

To:

All Track and Field Coaches and support personnel

From:

Capital Region Track and Field Coordinators
Donna Duggan-Halifax West High School dduggan@hrsb.ns.ca
Jason Murphy-Citadel High School Jason.Murphy@hrsb.ca

Re:

2016 Track and Field Season Information

Dates/Sites of Meets:

CITY District Meet - May 16/17 (rain date May 20) Beazley Field, Dartmouth
COUNTY District Meet - May 18/19 (rain date May 20) Beazley Field, Dartmouth
Capital Regional Meet - May 25/26 (rain date May 27) Beazley Field, Dartmouth
NSSAF Provincial Meet - June 3/4 Pioneer Coal Athletic Field, Stellarton, NS (hosted by New Glasgow Academy and North Nova Education Centre)

Start Times Capital Region:

9:30am – morning coaches meetings, 10:00am - events begin

Entry Fees:

Fees should be paid at the end of the 1st day, or mid-morning on the 2nd day. Cheques are made payable to: *Metro High School Athletic Association* and cover costs for security, timing, computers, printers, rentals, toilets and equipment like shells, guns, measuring tapes and some snacks for our hard working officials.

District Fees: \$5.00 per competitor + a \$20.00 school entry fee to a max of \$300 per school

Regional Fees: \$4.00 per competitor plus a \$15.00 team entry fee up to a maximum of \$300 per school

Provincial Fees: Billed to each school by NSSAF following the provincial meet

Registration/Meet information

We will be using Trackie.com as the key source of information for the meets again this year. Registration, results, schedules and entrant lists will be available at all times on this site. While the NSSAF site will have the link for live results and some of the provincial information, Trackie.com is the direction we are headed in most regions. As always, each school coach will be responsible for completing their own entries and meeting deadlines. Entry procedure can be found on a separate document. PLEASE BE SURE TO REGISTER FOR THE CORRECT DISTRICT MEET.

Advancement**From Districts to Regionals**

Top 8 placed athletes in individual events and top 4 relay teams advance to regionals (with exception of wheelchair 50m). Any of these athletes who are unable to compete should notify the results manager at the meet or at the latest via email by Monday May 23rd at noon. At that point we will replace the athlete with the next best-placed athlete and notify the coaches. Note that no replacements will be made after Monday at noon for the regional meet.

From Regionals to Provincials

The Top 4 placed athletes and relay teams in all events at Regionals advance to Provincials (wheelchair 50m does not advance to provincials). 5th place will be listed as an alternate in the provincial program. No athletes beyond 5th will be able to compete at Provincials regardless of the number of athletes who do not show at Provincials. 5th place athletes can only compete at Provincials if an athlete from their region does not show by final call of the event as they cannot fill in for a no-show from another region.

Special Athletes

Special Athletes and the trademarked name Special Olympians™ are by definition those with “Intellectual Disabilities”. We do not know your students so leave it to schools to decide who should compete in this category. We will be holding the 100m, shot put and long jump events for Special Athletes again this year. Special Athletes will be split into four divisions; Junior High Girls, Junior High Boys, Senior High Girls and Senior High Boys regardless of age. They will have the same opportunity to advance to the Regional and Provincial Championships as all other athletes and must follow the same qualification rules. Please ensure that these athletes have supervision provided (EPA’s). Wheelchair 50m is only a demonstration event at district and regional events here in Capital and is not part of the NSSAF program of events.

Para Athletes

Supervision

To ensure the safety of the all athletes when they are not competing, schools should provide an additional teacher or parent to act as a chaperone of the team area. Please do not allow your students to bring footballs, soccer balls, or other athletic equipment to the meet as it usually ends up on the track or infield during the event. We understand it is difficult to monitor all behavior, but please help us create a positive environment at the meet and provide support for your athletes. Also we often run into issues with athletes warming up or camping out on adjacent baseball fields so please remind them these areas are off limits. It will be difficult with the loss of the large grandstand so advise your team where your group will be.

Officiating

In order for the meet to run safely and efficiently, all schools will be assigned an event to officiate or other duties to complete. With school budgets as they are, we have noted a decline in the number of teachers/adults who are coming with schools so please communicate with your administration and ensure you have enough sub time to provide the helpers needed. If this is not possible, please communicate with your parents and see if they can help. Also, ensure the person(s) representing your school is familiar with the rules for that event or the role they are assigned. They also need to realize that they may indeed be on site with little break throughout the day and that it is also necessary that each school supply several students to assist the official at the event to rake, retrieve, mark or simply help out. **We require that every field event have 2 capable adults present at all times and at least 2 student helpers preferably 3.**

Athlete Safety/Facilities

There is very little protection from the weather on site, so please make sure your athletes dress properly and bring tarps and tents to protect themselves from the elements. As we have seen, we may even have to hold the meet in cold and wet conditions and students need to be prepared for this. Suggest that they bring toques, mitts, waterproof gear and full foot coverage. Porta-potties, a canteen and athletic therapists (for athletic related injuries only) will once again be available on site. Also, garbage bags are available in “the shack” so that at the end of the day your team can clean up before they depart. Also, we remind schools to bring their own first aid kit and to be sure that they are legally parked on site.

Rules

See the separate document for the district and regional meet rules. They differ slightly at times.

Thank you for your involvement and all the hard work you put into Track and Field! We do appreciate it and I know we say it every year, but we honestly cannot do it without you!

Sincerely,

Donna Duggan/Jason Murphy-Track and Field Coordinators

**Capital DISTRICT Meet Schedule
DAY 1**

Track Events (with very approximate times)

9:45am	80m Hurdles	Timed Finals	JG, IG, SG
10:15am	100m Hurdles	Timed Finals	JB, IB, SB
11:15am	400m	Timed Finals	JG, JB, IG, IB, SG, SB
1:15pm	100m	Heats	JG/JB=far side IG/IB/SG/SB=main side
3:00pm	1500m	Timed Finals	JG, JB, IG, IB, SG, SB
4:30pm	100m	Finals	JG, JB, IG, IB, SG, SB

Field Events (**events may be delayed)

	<u>10:30</u>	<u>12:30</u>	<u>2:30</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

Special Athletes

10:00am	100m	Senior then Junior (<i>on track near main Shotput circle</i>)
10:30am	Shot Put	Senior and Junior (<i>infield near High Jump area</i>)
11:30am	Long Jump	Senior (<i>Triple Jump Pit</i>) and Junior (<i>Long Jump pit</i>)

Wheelchair Athletes

10:30am	50m	All (<i>on track near blue shipping container</i>)
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**Capital DISTRICT Meet Schedule
DAY 2**

Track Events (with approximate times)

9:45am	200m	Heats	JG, JB, IG, IB, SG, SB, ParaG, ParaB
11:45am	800m	Timed Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
1:00pm	4x100m	Timed Finals	JG, JB, IG, IB, SG, SB
2:15pm	200m	Finals	JG, JB, IG, IB, SG, SB
3:00pm	3000m	Timed Finals	JG, JB, IG, IB, SG, SB
5:00pm	4x400m	Timed Finals	JG, JB, IG, IB, SG, SB

Field Events

	<u>10:30</u>	<u>12:30</u>	<u>1:30</u>	<u>2:30</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 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 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

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

Relays

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