

April 2014

SOUTH REGIONAL TRACK AND FIELD

Playing Regulations

1. Date
 - (a) The South Region Track and Field Championship meet shall take place over a one and a half day period during the week before the OFSAA Championships. (Unless otherwise agreed upon, the Meet shall take place on a Thursday afternoon and Friday).
2. Location
 - (a) The meet site will be announced by the host association as soon as possible.
3. Eligibility
 - (a) A midget boy or girl shall not have attained their 14th birthday by January 1st prior to the start of the school year in which the competition is held. In addition, they must be in their first year of high school.
 - (b) A junior boy or girl shall not have attained their 15th birthday by January 1st prior to the start of the school year in which the competition is held.
 - (c) A senior boy or girl shall not have attained their 19th birthday by January 1st prior to the start of the school year in which the competition is held.
 - (d) All competitors must have qualified at their association meet (top 5 and/or alternate as authorized by the Convenor of the association meet).
 - (e) An athlete is eligible to compete in 3 individual events, one age class relay and one open relay.
 - (f) An athlete must compete in the same classification for the events s/he qualified for at her/his association meet.
4. Entry
 - (a) Entries for the South Regional meet must be submitted by each association's Convenor (or designate) by the date specified. At that time, two files should be forwarded: (i) the 5 advancers for each event from the association meet, and (ii) a complete set of meet results from the association meet.
 - (b) All OFSAA forms must be handed in at the start of the Regional meet or as

soon as the school coach registers at the meet.

5. Expenses

The South Region Track and Field Convenor will act as treasurer and split the costs of the meet between the three associations. A bill will be sent to the association contact to be paid.

It is the expectation of the OFSAA Convenor that the entry fee from the South Region meet accompany the entries from the region. Arrangements by the Region Convenor are to be made and the information passed on as to the collection of fees by each association.

6. Operating Structure

(a) Events:

Events may be changed prior to the meet in accordance with OFSAA competition. All events offered by OFSAA will also be offered at the South Region championships.

(i) Competition for Midget, Junior and Senior shall be in the following events:

100m

200m

400m

800m

1500m

3000m

80m Hurdles (midget girls, junior girls)

100m Hurdles (senior girls, midget boys, junior boys)

110m Hurdles (senior boys)

300m Intermediate Hurdles (midget girls, junior girls, midget boys, junior boys)

400m Intermediate Hurdles (senior girls, senior boys)

Shot put

Discus

Javelin

Pole Vault

High Jump

Long Jump

Triple Jump

(ii) Relays shall be as follows:

Midget 4 x 100m

Junior 4 x 100m

Senior 4 x 100m

(iii) Open events shall be as follows:

- 4 x 400m relay (boys and girls)
- 1500m Steeplechase (Girls)
- 2000m Steeplechase (Boys)

(iv) Para Division & Physical and Intellectual Disabilities:

- 100m – Visually Impaired; Intellectually Disability; Ambulatory
- 200m - Wheelchair
- 400m - Wheelchair
- 800m - Visually Impaired; Ambulatory

(b) Track Events:

(i) Seed times are required for all track events.

(ii) Timed finals will be run slowest to fastest.

(iii) Hurdles:

<u>Boys Hurdles</u>	<u>No</u>	<u>Height</u>	<u>Start to First</u>	<u>Between</u>	<u>Last to Finish</u>
100m (MB)	10	33"	13.00m	8.50m	10.50m
100m (JB)	10	36"	13.00m	8.50m	10.50m
110m (SB)	10	36"	13.72m	9.14m	14.02m
300m(MB)	7	33"	50.00m	35.00m	40.00m
300m (JB)	7	33"	50.00m	35.00m	40.00m
400m (SB)	10	36"	45.00m	35.00m	40.00m
2000m SC		36"			

<u>Girls Hurdles</u>	<u>No</u>	<u>Height</u>	<u>Start to First</u>	<u>Between</u>	<u>Last to Finish</u>
80m (MG)	8	30"	12.00m	8.00m	12.00m
80m (JG)	8	30"	12.00m	8.00m	12.00m
100m (SG)	10	30"	13.00m	8.50m	10.50m
300m(MG)	7	30"	50.00m	35.00m	40.00m
300m (JG)	7	30"	50.00m	35.00m	40.00m
400m (SG)	10	30"	45.00m	35.00m	40.00m
1500m SC		30"			

(c) A relay team may consist of up to 6 members. Any team that qualifies to OFSAA must complete a relay card and/or confirm team members before the end of the meet. **Relay team members must be entered into the association's advancer file prior to the Regional track and field meet.**

(c) Field Events:

(i) All throwing implements must be weighed and marked as ready for competition. A weigh in station must be set up for regional competition.

(ii) Implement Weights

Discus:	All girls, Midget and Junior Boys	1.00 kg
	Senior Boys	1.613kg
Shot:	All girls, Midget and Junior Boys	4.0 kg
	Senior Boys	5.443kg
Javelin	All girls, Midget and Junior Boys	600 gm
	Senior Boys	800gm

Note: The javelin balance point must be in the confines of the grip.

(iii) Starting Heights for Vertical Jumps

High Jump

Midget Girls	1.25m	1.30m	1.35m – no more than 5 cm
Junior Girls	1.30m	1.35m	1.40m – no more than 5 cm
Senior Girls	1.30m	1.35m	1.40m – no more than 5 cm
Midget Boys	1.35m	1.40m	1.45m – no more than 5 cm
Junior Boys	1.45m	1.50m	1.55m – no more than 5 cm
Senior Boys	1.55m	1.60m	1.65m – no more than 5 cm

Note: Starting heights can be at the discretion of the official and can be determined by the entry heights into the meet.

Pole Vault

Mid./Jr Girls	1.70m	1.80m	1.90m – no more than 10 cm
Senior Girls	1.90m	2.00m	2.10m – no more than 10 cm
Midget Boys	2.00m	2.10m	2.20m – no more than 10 cm
Junior Boys	2.20m	2.30m	2.40m – no more than 10 cm
Senior Boys	2.40m	2.50m	2.60m – no more than 10 cm

Note: Starting heights are at the discretion of the official and can be determined by the entry heights into the meet.

7. Uniforms

- (a) Competitors must compete in their school uniforms. All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's/Association name, colours and logos. All tops must have the school colour or crest or school name only. No sport club insignia on uniforms shall be permitted. In the absence of a school uniform, a plain white t-shirt is acceptable.

- (b) The tops of all four (4) relay competitors must be **identical**. All tops must include the school colour(s) **AND** (i) a school crest, OR (ii) school name, OR (3) school nickname.
- (c) No headgear including hats, bandanas and sweatbands may be worn while competing in an event (exception religious head coverings).
- (d) Student-athletes must remain fully clothed in the appropriate attire in the competition area AND use the designated locker room or change area to change to and from competition attire.
- (e) Optional athletic footwear will be acceptable for grass javelin surfaces.

8. Rules and Officials

- (a) In order to clarify rules of competition the following order of interpretation will be used:
 - (i) OFSAA Rules
 - (ii) IAAF Handbook
- (b) The false start rule is as follows: the first false start will be charged to the field. The second false start and subsequent false starts will be charged against the athlete(s) making a false start.
- (c) Starting blocks do not have to be used by competitors. A competitor must be in a four point stance if they do not use starting blocks in events that run in lanes.
- (d) Athletes who **scratch** from a final event after qualifying in a heat shall be **ineligible** to compete for the remainder of the day in any other events including relays.
- (e) Order of precedence of events shall be (i) track, (ii) pole vault and high jump, (iii) other field events. Field event athletes must report before the final trial in the 3rd round to be eligible to compete in the event. Once the 3rd round is over, the field event officials must keep the round open for an additional 5 minutes to accommodate athletes competing in a track event. Once the 5 minutes it up, officials may then assemble to determine the final 8 athletes eligible to continue in the competition.
- (f) Each association is responsible for **supplying competent officials** for the meet. The Convenor will notify each association contact as to the events that association will be responsible for officiating. The individual association contacts will assign competent officials and will provide those

names and schools to the Convenor by the date determined by the Convenor. In addition, the host association shall be responsible for entries and results, announcing and providing all paperwork and entries to the OFSAA Track and Field convenor.

9. Department

(a) **Competitors and coaches** are expected to behave in a sportsmanlike manner.

(b) Parents, club coaches and ineligible athletes are allowed in the stands and/or away from the competition area only. Violation of this may result in disqualification of athletes.

10. Jury of Appeal

The Jury of appeal shall consist of three (3) individuals and should include a member from each association. The first two members should be the convenors (or designate) of the association meets and the third designated by the regional meet convenor (from the same association as the regional meet convenor).

A dispute must be submitted in writing to the Convenor or Designate by a **teacher or designated teacher from the school protesting a decision**, together with a \$50.00 (refundable if dispute is upheld) within 30 minutes of the event results being posted. Decisions of the Jury of Appeal shall be final.

11. Medical Personnel

The Convenor, where possible, must arrange for adequate medical coverage at the meet. Each team is expected to bring their own first aid kit and supplies.

12. Seeding

For 100m, 200m and Sprint Hurdle event semi finals, the top 3 athletes from each of the two heats and the next 2 fastest times that shall qualify to the finals. (IAAF Rule 166).

13. Timing

It is the responsibility of the Convenor to arrange for electronic timing to be used for all track events. In addition, there must be a minimum of 8 hand timers and 5 place judges and a head judge/timer to be used as backup to the electronic timing system.

14. Qualification to South Regional Track and Field

Each association may send a maximum of 5 competitors per individual event and 5 relays per relay event.

If GHAC has a pole vaulter wishing to advance to the regional meet, s/he must earn a seed height at either the SOSSA or ROPSSAA championship meet.

15. Qualification to the OFSAA Track and Field Championships
 The top 4 competitors/relay teams qualify to the provincial championships. Any scratches to OFSAA should be made to the regional convenor as soon as possible to allow for notification of the alternate.

Appendix A

South Regional Track and Field Schedule Day One

*****Events may start up to 30 minutes earlier than posted*****

Track Events

Field Events

1:00	OPEN GIRLS 1500m Steeplechase OPEN BOYS 2000m Steeplechase	1:00	Midget Girls Long Jump Midget Boys Shot Put Junior Girls Triple Jump Junior Boys Discus Senior Girls High Jump Senior Boys Javelin
1:30	MG 80m Hurdles Semi Finals JG 80m Hurdles Semi Finals SG 100m Hurdles Semi Finals MB 100m Hurdles Semi Finals JB 100m Hurdles Semi Finals SB 110m Hurdles Semi Finals	1:00	MG/JG Pole Vault
2:15	MG 100m Semi Finals MB 100m Semi Finals JG 100m Semi Finals JB 100m Semi Finals SG 100m Semi Finals SB 100m Semi Finals	2:00	Senior Girls Pole Vault
2:45	MG 1500m FINAL MB 1500m FINAL JG 1500m FINAL JB 1500m FINAL SG 1500m FINAL SB 1500m FINAL	2:45	Midget Girls Shot Put Midget Boys Long Jump Junior Girls Discus Junior Boys Triple Jump Senior Girls Javelin Senior Boys High Jump
3:45	MG 400m TIMED SECTIONS MB 400m TIMED SECTIONS JG 400m TIMED SECTIONS JB 400m TIMED SECTIONS SG 400m TIMED SECTIONS SB 400m TIMED SECTIONS OG 400m Wheelchair TIMED SECTIONS OB 400m Wheelchair TIMED SECTIONS	3:30	Midget Boys Pole Vault
4:30	MG 80m Hurdles FINAL JG 80m Hurdles FINAL SG 100m Hurdles FINAL MB 100m Hurdles FINAL JB 100m Hurdles FINAL SB 110m Hurdles FINAL		
5:00	OG Visually Impaired; Intellectual Disability; Ambulatory 100m FINAL OB Visually Impaired; Intellectual Disability; Ambulatory 100m FINAL MG 100m FINAL MB 100m FINAL		

JG 100m FINAL
 JB 100m FINAL
 SG 100m FINAL
 SB 100m FINAL

Appendix A

South Regional Track and Field Schedule Day Two

*****Events may start up to 30 minutes earlier than posted*****

Track Events

9:30 MG 4 x 100m Relay TIMED SECTIONS
 MB 4 x 100m RELAY TIMED SECTIONS
 JG 4 x 100m RELAY TIMED SECTIONS
 JB 4 x 100m RELAY TIMED SECTIONS
 SG 4 x 100m RELAY TIMED SECTIONS
 SB 4 x 100m RELAY TIMED SECTIONS

10:30 MG 800m TIMED SECTIONS
 MB 800m TIMED SECTIONS
 JG 800m TIMED SECTIONS
 JB 800m TIMED SECTIONS
 SG 800m TIMED SECTIONS
 SB 800m TIMED SECTIONS
 OG Visually Impaired; Ambulatory 800m
 OB Visually Impaired; Ambulatory 800m

11:30 MG 200m Semi Finals
 MB 200m Semi Finals
 JG 200m Semi Finals
 JB 200m Semi Finals
 SG 200m Semi Finals
 SB 200m Semi Finals

12:15 SG/SB 3000m FINAL

12:45 TRACK BREAK

1:15 MG 300m Hurdles TIMED SECTIONS
 JG 300m Hurdles TIMED SECTIONS
 SG 400m Hurdles TIMED SECTIONS
 MB 300m Hurdles TIMED SECTIONS
 JB 300m Hurdles TIMED SECTIONS
 SB 400m Hurdles TIMED SECTIONS

2:00 JG/JB 3000m FINAL

2:30 SG 200m FINAL ****PLEASE NOTE THE
 SB 200m FINAL ORDER OF EVENTS****
 JG 200m FINAL
 JB 200m FINAL
 MG 200m FINAL
 MB 200m FINAL
 OG 200m Wheelchair FINAL

Field Events

9:15 Midget Girls High Jump
 Midget Boys Javelin
 Junior Girls Long Jump
 Junior Boys Shot Put
 Senior Girls Triple Jump
 Senior Boys Discus

10:00 Junior Boys Pole Vault

11:00 Midget Girls Javelin
 Midget Boys High Jump
 Junior Girls Shot Put
 Junior Boys Long Jump
 Senior Girls Discus
 Senior Boys Triple Jump

12:00 Senior Boys Pole Vault

12:15 Midget Girls Triple Jump
 Midget Boys Discus
 Junior Girls High Jump
 Junior Boys Javelin
 Senior Girls Long Jump
 Senior Boys Shot Put

2:30 Midget Girls Discus
 Midget Boys Triple Jump
 Junior Girls Javelin
 Junior Boys High Jump
 Senior Girls Shot Put
 Senior Boys Long Jump

OB 200m Wheelchair FINAL

3:00 MG/MB 3000m FINAL

3:30 OPEN GIRLS 4 x 400m Relay TIMED SECTIONS
OPEN BOYS 4 X 400m Relay TIMED SECTIONS

Appendix B

OFSSA South Region Officiating Duties

It is recommended that (a) the larger 2 associations (SOSSA and ROPSSAA) handle 80% of the officiating duties and GHAC be responsible for the final 20% of the duties and, (b) the duties be rotated every 3 years (ie. If GHAC is responsible for the finish line on day 2, their duty will be the same from 2011 – 2013 inclusive). Each association has a finish line, relay exchange zone and 'hurdle' duty.

Convenor Duties

- includes all entries and results, announcing, OFSSA paperwork

Day 1 Duties

Field Events

Time	Event	Association	School/Individual	School/Individual
1:00 pm	MG Long Jump	GHAC		
	MB Shot Put	ROPSSAA		
	JG Triple Jump	GHAC		
	JB Discus	ROPSSAA		
	SG High Jump	GHAC		
	SB Javelin	GHAC		
1:00 pm	MG/JG Pole Vault	ROPSSAA		
2:00 pm	SG Pole Vault	ROPSSAA		
2:45pm	MG Shot Put	ROPSSAA		
	MB Long Jump	ROPSSAA		
	JG Discus	ROPSSAA		
	JB Triple Jump	ROPSSAA		
	SG Javelin	ROPSSAA		

	SB High Jump	ROPSSAA		
3:30pm	MB Pole Vault	SOSSA		

Track Events

Official Duties/Association	Individual/School	Individual/School		
Starters x 2	TBA	TBA		
Finish Line (x8) GHAC	1.	2.	3.	4.
GHAC	5.	6.	7.	8.
Clerk/Marshalls (x2) GHAC	1.	2.		
Steeplechase Crew GHAC	1.	2.	4-6 students	
Sprint Hurdle Crew (includes finals) SOSSA	1.	2.	8-10 students	

Day 2 Duties

Field Events

Time	Event	Association	School/Individual	School/Individual
9:15 am	MG High Jump	SOSSA		
	MB Javelin	SOSSA		
	JG Long Jump	SOSSA		
	JB Shot Put	SOSSA		
	SG Triple Jump	SOSSA		
	SB Discus	SOSSA		
10:00 am	JB Pole Vault	SOSSA		
11:00 am	MG Javelin	GHAC		

	MB High Jump	GHAC		
	JG Shot Put	GHAC		
	JB Long Jump	SOSSA		
	SG Discus	GHAC		
	SB Triple Jump	GHAC		
12:00 pm	SB Pole Vault	SOSSA		
12:15pm	MG Triple Jump	ROPSSAA		
	MB Discus	ROPSSAA		
	JG High Jump	ROPSSAA		
	JB Javelin	ROPSSAA		
	SG Long Jump	ROPSSAA		
	SB Shot Put	ROPSSAA		
2:30 pm	MB Discus	SOSSA		
	MB Triple Jump	SOSSA		
	JG Javelin	SOSSA		
	JB High Jump	SOSSA		
	SG Shot Put	SOSSA		
	SB Long Jump	SOSSA		

Track Events – Morning 8:45 am – 12:45 pm

Official Duties/Association	Individual/School	Individual/School		
Starters x 2	TBA	TBA		
Finish Line (x8) ROPSSAA AM only	1.	2.	3.	4.
ROPSSAA	5.	6.	7.	8.
Clerk/Marshalls (x2) ROPSSAA AM only	1.	2.		

Track Events – Afternoon 1:14 pm – 4:15 pm

Official Duties/Association	Individual/School	Individual/School		
Starters x 2	TBA	TBA		
Finish Line (x8) SOSSA PM only	1.	2.	3.	4.
SOSSA	5.	6.	7.	8.

Clerk/Marshalls (x2) SOSSA PM only	1.	2.		
SOSSA	1.	2.	4-6 students	
Intermediate Hurdle Crew ROPSSAA	1.	2.	8-10 students	
RELAY JUDGES	ZONE #1 GHAC 1. 2.	ZONE #2 SOSSA 1. 2.	ZONE #3 ROPSSAA 1. 2.	