advance to Regionals</b>		

### REGIONALS

In the 800m, 1500m, 3000m, all relays, the Supported Athlete 100m and the Para Athlete 200m, each race shall be run as a timed-section final.

The Supported Athlete 100m will run on the backstretch simply due to the hurdles and 400m extending so far into the meet and these athletes short time on site

The 100m, 200m, 400m and hurdles will run as heats and then a final (except for Supported Athlete and Para Athletes who run as finals only as per SSNS regulation).

Blocks will be mandatory for the 100m, 200m, 400m, hurdles and both relays, but optional for the Para 200m.

No blocks are used for the Supported Athlete 100m.

Qualification for finals at regionals is as follows:

Heats	Qualification to Finals
2	Top 3 plus next 2 fastest
3 (rare)	Top 2 plus next 2 fastest

### **Top 4 places in the final advance to Provincials for all classes**

*\*Para athletes automatically qualify for provincials and do not need to compete at districts or regionals*

12. 400 meters and all races below this distance will be run in lanes for all age classes. 800m will use a start with 2-3 athletes per lane for ¼ lap and then athletes are open to cut in while the 1500m and 3000m will start on a curved line with cut in immediately (when safe to do so).

13. Hurdlers will be disqualified if they fail to attempt to clear each hurdle during a given race or if judged to have gained advantage through improper techniques. They will also be disqualified if they interfere with athletes outside their lane. Races can be re-run at the discretion of the track referee if an athlete is impeded to an extent that an “unfair” race occurs.

14. Hurdle heights & distances:	JG	30" (0.76m) X 80m
	JB	30" (0.76m) X 80m
	IG	30" (0.76m) X 80m
	IB	33" (0.84m) X 100m
	SG	30" (0.76m) X 100m
	SB	36" (0.91m) X 110m

15. Hurdle placements:	<b><u>80m</u></b>	<b><u>100m</u></b>	<b><u>110m</u></b>	
	To first hurdle:	12m	13m	13.72m
	Between hurdles:	8m	8.5m	9.14m
	From last hurdle to finish:	12m	10.5m	14.02m

16. Each athlete is permitted a false start in each of their individual track events. Student athletes charged with a second false start in an individual event will be disqualified from that event. For clarification, a heat and a final of an event like the 100m is considered 2 individual events.

17. All track events have priority over field events. Competitors who are called away to a track event are to 1) let the field judge know and 2) report back as soon as possible

The athlete may ask to throw/jump ahead/after of the usual order, but once a round is finished the athlete loses the attempt for that round. Athletes may not throw or jump more than once in a round but may move to first in one round and last in another round to create time. Likewise, last in one round and first in the next round. Athletes/coaches should also feel free to discuss which heat they are in with the clerk of the course and judge accordingly. **Please ensure your athletes understand this procedure and are proactive in discussing this with the individual field event official/clerk of the course/track clerk.**

18. Ribbons will be awarded to the top 3 finishers in each event. Field event ribbons will be given at the event following the 3<sup>rd</sup> round (or 6<sup>th</sup> round at Regionals). In track events that are a 1 heat final, ribbons will be given at the finish line, otherwise all track ribbons will be given in the booth once final results have been posted. Class banners will be awarded on the javelin runway following the 4x400m event of each age class.

19. The team point system used to determine class banners will follow the Provincial model.

Individual events		Relays	
1 <sup>st</sup> =12	2 <sup>nd</sup> =10	1 <sup>st</sup> =16	2 <sup>nd</sup> =14
3 <sup>rd</sup> =9	4 <sup>th</sup> =8	3 <sup>rd</sup> =12	4 <sup>th</sup> =11
5 <sup>th</sup> =7	6 <sup>th</sup> =6	5 <sup>th</sup> =10	6 <sup>th</sup> =9
7 <sup>th</sup> =5	8 <sup>th</sup> =4	7 <sup>th</sup> = 8	8 <sup>th</sup> =7

20. Each team will be allowed 6 changes/additions to entries per day at the meet. Change sheets are distributed at the morning coaches meeting. Once the entry deadline has passed, the work needed to put the meet together is underway with over 1000 athletes in each district meet. Carefully enter your athletes prior to the deadline and then post a list for students. They will tell you the errors so that prior to the deadline you can correct them! The official entries are what are downloaded at the entry deadline communicated to coaches. Once this deadline has passed, heats/lanes and paperwork are generated and it honestly is easier to make any additions or changes at the start line (if we have lane space) or at the field event. As always, you may change your relay members at any time through the season but be sure they are only in 6 events and retain class affiliation as above in 1.