

BOYS AND GIRLS TRACK AND FIELD

Revised: **June 2018**

1.0 DATE

The meet shall be held at least seven days before the OFSAA Regionals. It shall be a two day co-educational meet.

2.0 LOCATION

The site shall be determined by the Convenor.

3.0 EVENTS AND CLASSIFICATIONS

3.1 Competition shall be conducted in three age classifications as outlined in the OFSAA Age Policy:

SENIOR The individual's birthday indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

JUNIOR The individual's birthday indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.

MIDGET The individual's birthday indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only.

3.2 Para Athletes with an S14 classification are permitted to compete until the age of 21 and shall be eligible for no more than 7 consecutive years from the date of entry into grade 9.

3.3a Girls' Events – Midget, Junior, Senior

100 metres	High Jump
200 metres	Pole Vault
400 metres	Long Jump
800 metres	Triple Jump
1500 metres	Discus - 1 kg
3000 metres	Javelin 600 g
80 metre hurdles (Midget & Junior 30")	Shot: 3 kg (Midget & Junior)
100 metre hurdles (Senior 30")	Shot: 4 kg (Senior)
300 metre hurdles (Midget & Junior 30")	
400 metre hurdles (Senior 30")	
4 x 100 metre Relays	
4 x 400 metre Relay (Open)	

3.3b Boys' Events - Midget, Junior, Senior

100 metres	High Jump
200 metres	Pole Vault
400 metres	Long Jump
800 metres	Triple Jump
1500 metres	Shot: 4 kg OR 8 lb 13 oz
3000 metres	(Midget/Junior)
100 metre hurdles (Midget 33"/Junior 36")	Shot: 5.443 kg OR 12 lb (Senior)
110 metre hurdles (Senior 36")	Discus: 1 kg (Midget/Junior)
300 metre hurdles (Midget & Junior 33")	Discus: 1.613 kg OR 3 lb 9 oz (Senior)
400 metre hurdles (Senior 36")	Javelin: 600 g (Midget/Junior)
4 x 100 metre Relays	Javelin: 800 g (Senior)
4 x 400 metre Relay (Open)	

3.3c Para Division & Physical and Intellectual Disabilities

Chart # 1 - Classifications (Key: T = Track Events; F = Field Events)

Athletes with A Visual Impairment T/F 11 – Blind T/F 12 – Very Limited Vision T/F 13 – Limited Vision	Athletes with an Intellectual Impairment T/F 20 – IQ at or below 75
Athletes with Cerebral Palsy F 32; F 33; T/F 34 – Wheelchair Athletes T/F 35 ; T/F 36; T/F 37; T/F 38 – Ambulatory Athletes	Athletes with an amputation & les Autres F 40 & F 41 – Dwarfs T/F 42; T/F 43; T/F 44 – Leg Amputees T/F 45; T/F 46; T/F 47 – Arm Amputees
Athletes in a Wheelchair T/F 51; T/F 52 – Quadriplegic T/F 53; T/F 54 – Paraplegic F 55; F56; F 57; F58 – Seated Throwing (various disabilities)	

Chart # 2 - Para Track & Field

Race	Divisions	Classification – (Chart # 1)
100m	Visually Impaired	T/F 11, 12, & 13
100m	Intellectually Impaired	T/F 20
100m	Ambulatory	T/F 35-38 & 40-47
200m	Wheelchair	T/F 34 & 51-54
800m	Visually Impaired	T/F 11,12,13
800m	Ambulatory	T/F 35-38 & 40-46
800m	Intellectually Impaired	T/F 20

Where there are sufficient numbers in Para Track Events, there will be heats to finals. Note: In visually impaired events, there will be an allowance for an athlete who requires a guide (thus two lanes).

- 3.4** The Convenor shall develop a schedule of events approved by the Executive Director and it shall be sent to all Conferences at least one month prior to the meet (see Appendix A). The Convenor is also responsible for obtaining electronic timing for the meet.
- 3.5** The definition of a Conference shall be: TVRA and Huron Perth.
- 3.6** The assigning of duties/responsibilities for WOSSAA Track and Field be done by proportion with the ratio of 4:1 (TVRA:HP).
- 3.7** The Convenor shall designate someone as the Entries Chairperson, who shall plan the technical organization of the competition. He/she shall be responsible for:
- a. collecting all the entries to the meet
 - b. seeding the meet
 - c. collecting the full results for each event
 - d. recording the results by ensuring that the full results of each event are entered into the computer system
 - e. posting all results after each event is completed
 - f. creating and submitting the entry file of all qualifiers to the OFSAA West Regional meet

4.0 ENTRY AND ENTRY FEE

- 4.1** TVRA may enter 10 competitors and Huron Perth may enter 6 competitors in each event.
- 4.2** A competitor may enter three individual events. In addition, a competitor may enter one age class relay and one open relay.
- 4.3** All entries must be submitted with the competitor's best time in that event, from the Conference meet.

- 4.4 All schools will pay an entry fee. The amount of the entry fee will be set by the Convenor and will be sufficient to cover the fixed costs of the Championship, as well as the OFSAA Regional entry fee.
- 4.5 It is the responsibility of Conference Convenor to communicate the WOSSAA representatives to the WOSSAA Convenor after the Conference Championship, no later than the next school day.
- 4.6 All finalists, in order to qualify for WOSSAA, must have successfully completed a preliminary race (ie: no scratching or no show). Any athlete who scratches or does not show for a final at their Conference meet shall not be eligible for WOSSAA in that particular event.
- 4.7 **Scratch Rule**
- a. Entry scratches shall be accepted at the discretion of the Entries Chairperson and up until the scratch deadline set by the Convenor.
 - b. Any competitor scratching from an event during the meet shall be ineligible for individual competition for the remainder of that day of competition.
 - c. Appeals may be made to the Convenor of the meet through their head coach prior to the event.
- 4.8 Conference meet results and entries to WOSSAA are to use compatible computer programs (Hy-Tek Meet Manager).

5.0 ELIGIBILITY

- 5.1 Each competitor must have competed in the Conference meet.
- 5.2 A competitor must compete in the same division in WOSSAA as in the Conference meet with the exception of relay runners who may compete in an older age class relay than at the Conference meet. Relay teams qualify as a school. The runner's names must be on the Conference eligibility lists.

6.0 RULES AND OFFICIALS

- 6.1 The meet shall be conducted according to the current official rules of the IAAF with amendments outlined as per OFSAA Track & Field playing regulations. (eg. false start rule)
- 6.2 In the event that electronic timing systems are not available, hand timing may be used. In track events, all hand held times will be recorded to the nearest hundredth of a second. For record purposes only, the hand held time will be rounded to the nearest tenth. For example, a time of 20.81 would be rounded to the next slowest tenth 20.9. A time of 20.86 would also be rounded to 20.9.
- 6.3 In track events on an 8 lane track, with 2 heats the 1st and 2nd place winners of each heat and the next 4 best times, will advance to the final. In track events on a 6 lane track with 3 heats, the first place finisher in each heat plus the next 3 fastest times qualify for the final. In the event of a tie for the final position with identical times, a run-off will be administered by the track referee.
- 6.4 In track events with timed finals the top seeded entries will be placed in the same section, which will be the last of the timed sections. The final placings will be decided from the times recorded in the timed sections. In the event of a tie for the final qualifying spot in the OFSAA West Regional, a runoff will be administered by the track referee.
- 6.5 **Seeding - Ranking and Composition of Heats**
- a. Seeding will be done in order to spread the fastest qualifying times evenly throughout the heats and shall be done randomly in lane designated events from lanes one to eight on an 8-lane track, and lanes one to six on a 6-lane track.
 - b. Whenever possible, athletes from the same team shall be placed in different heats in all preliminary rounds of the competition. The required exchanges of athletes between heats should, to the extent possible, be made between athletes of similar ranking.
 - c. For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from times submitted by their Conference entries.

e.g. two heats on an 8-lane track will consist of the following seedings:

A 1 4 5 8 9 12 13 16

B 2 3 6 7 10 11 14 15

e.g. three heats on a 6-lane track will consist of the following seedings:

A 1 6 7 12 13

B 2 5 8 11 14

C 3 4 9 10 15 16

- d. After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:
- i. For events with two (2) rounds, seeding in the second round (finals) shall be based upon placings and times from the first round (heats). For this purpose, athletes shall be ranked as follows:
Fastest heat winner
2nd fastest heat winner
3rd fastest heat winner (if there is a third heat)
Fastest 2nd place
2nd fastest 2nd place
3rd fastest 2nd place (if there is a third heat)
(Concluding with)
Fastest time qualifier
2nd fastest time qualifier
3rd fastest time qualifier, etc.
 - ii. The order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.
- e. **Draw for Lanes**
For events where there is more than one round of a race, lanes will be drawn as follows:
- i. In the first round (heats) the lane order shall be drawn by lot.
 - ii. For the following rounds (finals), two (2) free draws shall be made to determine lane assignments. On an 8-lane track: the four (4) top seeds in a heat shall draw for placement in lanes 3, 4, 5 and 6; and the remaining four (4) seeds shall draw for placement in lanes 1, 2, 7 and 8. On a 6-lane track: the three (3) top seeds in a heat shall draw for placement in lanes 2, 3 and 4; and the remaining three (3) seeds shall draw for placement in lanes 1, 5 and 6.

6.6 Single Rounds (Timed Finals)

- a. The top two (2) seeds shall be the winners of the two (2) Conference meets.
- b. In track events with timed finals, the athletes shall be placed in heats with the top seeds in the same heat, and the next best seeds in subsequent heats. The seeding will be determined from times submitted by their Conference entries. For example, in the 400m race on an 8-lane track, the top eight (8) seeds would be in the same heat, and the next eight (8) best seeds would be in the same heat, and so on.
eg. Two heats on an 8-lane track will consist of the following seedings:
A 1 2 3 4 5 6 7 8
B 9 10 11 12 13 14 15 16
In the case of a 400m race on a 6-lane track, the top six (6) seeds would be in the same heat, and the next six (6) best seeds would be in the same heat, and so on.
eg. Three heats on a 6-lane track will consist of the following seedings:
A 1 2 3 4 5 6
B 7 8 9 10 11 12
C 13 14 15 16
The heat order will be slowest to fastest.
- c. The lane order shall be determined as follows: Two (2) free draws shall be made to determine lane assignments. On an 8-lane track: the four (4) top seeds in a heat shall draw for placement in lanes 3, 4, 5 and 6; and the remaining four (4) seeds shall draw for placement in lanes 1, 2, 7 and 8. On a 6-lane track: the three (3) top seeds in a heat shall draw for placement in lanes 2, 3 and 4; and the remaining three (3) seeds shall draw for placement in lanes 1, 5 and 6.

6.7 Starting Rules

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, and they will be disqualified. An athlete who does not use starting blocks must use a four point stance in the individual event races that begin and end in lanes - Sprint Hurdles; Intermediate Hurdles, 100m, 200m, 400m. In both relay events, the initial athlete who does not use starting blocks must use a four point stance.

6.8 In Distance Field Events (long jump, triple jump, shot put, javelin, discus) ALL COMPETITORS are allowed three attempts with the best eight competitors being allowed an additional three attempts. For the final three throws or jumps, the competitors will compete in the reverse order. The top six places will be determined from all attempts.

6.9a For jumping events the starting heights shall be:

- | | |
|-----------------------|--|
| a. boys high jump - | midget 1.45m; junior 1.50m; senior 1.65m |
| b. girls high jump - | midget 1.25m; junior 1.30m; senior 1.35m |
| c. pole vault - | midget 2.30m; junior 2.70m; senior 2.85m |
| d. girls pole vault - | midget 1.60m; junior 1.60m; senior 1.85m |

6.9b Height Increments (following IAAF procedures)

- High Jump - up 5 cm at a time until only six competitors remain, then up by 3 cm.
- Pole Vault - up 15 cm at a time until only six competitors remain, then up by 10cm.

6.9c Field Event Timing

A two-minute rule will be used in Pole Vault, and a 1.5-minute rule in all other Field Events. The times may be restarted due to interruption of the starting pistol.

6.9d Conflict of Track & Field Events

- When a competitor has a track event and field event scheduled for the same time, then he/she must inform the chief official of the field event as soon as possible. The competitor must report to the track event upon the second call for that event.
- Vertical jumps have precedence over other field events. Athletes are asked to notify officials at both events if an athlete is in two (2) field events at the same time.
- In horizontal jumps and throws, if a competitor misses a round, he/she may receive only his/her attempt in the round of competition in progress at the time of return. This attempt may occur out of order.
- After the last competitor has completed their attempt, a round is deemed to be over.
- In vertical jumps, any missed trial(s) of a round will be recorded as a pass(s). If the crossbar has been raised, then it will not be lowered for returning athletes.

6.10 The Convenor shall assign each Conference with areas of responsibility for obtaining officials. Every attempt should be made to have qualified, knowledgeable officials at each event.

7.0 UNIFORMS AND EQUIPMENT

7.1 All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colour and logo. No sport club insignia on uniforms or warm-up attire shall be permitted. Sponsorship or brand recognition is permitted to be visible but must conform with the placement guidelines outlined in OFSAA By-Law 6, Section 2(h).

7.2 All competitors shall wear bib numbers on the front of their competition shirt. For high jump and pole vault, bib placement is at the discretion of the official.

7.3 The tops of all four relay competitors must be **identical**. The shorts of all four relay competitors should be the same colour.

8.0 SCORING

8.1 On a six lane track, points shall be awarded 10, 8, 6, 4, 2, 1. On an eight lane track, points shall be awarded 10, 8, 6, 5, 4, 3, 2, 1.

- 8.2 All OFSAA sanctioned events will count points toward team scores with all open individual events counting to the competitors division. All open team events count to the senior division.
- 8.3 Points earned by Para Athletes will go to overall team points only, and not assigned to age divisions.
- 8.4 School champions will be declared in each classification. In boys division and girls division there will be an overall Boys Division School Champion and an overall Girls Division School Champion declared.

9.0 AWARDS

- 9.1 Medals will be awarded for 1st, 2nd, and 3rd places and ribbons for 4th to 6th.
- 9.2 Plaques for division and team champions.

10.0 OFSAA REGIONAL ENTRY

The top five finishers in each event will qualify for the OFSAA West Regional meet, including relay teams (however, only one (1) relay team per school may advance). Regional Convenors are allowed to invite a sixth entry if an 8 lane track is used. The entry fee shall be an expense of the WOSSAA meet. The Regional meet will be governed by the OFSAA Constitution. When WOSSAA hosts the OFSAA West Regional meet, on an 8 lane track, the top six (6) finishers in each event will qualify for the OFSAA West Regional meet.

11.0 JURY OF APPEAL

- 11.1 Jury of Appeal shall consist of three individuals: These shall be one representative from each Conference. The Jury of Appeal shall handle disputes which do not fall within the jurisdiction of the officials.
- 11.2 A protest must be submitted in writing together with a \$50 fee (refundable if protest is upheld) within thirty minutes of the incident which is being protested.

Appendix A

WOSSAA TRACK & FIELD SCHEDULE

TRACK SCHEDULE - DAY ONE

9:30	Open Girls 1500 m Steeplechase	2 heats - Timed Finals
9:50	Midget Girls 80 m hurdles	3 heats
	Junior Girls 80 m hurdles	3 heats
	Senior Girls 100 m hurdles	3 heats
10:10	Midget Boys 100 m hurdles	3 heats
	Junior Boys 110 m hurdles	3 heats
	Senior Boys 110 m hurdles	3 heats
10:30	Open Boys 2000 m Steeplechase	2 heats - Timed Finals
11:00	Midget Girls 400 m	3 heats - Timed Finals
	Junior Girls 400 m	3 heats - Timed Finals
	Senior Girls 400 m	3 heats - Timed Finals
	Midget Boys 400 m	3 heats - Timed Finals
	Junior Boys 400 m	3 heats - Timed Finals
	Senior Boys 400 m	3 heats - Timed Finals
	Wheelchair 400m	
12:00	Midget Girls 80 m hurdles	Final
	Junior Girls 80 m hurdles	Final
	Senior Girls 100 m hurdles	Final
	Midget Boys 100 m hurdles	Final
	Junior Boys 110 m hurdles	Final
	Senior Boys 110 m hurdles	Final
Track Officials Break		
1:00	Midget Boys 1500 m	2 heats - Timed Finals
	Junior Boys 1500 m	2 heats - Timed Finals
	Senior Boys 1500 m	2 heats - Timed Finals
1:30	Midget Girls 100 m	3 heats
	Junior Girls 100 m	3 heats
	Senior Girls 100 m	3 heats
	Midget Boys 100 m	3 heats
	Junior Boys 100 m	3 heats
	Senior Boys 100 m	3 heats
2:15	Senior Girls 1500 m	2 heats - Timed Finals
	Junior Girls 1500 m	2 heats - Timed Finals
	Midget Girls 1500 m	2 heats - Timed Finals
3:00	Ambulatory, Visually Impaired and Intellectual Disability Girls 100 m	Final
	Ambulatory, Visually Impaired and Intellectual Disability Boys 100 m	Final
	Midget Girls 100 m	Final
	Junior Girls 100 m	Final
	Senior Girls 100 m	Final
	Midget Boys 100 m	Final
	Junior Boys 100 m	Final
	Senior Boys 100 m	Final

3:30	Midget Girls 4x100 m	3 heats - Timed Finals
	Junior Girls 4x100 m	3 heats - Timed Finals
	Senior Girls 4x100 m	3 heats - Timed Finals
	Midget Boys 4x100 m	3 heats - Timed Finals
	Junior Boys 4x100 m	3 heats - Timed Finals
	Senior Boys 4x100 m	3 heats - Timed Finals

FIELD SCHEDULE - DAY ONE

9:30 Midget Girls Long Jump
 Senior Boys Triple Jump
 Senior Girls High Jump
 Midget Boys Shot Put
 Junior Boys Discus
 Senior Boys Javelin
 Junior Boys Pole Vault

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

1:00 Midget Girls High Jump
 Junior Girls Long Jump
 Senior Girls Triple Jump
 Midget Boys Javelin
 Junior Boys Shot Put
 Senior Boys Discus
 Senior Boys Pole Vault

TRACK SCHEDULE - DAY TWO

9:30	Senior Boys 400 m Hurdles	3 heats - Timed Finals
	Senior Girls 400 m Hurdles	3 heats - Timed Finals
	Midget Girls 300 m Hurdles	3 heats - Timed Finals
	Junior Girls 300 m Hurdles	3 heats - Timed Finals
	Midget Boys 300 m Hurdles	3 heats - Timed Finals
	Junior Boys 300 m Hurdles	3 heats - Timed Finals

10:15	Midget Girls 3000 m	Final
	Midget Boys 3000 m	Final

10:45	Midget Girls 200 m	3 heats
	Junior Girls 200 m	3 heats
	Senior Girls 200 m	3 heats
	Midget Boys 200 m	3 heats
	Junior Boys 200 m	3 heats
	Senior Boys 200 m	3 heats

11:30	Visually Impaired Girls 800 m	Final
	Ambulatory Girls 800m	Final
	Intellectual Disability Girls 800m	Final
	Midget Girls 800 m	2 heats - Timed Finals
	Junior Girls 800 m	2 heats - Timed Finals
	Senior Girls 800 m	2 heats - Timed Finals

Possible 200 m Tie-Breaker Run-Offs

	Visually Impaired Boys 800 m	Final
	Ambulatory Boys 800m	Final
	Intellectual Disability Boys 800m	Final
	Midget Boys 800 m	2 heats - Timed Finals
	Junior Boys 800 m	2 heats - Timed Finals
	Senior Boys 800 m	2 heats - Timed Finals

Track Officials Break

1:00	Midget Girls 200 m	Final
	Junior Girls 200 m	Final
	Senior Girls 200 m	Final
	Wheelchair Girls 200m	Final
	Midget Boys 200 m	Final
	Junior Boys 200 m	Final
	Senior Boys 200 m	Final
	Wheelchair Boys 200m	Final

1:30	Junior Girls 3000 m	Final
	Senior Girls 3000 m	Final
	Junior Boys 3000 m	Final
	Senior Boys 3000 m	Final

2:30	Open Girls 4x400 m Relay	3 heats - Timed Finals
	Open Boys 4x400 m Relay	3 heats - Timed Finals

FIELD SCHEDULE - DAY TWO

9:30	Midget Girls Javelin
	Junior Girls Shot Put
	Senior Girls Discus
	Midget Boys High Jump
	Junior Boys Long Jump
	Junior Girls Triple Jump
	Senior Girls Pole Vault

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

1:00	Midget Girls Discus
	Junior Girls Javelin
	Senior Girls Shot Put
	Midget Boys Triple Jump
	Junior Boys High Jump
	Senior Boys Long Jump
	Midget Girls Pole Vault