

Capital Region Track and Field Championships 2016

Congratulations for having the opportunity to advance your athletes to the **Regional Track and Field Meet**. The meet will be held at the **Beazley Field in Dartmouth on Wednesday, May 25th and Thursday, May 26th** (with the storm date Friday, May 27th). If Wednesday is cancelled due to extreme weather, then we will run Thursday events as scheduled on Thursday and run Wednesday's cancelled events on Friday. A storm day on Wednesday would also include moving Special athletes to Friday as well. Track events start both days start at 10:00am with a 9:30am coaches meeting.

Track coaches and volunteers are the ones who make our meets so successful each year. In the role as meet directors, we will be asking each and every one of you to step up once again and assist with the officiating and other duties. With the number of schools competing from the city and county, we should be able to combine our resources to make the officiating load easier. If there is one day better for you than another, please let us know so we can put you at the right event at the right time.

Registration, Competing and Results for Regionals

Entry fees are \$4.00 per competitor plus a \$15.00 team entry fee (up to a maximum of \$300 per school). This is different than the entry fees charged at Districts. Cheques are made payable to: Metro High School Athletic Association. All fees should be brought to the booth sometime after we get up and running on day 1. Receipts to follow.

Since we are simply advancing athletes from Districts, athletes will be entered into the Regional meet automatically by Jason/Scott from the District results. You do not re-enter them in the online database. To know who advances, simply note which athletes placed in the top 8 in track and field events and top 4 in relays from the District results. This includes special athletes as they follow the same qualification rules as any other athlete. All Para Athletes advance (and actually advance right to provincials without having to compete). When athletes who have advanced to Regionals have let us know they are unable to compete at Regionals, we have done our best to notify the next best placed athlete. We do not change this in the results sent out however as it affects points. Please ensure that any athletes wanting to drop an event from Regionals do so by Sunday May 22nd at noon. This will allow us to notify coaches of the next best placed athlete Tuesday morning so they can tell the athlete they need to compete on Wednesday or Thursday! Further replacements beyond the Monday notification are not made. Please ensure you notify your athletes of who made it to Regionals and look for them in the program of events posted on the regional Trackie page on Monday night.

Results for Regionals will be available live online in the usual two locations (live link and track meet mobile), on the NSSAF webpage and also sent out via email either late night the day of, or early the day after the Regional meet. Please check the results from Regionals for errors as soon as you receive them. This is a coach's responsibility since there are simply too many athletes for us to pick up a possible clerical error. Please notify Jason of any errors on Friday before days end. Our Capital Regional results are compiled with the other regions on Saturday in order to create the Provincial meet so we only have a few hours to ensure there are no errors on Friday.

Coaches Meeting

The coaches meeting will take place at roughly 9:30am each morning on the javelin runway. We know some of you will have a tough time making this with late buses but we will meet anyway with the majority so we can get the meet underway. By Regionals we are simply checking if you are there to handle your event, remind you of the changes in measuring, block use and qualifying for finals at the regional meet and answer any questions you may have.

Registration and Competing at Provincials

The Top 4 athletes or relay teams in any event at the Regional meet will advance to the NSSAF Provincial Championships June 3rd and 4th hosted by New Glasgow Academy and North Nova Education Centre at Pioneer Coal Athletic Facility, 483 Auburn Avenue in Stellarton, NS. Again, athletes will be entered automatically and any athlete or relay team that places 5th shall be listed as an alternate and will be able to compete if an athlete from their region only in the top 4 cannot or does not show by the final call of the event. Athletes beyond 5th place do not have the opportunity to compete at Provincials regardless of how many from their region do not show. A reminder however that if you qualify for an event at Provincials, you are expected to compete in that event and scratch rules are enforced much more strictly. You cannot simply "drop" an event at Provincials like we sometimes allow you to do at Regionals.

Thanks again for all your hard work with track and field.

Jason Murphy/Donna Duggan - Capital Region Track and Field Coordinators

**Capital Regional Track and Field Meet
Wednesday May 25**

Track Events (with approximate times)

10:00am	80m hurdles	Semi-Finals	JG, IG, SG
10:30am	100m hurdles	Semi-Finals	JB, IB, SB
11:00am	80m hurdles	Finals	JG, IG, SG
11:15am	100m hurdles	Finals	JB, IB, SB
11:45am	400m	Semi-Finals	JG, JB, IG, IB, SG, SB
12:45pm	100m	Semi-Finals	JG, JB, IG, IB, SG, SB
1:30pm	1500m	Finals	JG, JB, IG, IB, SG, SB
2:30pm	100m	Finals	JG, JB, IG, IB, SG, SB
3:00pm	400m	Finals	JG, JB, IG, IB, SG, SB

Field Events

	<u>10:00</u>	<u>12:00</u>	<u>2:00</u>
Long Jump	IB***	JB	SB
High Jump	JG	IG	SG
Triple Jump	IG***	SG	JG
Shot Put	JB	SB	IB
Discus	SG	JG	IG
Javelin	SB	IB	JB

***will be close to on time but will follow special athlete jump events that begin at 9:45am

Pole Vault will be at 11:30 for all classes/entrants

Special Athletes (different order than Districts)

9:45am	Long Jump	Junior High (long jump pit) & Senior High (triple jump pit)
10:30am	100m	Junior High and Senior High (far side near main shot put circle)
11:15am	Shot Put	Junior High (high jump area) & Senior High (main shot circle)

Special athletes in wheelchairs (did not need to pre-qualify at districts)

10:45am	35m	All classes (far side near main shot put circle)
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**Capital Regional Track and Field Meet
Thursday May 26**

Track Events (with approximate times)

10:00am	200 meter	Semi-Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
10:45am	800 meter	Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
11:30am	4x100 Relay	Finals	JG, JB, IG, IB, SG, SB
12:15pm	200 meter	Finals	JG, JB, IG, IB, SG, SB
12:45pm	3000 meter	Finals	JG, JB, IG, IB, SG, SB
2:15pm	4x400 meter	Finals	JG, JB, IG, IB, SG, SB

Field Events

	<u>10:00</u>	<u>12:00</u>	<u>1:00</u>	<u>2:00</u>
Long Jump	IG	JG	----	SG
High Jump	SB	JB	----	IB
Triple Jump	JB	IB	----	SB
Shot Put	JG	SG	ParaG/ParaB	IG
Discus	IB	SB	----	JB
Javelin	SG	IG	----	JG

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:

Shot Put	SB	6.00kg
	IB	5.00kg
	JG/ParaG	3.00kg
	JB/IG/SG/ParaB	4.00kg
	SAJB/SASB	4.00kg
	SAJG/SASG	3.00kg
Discus	SB	1.75kg
	IB	1.50kg
	SG/IG/JB	1.00kg
	JG	0.75kg
Javelin	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:

	<u>80 m</u>	<u>100 m</u>
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 10th 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 1st round then the 2nd 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 8th to 1st based on the preliminary round results (not reordered after 4th 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 possible

You may ask to throw/jump ahead/after 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 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 3rd 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

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

Relays

1st =16 2nd =14
3rd =12 4th =11
5th =10 6th =9
7th = 8 8th =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.