

Track Events - Preliminaries with Finals

100m, 200m, 400m, 80m and 100m 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 semis (and in rare cases Top 2 plus 2 fastest if there are 3 semi finals)

Lane assignment for preliminary heats is by random draw.

Lanes for finals are generated from prelim results and follow the pattern below.

In hurdles and 100m finals - the top 4 ranked athletes are randomly drawn into lanes 3,4,5,6 while 5th and 6th ranked athletes are drawn into lanes 2,7 and the 7th and 8th ranked athletes are drawn into lanes 1,8.

In 200m and 400m - the top 4 ranked athletes are randomly drawn into lanes 4,5,6,7 while 5th and 6th ranked athletes are drawn into lanes 3,8 and the 7th and 8th ranked athletes are drawn into lanes 1,2.

This follows World Athletics rule C-1 20.4 in spirit as much as our system is able.

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 movement for safety in the 800m to have the faster athlete in the lane on the inside of the lane, slower outside the lane)

Track events - Two heat timed-section finals

Supported Athlete 100m and the 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 events

Long 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 Jumps

High 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.