April 2019

**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. Students may compete in this category for one year only in Grade 9.

(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.

(g) Para Athlete Classifications

Key: T = Track Events; F = Field Events

Athletes with A Visual Impairment (VI)

T/F 11 – Blind

T/F 12 – Very Limited Vision

T/F 13 – Limited Vision

Athletes with an Intellectual Impairment (II)

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)

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

Sprint Hurdles: 80m Hurdles (midget girls, junior girls); 100m Hurdles (senior girls, midget boys, junior boys); 110m Hurdles (senior boys)

Intermediate Hurdles: 300m Hurdles (midget girls, junior girls, midget boys, junior boys); 400m 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)

2000m Steeplechase (boys and girls)

(iv) Para Division & Physical and Intellectual Disabilities:

100m – Visually Impaired; Intellectually Impaired; Ambulatory

200m - Wheelchair

800m - Visually Impaired; Intellectually Impaired; Ambulatory

Shot Put – Ambulatory; Wheelchair

(b) Track Events:

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

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

(iii) Hurdles:

Boys Hurdles No Height Start to First Between Last to Finish

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"

Girls Hurdles No Height Start to First Between Last to Finish

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

2000m 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. Schools are limited to one relay team per division/per event. **Relay team members must be entered into the association’s advancer file prior to the Regional track and field meet.**

(d) Field Events:

Field marks are required for all 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: Midget and Junior Girls 3.0 kg

Senior Girls, Midget/Junior Boys 4.0 kg

Senior Boys 5.443kg

Javelin All girls, Midget and Junior Boys 600gm

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. The bar shall be raised 5 cm until 8 competitors remain. The bar will be raised 3cm for the remainder of the competition.

Ties for OFSAA qualifying must be broken during the event. It is recommended that any ties between 1st and 6th place be broken in case of scratches to OFSAA.

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 **AND** crest OR school name OR school nickname. 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. That athlete will then be disqualified.

(c) 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, and 400m. Para athletes are exempted from these rules. In both relay events, the initial athlete who does not use starting blocks, must use a four point stance.

(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.

(g) The South Region Convenor is responsible for arranging a Head Throws Judge, Head Jumps Judge and Head Track Referee.

9. **Deportment**

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

(b) Parents, coaches, 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 minutesof 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 4 hand timers and 3 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 2000m Steeplechase 1:00 Midget Girls Long Jump

OPEN BOYS 2000m Steeplechase Midget Boys Shot Put

Junior Girls Triple Jump

1:30 MG 80m Hurdles Semi Finals Junior Boys Discus

JG 80m Hurdles Semi Finals Senior Girls High Jump

SG 100m Hurdles Semi Finals Senior Boys Javelin

MB 100m Hurdles Semi Finals

JB 100m Hurdles Semi Finals 1:00 MG/JG Pole Vault

SB 110m Hurdles Semi Finals

2:15 MG 100m Semi Finals 2:00 Senior Girls Pole Vault

MB 100m Semi Finals

JG 100m Semi Finals 2:45 Midget Girls Shot Put

JB 100m Semi Finals Midget Boys Long Jump

SG 100m Semi Finals Junior Girls Discus

SB 100m Semi Finals Junior Boys Triple Jump

Senior Girls Javelin

2:45 MG 1500m FINAL Senior Boys High Jump

MB 1500m FINAL

JG 1500m FINAL 3:30 Midget Boys Pole Vault

JB 1500m FINAL

SG 1500m FINAL

SB 1500m FINAL

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

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 Impairment; Ambulatory 100m FINAL

OB Visually Impaired; Intellectual Impairment; 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** **Field Events**

9:30 MG 4 x 100m Relay TIMED SECTIONS 9:15 Midget Girls High Jump

MB 4 x 100m RELAY TIMED SECTIONS Midget Boys Javelin

JG 4 x 100m RELAY TIMED SECTIONS Junior Girls Long Jump

JB 4 x 100m RELAY TIMED SECTIONS Junior Boys Shot Put

SG 4 x 100m RELAY TIMED SECTIONS Senior Girls Triple Jump

SB 4 x 100m RELAY TIMED SECTIONS Senior Boys Discus

10:30 MG 800m TIMED SECTIONS 10:00 Junior Boys Pole Vault

MB 800m TIMED SECTIONS

JG 800m TIMED SECTIONS 11:00 Midget Girls Javelin

JB 800m TIMED SECTIONS Midget Boys High Jump

SG 800m TIMED SECTIONS Junior Girls Shot Put

SB 800m TIMED SECTIONS Junior Boys Long Jump

OG Visually Impaired; Intellectually Impaired; Ambulatory 800m Senior Girls Discus

OB Visually Impaired; Intellectually Impaired: Ambulatory 800m Senior Boys Triple Jump

11:30 MG 200m Semi Finals 12:00 Senior Boys Pole Vault

MB 200m Semi Finals

JG 200m Semi Finals 12:15 Midget Girls Triple Jump

JB 200m Semi Finals Midget Boys Discus

SG 200m Semi Finals Junior Girls High Jump

SB 200m Semi Finals Junior Boys Javelin

Senior Girls Long Jump

12:15 SG/SB 3000m FINAL Senior Boys Shot Put

12:45 TRACK BREAK 2:30 Midget Girls Discus

Midget Boys Triple Jump

1:15 MG 300m Hurdles TIMED SECTIONS Junior Girls Javelin

JG 300m Hurdles TIMED SECTIONS Junior Boys High Jump

SG 400m Hurdles TIMED SECTIONS Senior Girls Shot Put

MB 300m Hurdles TIMED SECTIONS Senior Boys Long Jump

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

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

**OFSAA 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 2015 – 2017 inclusive). Each association has a finish line, relay exchange zone and ‘hurdle’ duty.

Convenor Duties

- includes all entries and results, announcing, OFSAA 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 | SOSSA |  |  |
|  |  |  |  |  |
| 2:00 pm | SG Pole Vault | ROPSSAA |  |  |
|  |  |  |  |  |
| 2:45pm | MG Shot Put | SOSSA |  |  |
|  | MB Long Jump | SOSSA |  |  |
|  | JG Discus | SOSSA |  |  |
|  | JB Triple Jump | SOSSA |  |  |
|  | SG Javelin | SOSSA |  |  |
|  | SB High Jump | SOSSA |  |  |
|  |  |  |  |  |
| 3:30pm | MB Pole Vault | ROPSSAA |  |  |

**Track Events**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Official Duties/Association | Individual/School | Individual/School |  |  |
| Starters x 2 | TBA | TBA |  |  |
| Finish Line (x8)  **GHAC** (includes | 1.  (Head finish judge) | 2.  (Judge) | 3.  (Judge) | 4.  (Judge) |
| **GHAC** (4 timers, 3 judges & head) | 5.  (Timer) | 6.  (Timer) | 7.  (Timer) | 8.  (Timer) |
| Clerk/Marshalls (x2) **GHAC** | 1. | 2. |  |  |
| Steeplechase Crew **SOSSA** | 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 | ROPSSAA |  |  |
|  | MB Javelin | ROPSSAA |  |  |
|  | JG Long Jump | ROPSSAA |  |  |
|  | JB Shot Put | ROPSSAA |  |  |
|  | SG Triple Jump | ROPSSAA |  |  |
|  | SB Discus | ROPSSAA |  |  |
|  |  |  |  |  |
| 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 | SOSSA |  |  |
|  | MB Discus | SOSSA |  |  |
|  | JG High Jump | SOSSA |  |  |
|  | JB Javelin | SOSSA |  |  |
|  | SG Long Jump | SOSSA |  |  |
|  | SB Shot Put | SOSSA |  |  |
|  |  |  |  |  |
| 2:30 pm | MB Discus | ROPSSAA |  |  |
|  | MB Triple Jump | ROPSSAA |  |  |
|  | JG Javelin | ROPSSAA |  |  |
|  | JB High Jump | ROPSSAA |  |  |
|  | SG Shot Put | ROPSSAA |  |  |
|  | SB Long Jump | ROPSSAA |  |  |

**Track Events – Morning 8:45 am – 12:45 pm (end of Senior 3000m races)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Official Duties/Association | Individual/School | Individual/School |  |  |
| Starters x 2 | TBA | TBA |  |  |
| Finish Line (x8)  **SOSSA** (4 timers, | 1.  (Head Finish Judge) | 2.  (Judge) | 3.  (Judge) | 4.  (Judge) |
| **SOSSA** (3 judges and head official) | 5.  (Timer) | 6.  (Timer) | 7.  (Timer) | 8.  (Timer) |
| Clerk/Marshalls (x2) **SOSSA**  **AM only** | 1. | 2. | **You may want extra for relays** |  |

**Track Events – Afternoon 1:00 pm – 5:00 pm**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Official Duties/Association | Individual/School | Individual/School |  |  |
| Starters x 2 | TBA | TBA |  |  |
| Finish Line (x8)  **ROPSSAA** (4 timers, 3 judges | 1.  (Head Finish Judge) | 2.  (Judge) | 3.  (Judge) | 4.  (Judge) |
| **ROPSSAA** ( and head official) | 5.  (Timer) | 6.  (Timer) | 7.  (Timer) | 8.  (Timer) |
| Clerk/Marshalls (x2) **ROPSSAA**  **PM only** | 1. | 2. |  |  |
| Intermediate Hurdle Crew  **SOSSA** | 1. | 2. | 8-10 students |  |
| RELAY JUDGES | ZONE #1  **SOSSA**  1.  2. | ZONE #2  **ROPSSAA**  1.  2. | ZONE #3  **GHAC**  1.  2. |  |

Also required

Walkie talkies – for relays

Relay flags

Head jumps referee

Head throws referee

Head track judge

Trainer

Announcer

Starter(s)

Pylons/Tennis balls for 800m/4 x 400m

Stop Watches including chrono