

Colchester-East Hants / Antigonish-Guysborough District Track & Field Meet

Registration Deadline: **Friday, May 15rd at 5:00 PM** (www.trackiereg.ca)

Dates: May 22 & 23, 2015

Location: St. FX University, Antigonish

Starting Time: 9:00 am [Friday and Saturday] SHARP

Coaches / Officials Meeting Friday-8:45 Please be in attendance

Entry Fee: \$95.00 per school [to cover costs of materials needed for the running of the meet] – please make cheques payable to Dr. J H Gillis Track.

Entry fee is to be paid at the coaches meeting prior to any athletes from your school competing. Please have your cheque ready at the coaches meeting. Receipts will be sent to your school by mail.

Entries: Each school must **register on-line by Friday, May 15rd at 5:00 PM** to have student athletes compete at this Track meet. A code has been assigned to each school by the NSSAF. This allows coaches to make changes themselves (ie. scratching athletes and adding new athletes in events). The deadline above applies for any changes. Data from the website will be transferred to the meet database at 5:00 PM on **May 15rd**. Any changes made on the website **after this time will not** be included in the meet schedule. Please contact Chris MacKinnon for more information on entering athletes running@straitareaphysio.com. Please note: please make every effort to have athletes compete in the events in which they are registered. Athletes are expected to compete in all events in which they are registered.

Entry deadline – 5:00 PM Friday, May 15rd, 2015. Athletes that are not registered by coaches will not compete. Athletes will not be registered during the competition.

Each athlete will be assigned a number for competition. These numbers should be place on the front of uniform. Please ensure that each athlete has the correct number. There will be a team list in each registration package with a list of athletes and their number.

Entry Restrictions: Each school may submit **FIVE** entries per event per age class **ONLY**.
Each school is restricted to **ONE** entry in each of the relay events.

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An athlete may compete in a maximum of **SIX** events including relays.
PLEASE ENSURE THAT EACH SCHOOL DOES NOT SUBMIT MORE THAN

FIVE ATHLETES PER EVENT PER AGE CLASS.

- Officiating:** As has been the case in recent years, we are expecting assistance in the area of officiating. Each participating school is to provide 1 or 2 (depending on school size) officials [i.e., coach, parent, former student ,athletes, leadership students, etc]. Please email the meet director below the names of the officials your school is providing.
- Special Athletes:** Special Athletes will be allowed to participate in the following events: 100m, Long Jump and Shot Put. Please enter all special athletes online using the correct category (Special Junior for athletes in grades 9 or below OR Special Senior for athletes in grades 10-12).
- Age Classifications:**
Junior – under 14 years of age as of September 30, 2014
Intermediate – under 16 years of age as of September 30, 2014
Senior – under 19 years of age as of September 30, 2014
- Heats & Finals:** All track events will be timed finals with the exception of the 100m and 200m races. In these two events the fastest sixteen times will advance to a final [two semi finals of eight]. The fastest eight times will race in the second semi-final. Lanes will be assigned according to seed times from the heats. From these two races the top eight times will advance to ‘Regionals’. In the event of a tied time in any sprint event, the competitor with the higher placing in the heats will advance.
- Spike size:** The maximum spike size is 7 mm and only cone or pyramids will be permitted. There will be random checks at the marshalling area so please remind your athlete before their events.
- Hurdles:** Are scheduled as the first event of the day. Hurdle distances are 80m for girls and 100m for boys. The hurdles event is a timed final. All girls events will take place then boys events, in the order of junior, intermediate, senior.
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|--------------------|-------|-----|------|
| Junior Girls | 80 m | 30" | .76m |
| Intermediate Girls | 80 m | 33" | .83m |
| Senior Girls | 80 m | 33" | .83m |
| Junior Boys | 100 m | 33" | .83m |
| Intermediate Boys | 100 m | 36" | .9m |
| Senior Boys | 100 m | 39" | 1m |
- Pole Vault:** The Pole Vault will not be held. Any coaches with athletes interested in advancing to the Provincial meet should register the athletes as noted above.
- Field Events:** The top 8 will have an additional 3 attempts in every field event, except High Jump.

Implements:

Shot Put

Senior Boys - 6 kg

Intermediate Boys - 5 kg

Junior Girls - 3 kg

All other classes - 4 kg

Discus

Senior Boys - 1.75 kg

Intermediate Boys - 1.5 kg

Junior Girls - .75 kg

All other classes - 1 kg

Javelin

Senior Boys - 800 grams

Intermediate Boys - 700 grams

Senior Girls/Junior Boys - 600 grams

Intermediate Girls - 500 grams

Junior Girls - 400 grams

In throwing events, a student-athlete may request that the head official certify a student-athlete's implement prior to the competition. If this implement is certified it may be used but must also be made available for use by all student-athletes in that event.

Regionals:

Only schools registered with the NSSAF may advance athletes to the Regionals, which will be held on May 29 & 30, 2015 in Stellarton.

Advancement to Regionals

The top eight athletes in each event will advance to Regionals. The top four relay teams will advance to Regionals. The 9th place competitor from each district may substitute for an athlete that is in the top 8 if one is unable to compete.

Schedule:

A preliminary schedule of events is enclosed. These scheduled times will be difficult to follow closely due to variances in the number of athletes per event. A more detailed schedule will be posted after registrations are received. The times are rough guidelines only. Athletes are encouraged to stay on-site and to check in with the clerk of the course and the head officials of field events ASAP after first call by the announcing booth. As there is some distance between the track and field venues, golf cart transportation will be available for athletes competing at both venues. Any athlete competing in 2 events at the same time should identify themselves to the official at each event before the start of the event.

Canteen:

There will be no canteen services available.

Parking:

There is parking available on the campus of St. FX University behind the Bloomfield centre, at the Keating Millennium Centre and at the Antigonish Mall

(400m walk).

Changing Rooms: Athletes should come dressed to compete and are asked to use the washroom facilities at the Oland Centre or Bloomfield Centre.

Information: If you require any further information, contact Chris MacKinnon at 902-870-5529, running@straitareaphysio.com or Cathy Tulkens at 902- 870-4748, ctulkens@ns.sympatico.ca

District Track & Field Meet Schedule

Friday May 22, 2013

TRACK EVENTS

9:00 am HURDLES [FINALS]
Junior Girls
Inter. Girls
Senior Girls
Junior Boys
Inter. Boys
Senior Boys
*Special Athletes 100 Meters

11:00 am 400 METRES [FINALS]
Junior Girls
Junior Boys
Inter. Girls
Inter. Boys
Senior Girls
Senior Boys

1:00 pm 100 METRES [HEATS]
Junior Girls
Junior Boys
Inter. Girls
Inter. Boys
Senior Girls (finals)
Senior Boys

3:00 pm 1500 METRES [FINALS]
Junior Girls
Junior Boys
Inter. Girls
Inter. Boys
Senior Girls
Senior Boys

4:00pm 100 METRES [FINALS]
Junior Girls
Junior Boys
Inter. Girls
Inter. Boys
Senior Girls (complete in first session)
Senior Boys

FIELD EVENTS

10:00am Junior Girls High Jump
Junior Boys Shot Put
Inter. Girls Triple Jump
Inter. Boys Long Jump
Senior Girls Discus
Senior Boys Javelin
*Special Athletes Shot Put

12:00 pm Junior Girls Discus
Junior Boys Long Jump
Inter. Girls High Jump
Inter. Boys Javelin
Senior Girls Triple Jump
Senior Boys Shot Put
*Special Athletes Long Jump

2:00 pm Junior Girls Triple Jump
Junior Boys Javelin
Inter. Girls Discus
Inter. Boys Shot put
Senior Girls High Jump
Senior Boys Long Jump

District Track & Field Meet Schedule

Saturday May 23, 2013

TRACK EVENTS

9:00 am	200 METRES [HEATS] Junior Girls Junior Boys Inter. Girls Inter. Boys Senior. Girls (finals) Senior Boys
11:00 am	800 METRES [FINALS] Junior Girls Junior Boys Inter. Girls Inter. Boys Senior Girls Senior Boys
12:30 pm	4 X 100 METRES RELAYS Junior Girls Junior Boys Inter. Girls Inter. Boys Senior Girls Senior Boys
2:00 pm	200 METRES [FINALS] Junior Girls Junior Boys Inter. Girls Inter. Boys Senior Girls (completed in am) Senior Boys
3:00pm	3000 METRES [FINALS] Junior Girls Junior Boys Inter. Girls Inter. Boys Senior Girls Senior Boys
4:30 pm	4 X 400 METRES RELAYS Junior Girls Junior Boys Inter. Girls Inter. Boys Senior Girls Senior Boys

FIELD EVENTS

10:00am	Junior Girls Shot Put Junior Boys Triple Jump Inter. Girls Long Jump Inter. Boys Discus Senior Girls Javelin Senior Boys High Jump
12:00 pm	Junior Girls Long Jump Junior Boys High Jump Inter. Girls Javelin Inter. Boys Triple Jump Senior Girls Shot Put Senior Boys Discus
2:00 pm	Junior Girls Javelin Junior Boys Discus Inter. Girls Shot Put Inter. Boys High Jump Senior Girls Long Jump Senior Boys Triple Jump