

## **Cumberland and Pictou District Track & Field Meet 2015**

- Registration Deadline:** Friday, May 15<sup>th</sup> at 5:00 PM (using Trackie.reg)
- Dates:** Friday May 22 & Saturday 23, 2015  
**Location:** Pioneer Coal Athletics Field, Stellarton
- Meet Director:** Trevor Boudreau NGA
- Starting Time:** 9:00 am [Friday and Saturday]
- Coaches Meeting** Friday - 8:30 inside the clubhouse. Please try to be in attendance.
- Entry Fee:** \$90.00 per school with 20 athletes or more. \$50.00 per school with less than 20 athletes. Please make cheques payable to **NGA Track and Field**. 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 (Trackie.reg) by Friday, May 15<sup>th</sup> 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 15<sup>th</sup>**. Any changes made on the website **after this time will not** be included in the meet schedule. Please contact the meet director at BoudreauT@ccrsb.ca with any questions or concerns.
- 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 per category. An athlete may compete in a maximum of **SIX** events including relays. **PLEASE ENSURE THAT YOUR SCHOOL DOES NOT SUBMIT MORE THAN FIVE ATHLETES PER EVENT PER AGE CLASS.**
- 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).
- 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.**
- 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
- Canteen:** A full canteen will be available on site.

Spike size:	The maximum spike size is 7mm and only cone or pyramids will be permitted. There will be random checks at the marshalling area so please remind your athletes 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 prior to the boys races, in the order of junior, intermediate, senior.
Heats & Finals:	All track events will be timed finals with the exception of the 100m and 200m races. Because the heats were decided randomly, <b>the fastest 16 athletes from those heats will advance to a two heat timed section final</b> . The fastest eight times from the heats will race in the second final. The fastest athletes will occupy the middle lane for both finals. In the event of a tie in any sprint event, the competitor with the fastest time in the heats will advance.
Field Events:	The top 8 will have an additional 3 attempts in every field event, except High Jump. Those eight athletes will automatically advance to Regionals.
Advancement to Regionals:	The top eight athletes in each event as well as the top four relay teams will advance to Regionals in Stellarton May 29 & 30, 2015. The 9 <sup>th</sup> place competitor from each district may substitute for an athlete of the <u>same district</u> that is in the top 8 if one is unable to compete.
Schedule:	A schedule of events is enclosed. These scheduled times will be difficult to follow closely due to variances in the number of athletes per event. All track events will start as the track is ready. Athletes are encouraged to stay on-site and to check in with the clerk of the course and/or the head officials of field events ASAP after first call by the announcing booth. <b>All athletes competing in field events should pay careful attention to their schedule.</b>
Directions:	<b>From Truro</b> ; take exit 23 and turn right on Westville Rd. Continue straight until Auburn Ave. Turn left onto Auburn Ave. and proceed roughly 400m to facility driveway on your right. <b>From Antigonish</b> ; take exit 23 and turn left on Westville Rd. towards Westville. Continue straight until Auburn Ave. Turn left onto Auburn Ave. and proceed roughly 400m to facility driveway on your right.
Parking:	The facility has ample parking for busses and vehicles on site. Please keep from blocking gates and entrances.
Changing Rooms:	The facility has a clubhouse that contains boys and girls washroom facilities. Athletes should come to the meet prepared for the entire day. All schools are asked to remind their athletes to respect the environment.
Information:	<b>If you require any further information, contact Trevor Boudreau 695-2940 (H) or 755-8400 ext. 313 (W) or by email <a href="mailto:BoudreauT@ccrsb.ca">BoudreauT@ccrsb.ca</a></b>

# District Track & Field Meet Schedule

Friday May 22, 2015

## TRACK EVENTS

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

11:15 am    400 METRES [FINALS]  
Junior Girls  
Junior Boys  
Inter. Girls / Senior Girls  
Inter. Boys  
Senior Boys

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

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

4:00pm      100 METRES [FINALS]  
Junior Girls  
Junior Boys  
Inter. Girls  
Inter. Boys  
Senior Girls  
Senior Boys

## FIELD EVENTS

9:30am      Junior Girls High Jump  
Inter. Girls Triple Jump  
Inter. Boys Long Jump  
Senior Girls Shot Put  
Senior Boys Discus  
\*Special Athletes Shot Put

10:45am    Junior Boys Javelin

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

1:15pm      Inter. Boys Javelin

2:30pm      Junior Girls Shot Put  
Junior Boys Long Jump  
Inter. Girls High Jump  
Inter. Boys Discus  
Senior Girls Triple Jump

3:45pm      Senior Boys Javelin

# District Track & Field Meet Schedule

**Saturday May 23, 2015**

## TRACK EVENTS

9:00 am	200 METRES [HEATS] Junior Girls Junior Boys Inter. Girls Inter. Boys Senior. Girls Senior Boys
11:00 am	800 METRES [FINALS] Junior Girls Junior Boys Inter. Girls / Senior Girls Inter. Boys Senior Boys
12:00 pm	4 X 100 METRES RELAYS Junior Girls Junior Boys Inter. Girls Inter. Boys Senior Girls Senior Boys
1:45 pm	200 METRES [FINALS] Junior Girls Junior Boys Inter. Girls Inter. Boys Senior Girls Senior Boys
2:30 pm	3000 METRES [FINALS] Junior Girls Junior Boys Inter. Girls / Senior Girls Inter. Boys Senior Boys
4:00 pm	4 X 400 METRES RELAYS Junior Girls Junior Boys Inter. Girls Senior Girls Inter. Boys / Senior Boys

## FIELD EVENTS

9:30am	Junior Boys Triple Jump Inter. Girls Long Jump Inter. Boys Shot Put Senior Girls Discus Senior Boys High Jump
10:45am	Junior Girls Javelin
12:00 pm	Junior Girls Discus Junior Boys High Jump Inter. Boys Triple Jump Senior Girls Long Jump Senior Boys Shot Put
1:15pm	Inter. Girls Javelin
2:30 pm	Junior Girls Long Jump Junior Boys Shot Put Inter. Girls Discus Inter. Boys High Jump Senior Boys Triple Jump
3:45pm	Senior Girls Javelin