

## Rules and Regulations – Capital Track Meets 2016 (see variations for Regionals)

### 1. Age classifications:

S	Senior	under 19 as of Sept. 30
I	Intermediate	under 16 as of Sept. 30
J	Junior	under 14 as of Sept. 30
SAJ	Junior High Special Athlete	Grade 7-9
SAS	Senior High Special Athlete	Grade 10-12
Para	Para Athlete	Grade 7-12

**Ask Junior, Intermediate and Senior athletes how old they are and do not rely on the grade level for those age classes. Also watch for students who repeated a full grade or took a year off since it is 3 consecutive years of competition from first time competing at grade 10. There are no age restrictions on Para or Special athletes. Special is by grade/type of school and Para is open.**

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

### 3. Entry

**Field events- Three (3) 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 Special athlete entries**

### 4. 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	

### 5. Hurdle heights & distances:

JG	30" (0.76m) X 80m
IG/SG	33" (0.83m) X 80m
JB	33" (0.83m) X 100m
IB	36" (0.90m) X 100m
SB	39" (1.00m) X 100m

### 6. Hurdle placements:

	<b><u>80 m</u></b>	<b><u>100 m</u></b>
To first hurdle:	12 m	13 m
Between hurdles:	8 m	8.5 m
From last hurdle to finish:	12 m	10.5 m

7. 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 outside their lane with athletes in other lanes. 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.

8. Starting High Jump Heights:  
(all heights are 10cm below  
Provincial starting heights)  
The HJ official may use discretion  
and lower these based on warm up  
jumping

<u>Class</u>	<u>Height</u>
SB	1.35 m
IB	1.30 m
JB	1.15 m
SG	1.15 m
IG	1.15 m
JG	1.05 m

## 9. Field Events

### **DISTRICTS**

In all throwing and jump-for-distance events, each competitor in junior, intermediate, senior will be allowed 3 attempts only (*Special athletes and Para Athletes will be given 2 throws only by NSSAF rule*). Best throw or jump in three rounds is used for placing. Ties will be broken by next best jump or throw. If a dead tie exists, both athletes earn the placing while the next athlete earns two places 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 Special athletes all will be measured*)

\* if the athlete faults in the 1<sup>st</sup> round then the 2<sup>nd</sup> round jump or throw will be measured regardless of location so that they get at least 1 measured attempt

### **REGIONALS**

Each competitor will have 3 attempts and all legal attempts are measured (*Special athletes and Para Athletes will be given 2 throws only by NSSAF rule*). The top 8 athletes (ties broken when possible) will then receive 3 additional attempts and 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). (*Para Athletes and Special athletes do not get additional rounds*)

The best throw of the competition counts for final placing and advancement.

10. 400 meters and all races below this distance will be run in lanes for all age classes. 800m may use a waterfall start or curved line (depending on #'s) while 1500m and 3000m will start on a curved line.
11. 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 possibleYou may ask to throw/jump ahead/later of your usual order, but once a round is finished you lose your 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 field officials.
12. 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. For clarification, a heat and a final of an event like the 100m is considered 2 individual events.
13. Only pin spikes (max. 7 mm) will be permitted on the track or runways.

14. All competitors must start and finish their events in order to qualify for Regionals/Provincials. If they qualify and will not be attending the Regionals/Provincials, they must submit their names immediately to the official-in-charge of their event and/or have their coaches submit their names to the meet director via email by a deadline provided. No replacements will be made once the Regional meet is set but we will make replacements for athletes who tell us they are not coming up to the deadline for regionals. Scratch rules at Regionals and Provincials are much stricter and are often enforced on athletes who miss a morning event and try to compete in the afternoon and of course you must compete in all events you qualify for at provincials. No simply "dropping" an event.

15. Track events

**DISTRICTS**

The 400m, 800m, 1500m, 3000m, Hurdles and all relays will be run as a timed-section final. In addition the Special 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 100m heats will take place on both sides of the track for specified age groups. Junior boys, Junior girls, and the timed section final of the Special athletes 100m and the wheelchair 50m will take place on the backstretch to speed up our day. Intermediates and Seniors will have heats on the main (grandstand) side of the track. All finals or bi-finals will be on the main (grandstand) side of the track. Blocks will be used in the 100m, 200m, 4x100m Relay (not the 4x400m) and hurdles **except for** the backstretch 100m heats for Juniors and Special Athletes.

Qualification for finals at districts is as follows:

Entries	Heats	Qualification
1-8	1	Heat is the final
9-16	2	Heats are a Bi-final
17-24	3	Top 1 + 5 fastest to 1 heat final
25-32	4	Top 1 + 4 fastest to 1 heat final
33-44	5	Top 1 + 11 fastest to Bi-final
41-48	6	Top 1 + 10 fastest to Bi-final
49-56	7	Top 1 + 9 fastest to Bi-final
57-64	8	Top 1 + 8 fastest to Bi-final
65-72	9	Top 1 + 7 fastest to Bi-final
73-80	10	Top 1 + 6 fastest to Bi-final
81-88	11	Top 1 + 5 fastest to Bi-final

16. Track events

**REGIONALS**

In the 800m, 1500m, 3000m, all relays, the Special Athlete 100m and the Para Athlete 200m, each race shall be run as a timed-section final. The Special Athlete 100m will run on the backstretch. The 100m, 200m, 400m and hurdles will run as heats and then a final (except for Special Athlete and Para Athletes who run as finals only). Blocks will be mandatory for the 100m, 200m, 400m, hurdles and both relays, **except for** the Special Athlete 100m.

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.**

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

17. 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 and track events 800m and above will give ribbons on the track. We will give ribbons at the finish line when it is a 1 heat final if at all possible otherwise ribbons will be given in the booth on day 2 of the meet as the results need to be determined. Please come to the booth once results are posted

18. The team point system will follow the Regional and Provincial Championship model.

**Individual events**

1 <sup>st</sup> =12	2 <sup>nd</sup> =10
3 <sup>rd</sup> =9	4 <sup>th</sup> =8
5 <sup>th</sup> =7	6 <sup>th</sup> =6
7 <sup>th</sup> =5	8 <sup>th</sup> =4

**Relays**

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

19. Special Athletes: Must fall into the “Intellectual Disability” category and this is a school-based decision. EPA’s should be with the Special Athletes at all times on site. Special 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.

20. You will only be allowed 6 changes to your entries per day at the meet. Each coach will receive change sheets each day at the coaches meeting. This process will be discussed at the first coaches meeting. Once the entry deadline has passed please realize that the work needed to put the meet together is underway and we really need to focus on getting it together. Carefully enter your athletes and post a list for students to tell you the errors prior to the deadline. The official entries are what are downloaded at the entry deadline communicated to coaches. As always, you may change your relay members at any time but be sure they are only in 6 events.

21. Advancement

**From District to Regional**

Track Events	top 8
Field Events	top 8 (ties are broken when possible by next best jump/throw)
Relays	top 4

All wheelchair 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 jump/throw)
Relays	top 4

No wheelchair athletes may advance  
All Para Athletes advance.