

BOYS' AND GIRLS' TRACK AND FIELD

2016-2017

1. SEASON OF PLAY

Girls' = Spring Season

Boys' = Spring Season

2. LEVELS OF COMPETITION

Midget Level

Boys and Girls

Junior Level

Boys and Girls

Senior Level

Boys and Girls

3. ELIGIBILITY

Any athlete participating in an OFSAA Championship or an OFSAA qualifying event must have participated as a member of a bona fide high school program during the school season (April to June), in a minimum number of practices (sixteen (16), at a location where the majority of their high school practices are held under the supervision of a teacher as certified by the school principal.

Para athletes with a S14 classification are permitted to compete until the age of 21 and shall be eligible for no more than seven (7) consecutive years from the date of entry into Grade 9.

ENTRY INTO THE PRELIMINARY/QUALIFYING MEET

There will be four (4) entries per school in each event and one (1) team per school in each relay.

Note: Each secondary school must supply at least one adult official.

- Midget - birth certificate indicates 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. Note: Students may compete in this category for one year ONLY, THEIR GRADE 9 YEAR.
- Junior - birth certificate indicates 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.
- Senior - birth certificate indicates 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.

Competitors may enter three (3) individual events in the same age category (e.g. two (2) running and one (1) field or three (3) running events). In addition, an athlete may enter one (1) age class relay and one (1) open relay.

A competitor may compete in the individual track and field events in his/her own age classification and then move up to a higher classification for a relay providing he/she does not compete in the relay or relays in his/her own classification.

A competitor who competes above his/her age category in the individual events may compete on a relay team in his/her own age classification.

4. ELIGIBILITY SHEETS

Eligibility sheets are due to the convener five days prior to the preliminary meet.

5. MEET FORMAT /SCHEDULE

NRHSAA sanctioned track and field competitions shall include all OFSAA events.

The schedule for the competitions shall be similar to the SOSSA and Regional schedule.

Student/athletes must compete at the Preliminary/Qualifying Meet to advance to Zone. There shall be no pre or post qualifying.

Track events take precedence over field events. If an athlete has a scheduled conflict he/she must advise field event officials that they are involved in a track event and then return immediately after the track event to the field event. A competitor may not make up a missed round.

No team standings will be kept at the PRELIMINARY/QUALIFYING MEET.

6. SUBSTITUTIONS

- Substitution(s) will be permitted only if the name of the substitute appears on the original eligibility sheet signed by the Principal.
- Substitution will be permitted up to 24 hours before the start of the meet.
- Injuries shall be the only reason for substitution once the meet has started.
- If a competitor qualifies at a qualifying meet and is unable to compete at the next level, then the competitor who placed next highest will qualify.

7. UNIFORMS

Student/athletes shall compete in an official school track and field uniform consisting of shorts and tops in official school colors or a "proper uniform."

The following will be accepted as the "proper uniform" for competitors:

Top:

- school track top
- school crested t-shirt
- plain white t-shirt

Bottoms:

- recognizable athletic shorts or running tights (plain or with school name/identification/logo)
- sweatpants (plain or with school name/identification/logo) may be permitted by the event official if it is cold/rainy.

Following are examples of some of the attire which will not be permitted:

- cut offs
- jams
- Hawaiian shorts or tights
- multi-colored paisley type attire unless it is the official school uniform in the official school colors

- exotic headgear

Relay Uniforms:

- The top for all four (4) competitors on a relay team shall appear identical. Minor differences in tops may be permitted at the discretion of the event official. Distinctly mismatched tops, even if the official school uniform, will not be accepted. The four (4) tops may consist of plain white t-shirts
- the shorts/tights shall be in an official school color(s) or a neutral color (black or white);
- In the case of disputes the Track Referee or Designate shall rule.
- **Note: Athlete names may be permitted on the back of the jersey provided that they are consistent – first name only, surname only, first and last name. No nicknames will be permitted. This would not make the jerseys for relays unacceptable. (April 2015 OFSAA AGM)**

8. START TIME

The convener will select a meet start time.

9. RULE BOOK

In order to clarify rules of competition the following order of interpretation will be used:

1. NRHSAA and SOSSA Rules
2. OFSAA RULES
3. Athletic Canada Rule & By-laws
4. I.A.A.F. Handbook

10. ENTRY INTO THE ZONE MEET from the PRELIMINARY/QUALIFYING MEET

The following will qualify for the Zone Meet:

1. The top 11 finishers from the NRHSAA qualifier and the top 5 finishers in the NCAA qualifier will go on to compete at the zone meet.
2. If one of the Associations does not fulfill its quota, the other association may qualify extra competitors.
3. There will be a maximum of 16 competitors in each event at the zone meet.

11. SCORING AT THE ZONE MEET

Team standing (girls, boys, overall) will be kept at the Zone meet.

Points at the Zone meet will be 6 - 4 - 3 - 2 - 1

At the Zone meet, in all final timed - section events, the first place finisher in the event from each division will run in the same heat.

Ribbons for Zone Track and Field positions 1-5 inclusive, be ordered and paid for by the Zone budget.

Zone records will be kept. Records may be set at the Zone meet only and not at the Preliminary/qualifying meet. They may be set in a heat, semi-final or final.

Zone Meets should be held one (1) week prior to SOSSA Track and Field.

12. ZONE TRACK AND FIELD POLICIES

No extraneous equipment be used at Track and Field Meets in the field of competition. This includes frisbees, balls of any type, lacrosse sticks, etc. and stereos. The first time, the offending student(s) {and possibly the coach(es)} are warned and the equipment is confiscated; the second infraction by the same individual student/athlete(s) will see he/she disqualified from all events including those he/she already qualified in for the next Meet.

Unless written permission has been given by the High School Coach and Principal in question, no club coach shall interfere, direct or coach in any way whatsoever during the High School Track and Field season. Doing so shall automatically disqualify the student/athlete's membership status with his/her high school team for the current indoor/outdoor season.

13. FALSE START RULE

The first false start is against the field; second and subsequent false starts are against the athlete and he/she will be eliminated from the event. There will be no exception to the false start rule: "the track referee will not have the right to overrule the starter's decision."

14. STARTING BLOCKS

Athletes who do not use starting blocks must use a four point stance in the individual 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

15. ADVANCEMENT TO SOSSA

The top 5 competitors in all track and field events, relays included, advance to SOSSA.

TRACK AND FIELD EVENTS

GIRLS EVENTS – MIDGET, JUNIOR, SENIOR

100m 200m 400m 800m 1500m 3000m 4 x 100m relay
 Sprint hurdles (80m Midget and Junior – 30") (100m Senior – 30")
 Intermediate hurdles (300m Midget and Junior – 30") (400m Senior – 30")
 Long Jump Triple Jump High Jump Pole Vault
 Shot Put (3kg Midget and Junior) (4kg Senior)
 Javelin (600gm)
 Discus (1kg)

GIRLS OPEN EVENTS

1500m Steeplechase 4 x 400m relay

BOYS EVENTS – MIDGET, JUNIOR, SENIOR

100m 200m 400m 800m 1500m 3000m 4 x 400m relay
 Sprint hurdles (Midget 100m – 33" and Junior 100m – 36") (Senior 110m – 36")
 Intermediate hurdles (300m Midget and Junior – 33") 9 400m Senior – 36")
 Long Jump Triple Jump High Jump Pole Vault
 Shot Put (4kg Midget and Junior) (5.433kg or 12lb Senior)
 Javelin (600kg Midget and Junior) (800kg Senior)
 Discus (1kg Midget and Junior) (1.613kg Senior)

BOYS OPEN EVENTS

2000m Steeplechase 4 x 400m relay

PARA EVENTS – BOYS, GIRLS

Visually Impaired	100m	800m
Intellectually Impaired	100m	800m
Ambulatory	100m	800m
Wheelchair	200m	400m