2016 NSSAF Track and Field Provincial Championship Heats and Lanes (Seeding) Protocol

Since our past practice has been based on what was deemed fair and what was easily done with Filemaker Pro software, we have made some alterations to past practice in order to bring us more in line with IAAF Rules 166 and 180 now that we have moved to Meet Manger™ software. We will still adjust IAAF rules in some track events to continue more in the spirit of past NSSAF practice but are moving closer to IAAF rules each year with seeding.

Track events

---

1) Events with Preliminaries and Finals
100m, 200m, 400m, 80m and 100m Hurdles

Each athlete's regional final time (not placing) will be used as a seed time to create 2 heats of equal strength at the NSSAF Provincial Championship Meet. We will adjust this so that no region has all four advancers in one heat while maintaining equal strength. Advancement to the final will be top 3 in each heat plus the next 2 fastest times as it has been in the past.

Since not all regions ran on synthetic tracks this season at regionals, lanes will be a random draw in prelims but for finals are drawn in three groups. Lanes 3, 4, 5, 6 go randomly to the top 4 ranked athletes, then lanes 2 and 7, then lanes 1 and 8.

2) One heat timed-section finals
800m, 1500m and 3000m

As with sprint events, since not all regions were contested on synthetic surfaces, "lanes" will be random draw. Also…

- In the 800m, a waterfall start will be used.
- In the 1500m and 3000m events, all 16 (or less) athletes will start in one row on a curved start line.
- Lane 1 should not be used at the start line in any of these three events to prevent immediate box-ins.

3) Two heat timed-section finals
Special athlete 100m and 4x100m/4x400m relays

Since it is a timed section final each athlete's/team's regional placing (not time) 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 will then be randomized

---

Field Events

---

1) 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, the order for rounds 4-6 of the athletes involved is the same as the original rounds.

2) Vertical Jumps
High Jump and Pole Vault

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 consider to have passed the missed jumps(s).