

ROPSSAA CO-EDUCATIONAL TRACK & FIELD

PLAYING REGULATIONS

1. DATE

- (a) The ROPSSAA Track and Field Championship Meet shall take place over a two-day period during the month of May. The ROPSSAA track and field season will begin the week following March break.

2. LOCATION

- (a) When possible, the location of the ROPSSAA Track and Field Championships shall be at Chinguacousy Park.

3. ELIGIBILITY

- (a) Eligibility will be as per Article X in the ROPSSAA Constitution.
 - (i) A novice 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 (for the 2023 – 2024 school year, born in 2009 or later). In addition, they must be in their first year of high school.
 - (ii) 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 (for the 2023 – 2024 school year, born in 2008 or later).
 - (iii) 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 (for the 2023 – 2024 school year, born in 2004 or later).
 - (iv) A T/F 20 classification Para athlete boy or girl must not have attained their 21st birthday by January 1st prior to the start of the school year in which the competition is held (for the 2023 – 2024 school year, born in 2002 or later).
 - (v) Para athletes must be included on the team eligibility list and included in the entries. Para athletes must submit the Para entry form by the entry deadline. (See Appendix B).
- (b) Para Athletes Classifications
 - (i) Visual Impaired Athletes (VI)
T/F 11 – 13
 - (ii) Intellectual Disabilities Athletes (ID)
T/F 20 (IQ at or below 75)
 - (iii) Ambulatory (athletes that compete standing up – dwarfism, limb loss or limited use, neurological)
T/F 35 – 38 and 40 – 47
 - (iv) Wheelchair Athletes
T/F 31 – 34 and 51 - 57

- (c) All eligibility sheets must be in the hands of the Convenor by the deadline announced at the pre-season coaches meeting.
- (d) An athlete may compete in individual track and field events in his/her own age classification and then may move up to a higher classification for a relay or relays. He/she may move up to a higher age group for all individual events and still maintain his/her eligibility for his/her age group relay. He/she may move up to a higher age group for all events but maintain his/her eligibility for his/her proper age group the following year. An athlete who enters and/or competes in individual events in more than one age category will be removed from the standings in both age categories.
- (e) For an athlete to be eligible to compete at the ROPSSAA Championship meet he/she must participate in a minimum number of practices (16) and compete at two or more previous meets during the current track and field season. Event exceptions to this will apply to the pole vault and relays.
- (f) Athletes unable to participate in 2 meets due to injury or illness will be eligible to participate in the ROPSSAA Championship upon presentation of a doctor's note at the time of eligibility submission. Additional exceptions will be reviewed by the Jury of Appeal. Requests for review must be made at the time of eligibility submission.

4. OPERATING STRUCTURE

(a) Events:

Events may be changed at a ROPSSAA Council Meeting prior to the Meet in accordance with OFSAA competition. All events offered by OFSAA will also be offered at the ROPSSAA Championships.

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

100 m
200 m
400 m
800 m
1500 m
3000 m
80 m hurdles (novice girls, junior girls)
100 m hurdles (senior girls, novice boys, junior boys)
110 m hurdles (senior boys)
300 m intermediate hurdles (novice boys, junior boys, novice girls, junior girls)
400 m hurdles (senior boys, senior girls)
Shot put
Discus
Javelin
High jump
Pole vault
Long jump
Triple jump

(ii) Relays shall be as follows:

Novice 4 x 100 m
Junior 4 x 100 m
Senior 4 x 100 m

(iii) Open events shall be as follows:

4 x 400 relay (Boys and Girls)
4 x 400 relay (Mixed – 2 Boys and 2 Girls)****
2000 m Steeplechase (Boys and Girls)
*****note: no advancement to South Regions or OFSAA

(iv) PARA events, advancing to OFSAA.

Race	Division	Classification
100m	VI Athletes	T/F 11 – 13
100m	ID Athletes	T/F 20
100m	Ambulatory (standing)	T/F 35 – 38 & 40 – 47
200m	Wheelchair	T/F 31 – 34 & 51 – 54
800m	VI Athletes	T/F 11 – 13
800m	ID Athletes	T/F 20
800m	Ambulatory (standing)	T/F 35 – 38 & 40 – 47
Shot Put	VI Athletes	T/F 11 – 13
Shot Put	ID Athletes	T/F 20
Shot Put	Ambulatory (standing)	T/F 35 – 38 & 40 – 47
Shot Put	Seated	T/F 31 – 34 & 51 – 57

Note: A racing chair must be used, and helmets must be worn. These athletes must compete in a minimum of one (1) high school meet.

(b) Track Events

- (i) Seed times are required for all track events.
- (ii) For events requiring heats, semis, and finals, seed times are required. Races will be circle seeded.
- (iii) Timed finals will run from slowest to fastest.

NOTE: The ROPSSAA standards must be accomplished at one meet in the current track season (indoors or outdoors after the March Break).

(iv) Hurdles:

<u>Boys Hurdles</u>	<u>No.</u>	<u>Height</u>	<u>Start to First</u>	<u>Between</u>	<u>Last to Finish</u>
100 m (Mid)	10	33"	13.00 m	8.50 m	10.50 m
100 m (Jr.)	10	36"	13.00 m	8.50 m	10.50 m
110 m (Sr.)	10	36"	13.72 m	9.14 m	14.02 m
300 m (Mid & Jr.)	7	33"	50.00 m	35.00 m	40.00 m
400 m (Sr.)	10	36"	45.00 m	35.00 m	40.00 m
2000 m Steeplechase 5/lap		36"			

<u>Girls Hurdles</u>	<u>No.</u>	<u>Height</u>	<u>Start to First</u>	<u>Between</u>	<u>Last to Finish</u>
80 m (Mid & Jr.)	8	30"	12.00 m	8.00 m	12.00 m
100 m (Sr.)	10	30"	13.00 m	8.50 m	10.50 m
300 m (Mid & Jr.)	7	30"	50.00 m	35.00 m	40.00 m
400 m (Sr.)	10	30"	45.00 m	35.00 m	40.00 m
2000 m Steeplechase	5	30"			

- (v) Where possible, the box stagger start will be used in the 800 metre event. Each 2.44 metre box is made up of two lanes and runners must stay in the double lane of their box until they reach the cut-in line at the end of the first curve. A curved start will be used when a box start is not available.
- (c) A relay team may consist of up to 6 members. In all relays, it is the school that qualifies for the finals. The personnel of a relay team may be changed between meets or between races on the same day, in this instance a maximum number of two members may be changed between heats and finals.
- (d) Qualification from Heat Events
- (i) Heats will be run in the 100 and 200 events only; all other track events are timed sections.
- a) # of 100m Heats Qualifiers
- | # of Heats | Qualifiers |
|------------|--|
| 2 | 1, 2, 3/heat + next 2 times to the finals |
| 3 | 1, 2, 3/heat + next 7 times |
| 4 | 1, 2, 3/heat + next 4 times |
| 5 | 1, 2/heat + next 6 times |
| 6 | 1, 2/heat + next 4 times |
| 7 | 1, 2/heat + next 2 times |
| 8 or more | 1/heat + next best times to fill the lanes |
- b) # of 200m Heats Qualifiers
- | #of Heats | Qualifiers |
|-----------|--------------------------------|
| 2 | 1, 2, 3/heat + next 2 to final |
| 3 | 1, 2/heat + next 2 to final |
| 4 | 1/heat + next 4 to final |
| 5 or more | Top 8 times to final |
- (ii) Qualifying from heats to finals in sprint hurdles:
- | <u># of Heats</u> | <u>Qualifiers</u> |
|-------------------|--|
| 2 heats | 1, 2, 3/heat + next 2 times to the finals |
| 3 heats | 1, 2/heat + next 2 times |
| 4 heats | 1/heat + next best times to fill the lanes |
- (e) (i) Para Shot Put
Para Shot Put participants will be awarded 6 attempts.
- (ii) Para Track Events
If the number of entries per division is less than 6 for track events, the PARA races may be combined so individuals are not running alone.

5. ENTRIES

- (a) (i) For the athlete to be entered, standards must be met at a meet in the current season (as decided at the pre-season meeting). These standards are indicated and will be reviewed annually.
- (ii) Entries to ROPSSAA must include seed time and/or field marks. If not provided, athletes will not be added to that event. If the seed time or field mark does not meet ROPSSAA standards, the athlete may not be entered, and is therefore ineligible to compete in the event. An athlete who may have been entered in anticipation of making the standard, who subsequently does not, may not compete in the meet.
- (iii) Students not making the standards may be removed from the ROPSSAA entries prior to seeding the meet. It is a coach's responsibility to ensure an athlete has fully qualified to the championship meet (minimum 16 practices, minimum 2 meets, and met qualifying standard in each event).

(b) Field Event Standards

Minimum standards will be marked and measured and attempts below the standards will not be measured (those attempts that are close will be measured).

Vertical Jumps

The high jump and the pole vault **MUST** start at the heights listed below and go up by no more than the heights shown. Adjustments for starting heights may be made at the discretion of the Convenor.

Girls' Pole Vault

Starting heights will be: Novice - 1.70m	1.80m	1.90m – no more than 10 cm
Junior - 1.80 m	1.90m	2.00m – no more than 10 cm
Senior - 1.90m	2.00m	2.10m – no more than 10 cm

Boys' Pole Vault

Starting heights will be: Novice - 2.00 m	2.10m	2.10m – no more than 10 cm
Junior - 2.20 m	2.30m	2.40m – no more than 10 cm
Senior - 2.40 m	2.50m	2.60m – no more than 10 cm

Girls' High Jump

Starting heights will be: Novice - 1.25 m	1.30m	1.35m – no more than 5 cm
Junior - 1.30 m	1.35m	1.40m – no more than 5 cm
Senior - 1.30 m	1.35m	1.40m – no more than 5 cm

Boys' High Jump

Starting heights will be: Novice - 1.35 m	1.40 m	1.45 m - no more than 5 cm
Junior - 1.45 m	1.50 m	1.55 m - no more than 5 cm
Senior - 1.55 m	1.60 m	1.65 m - no more than 5 cm

The bar shall be raised 5 cm until eight competitors are remaining. The bar will then be raised 3 cm for the remainder of the competition.

Throwing Events (for implement weights – see 11(c))

	Discus		Shot		Javelin	
	Girls	Boys	Girls	Boys	Girls	Boys
Novice	15m	20m	7m	10m	17.0m	25m
Junior	17m	23m	7.25m	11m	19.0m	30m
Senior	20m	25m	8m	10m	23.0m	35m

Horizontal Jumps

	Long Jump		Triple Jump	
	Girls	Boys	Girls	Boys
Novice	3.75m	4.5m	7.25m	9.5m
Junior	4.0m	4.75m	7.5m	10m
Senior	4.25m	5.5m	8.0m	10.5m

Note: Field Event officials will wait 5 minutes at the completion of the third round before starting the final round of the Discus, Javelin, Shot put, Long Jump, and Triple Jump, to accommodate participants who may have been participating in another event.

(c) Track Event Standards

	MG	MB	JG	JB	SG	SB	OG	OB
100m	14.0	13.0	13.75	12.5	13.5	12		
200m	30	26.5	29.5	26	29	25.0		
400m	1:15	1:05	1:12.5	1:02.5	1:10	1:00.0		
800m	3:10	2:40	3:05	2:30	3:00	2:20		
1500m	6:10	5:10	6:00	5:00	5:50	4:50		
3000m	14:10	12:40	14:00	12:20	13:50	12:00		
*2000m steeple							8:30	7:45
Sprint Hurdles	18.5	20.0	18.0	20.0	22.5	20.0		
Intermediate Hurdles	1:05	51.0	1:02	50.5	1:25	1:10		
*4X100m relay	non	none	none	none	none	none		
*4X400m relay							none	none

* Athletes running at ROPSSAA must have competed and completed these events prior to the ROPSSAA Championship.

- (d) Each school may enter a maximum of two students per age group per event. In addition, each school will be allotted 15 wild card entries to be used to allow up to 4 entries in an event only – no wild card relays. There may be only one relay team per level/gender.
- (e) A competitor may enter 3 individual events in the same age class or open class plus one open relay and one age class relay provided he/she is not over age for that age class.

- (f) (i) All athletes must be listed, and all entries must be submitted by the deadline announced at the pre-season coaches meeting. No addition of athletes will be accepted after the entry deadline.
- (ii) Changes will be accepted up to 48 hours after the entry deadline. ABSOLUTELY NO changes will be accepted after this time.

6. EXPENSES

- (a) Entry fees for the track meet are paid by each school, at the beginning of the school year.
- (b) A school is allowed 5 scratches. The 6th scratch will be subject to a \$30.00 fee that is inclusive of the previous 5 scratches. Scratches after the 6th will incur a fee of \$5.00 each.

7. RULES AND OFFICIALS

- (a) The Track and Field Rules of the I.A.A.F. will be used to cover all technicalities not covered by ROPSSAA regulations and amendments with the following exception:
 - (i) The first false start will be charged to the field. The second false start will be charged to the individual and will result in a disqualification.
 - (ii) Video documentation will not be accepted in the event of an appeal unless it is the official finish line video.
- (b) All member schools are required to send an official, which is not the coach, to the ROPSSAA Track and Field Championships regardless of the number of athletes a school is sending. The official must attend the officials meeting at 7:30am on meet days.
- (c) The Convenor will assign and rotate officiating responsibilities to the various schools for the Meet.
- (d) (i) A designated coach/staff official must be present for their officiating assignment or the athlete from that school will not be allowed to compete.
- (ii) A designated coach/staff official must be present from the start of each day (coaches meeting) up to and including your school's final event or an officiating duty is complete.
- (e) Blocks must be available to all competitors who would like to use them in the race, or they will not be used by any competitor.
 - (i) 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. Para athletes are exempted from these rules.
 - (ii) In both relay events, the initial athlete who does not use starting blocks must use a four point stance.

- (f) Athletes who scratch from a semi-final or a final event after qualifying in a heat shall be ineligible to compete for the remainder of the day in any other event including relays.

8. AWARDS

- (a) Gold medallions to the first-place individual finishers per event.
- (b) Silver medallions to the second-place individual finishers per event.
- (c) Bronze medallions to the third-place individual finishers per event.
- (d) Ribbons to the 4th-6th place individual finishers per event.
- (e) ROPSSAA trophies to the top boys and girls, novice, junior, senior, overall and combined overall teams.

9. UNIFORMS

- (a) Competitors must compete in their school track uniform top or plain white t-shirt, or they will be removed from the event by the official of the field event or the clerk of the course of the track event. No jeans may be worn. All apparel must be athletic wear (shorts, tights, track pants etc).
- (b) No headgear including hats, bandanas, and sweatbands, may be worn while competing in an event (exception religious head coverings).
- (c) All members of a relay team must wear the identical uniform top. All members must wear a competitor number.
- (d) All athletes must wear their assigned competitor number on their front for ALL events.
- (e) Athletes may not change their clothing in the competition area. For all outdoor sports, athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s). For all indoor sports, athletes must move to the designated locker room or change area to change their clothing.

10. SCORING

(a) Ties in Events

Refer to rules in the current edition of the I.A.A.F. Rule Book.

(b) Ties in Team Standing

In the event of a tie for a team or overall championship, the schools share the championship, and the names of all schools shall be engraved on the plate for the year.

(c) Scoring

The points shall be 1st place 10, 2nd place 8, 3rd place 6, 4th place 5, 5th place 4, 6th place 3, 7th place 2, 8th place 1.

Points earned by Para athletes will go to team points only and not assigned to an age division.

In the open events, the points won count for an individual championship in the class to which the competitor belongs. The competitors placing in these events will be awarded the number of points awarded for their place in the event. E.g., a junior competitor placing 2nd in the steeplechase would be awarded only the points for his place in the event.

In the event of a tie, the competitors will share the total points awarded for the positions involved, divided by the total number of competitors tied for the position. The next competitors will receive the appropriate points in for the next highest placement after the last placement of the tied competitors.

In the relays, the points won will be scored as follows:

Age class relays - age class championships

Open relays - boys/girls championships

(d) Order of Precedence of Events

(i) Track

(ii) Pole Vault and High Jump

(iii) Other Field Events

(e) All events will be called three times:

1st call: 10 minutes prior to the start of the event.

2nd call: 5 minutes prior to the start of the event.

3rd call: 1 minute prior to the start of the event.

(f) Reporting of Contestants

(i) It is the competitor's responsibility to report to the official in charge of the event after the first call. This should be done before the start of the event if he/she is competing in another event at the time.

(ii) In any event where heats are scheduled, the clerk will check attendance of all eligible competitors after the 3rd call for that event. Heats will be run as assigned.

11. EQUIPMENT

(a) It will be the responsibility of the Convenor to ensure that all equipment required for the Meet is available. Member schools may be required to help provide the necessary equipment.

(b) Digital watches should be used and there should be 3 watches on 1st and 3 watches on 2nd.

(c) Implement Weights

Discus -	girls, novice boys and junior boys	1.00 kg
-	senior boys	1.60 kg
Shot -	novice, junior and PARA girls	3.0kg
-	senior girls, novice, junior and PARA boys	4.0 kg
-	senior boys	5.44 kg
Javelin -	girls, novice boys and junior boys	600 gm
-	senior boys	800 gm

Note: The javelin balance point must be within the confine of the grip.

12. DEPORTMENT

- (a) Competitors and coaches are expected to behave in a sportsmanlike manner as per the ROPSSAA Constitution, Article XVI, Section II.
- (b) At the ROPSSAA Meet, personal radios or tape recorders are to be permitted in the stand area only.
- (c) Competitors must provide their name, school and/or competitor number to all meet officials when asked. Failure to comply will result in disqualification from the meet and/or removal from the facility.
- (d) Parents, club coaches, and ineligible athletes are only allowed in the stands and/or away from competition area. Violation of this will disqualify athletes.

13. JURY OF APPEAL

- (a) A Jury of Appeal shall consist of the Meet Convenor, Field Referee, Track Referee, Head Finish Line Judge, and Starter. The Jury of Appeal will rule on any protests put forward at the Meet. Any Jury of Appeal member whose school has been named in the protest will not vote on the matter. It is the expectation that the Jury of Appeal remain 30 minutes after the posting of the final results.
- (b) All protests are to be submitted in writing to the Meet Director within 30 minutes of the posting of the results. All protests must be accompanied with a \$25.00 deposit. The deposit will be returned should the protest be successful or will be forfeited to the Association if the protest is lost.
- (c) The Jury of Appeal is to decide upon all protests as soon as possible without disruption to the meet.

14. MEDICAL PERSONNEL

- (a) The Convenor, where possible, must arrange for adequate medical coverage at the Meet.

15. OFSAA REPRESENTATION

- (a) The number of athletes qualifying for the South Regional Competition will be the top 5 in each event.

ROPSSAA TRACK AND FIELD SCHEDULE DAY ONE

TRACK EVENTS				FIELD EVENTS			
<u>TIME</u>			<u>EVENT</u>	<u>TIME</u>			<u>EVENT</u>
8:30	1	Novice	Girls 100 Heats	9:00	21	Novice	Girls Long Jump
	2	Novice	Boys 100 Heats	9:00	55	Junior	Girls Triple Jump
	33	Junior	Girls 100 Heats	9:00	81	Senior	Girls High Jump
	34	Junior	Boys 100 Heats	9:00	26	Novice	Boys Shot Put
	65	Senior	Girls 100 Heats	9:00	60	Junior	Boys Discus
	66	Senior	Boys 100 Heats	9:00	94	Senior	Boys Javelin
	97	Open	Girls 2000 Steeplechase	9:00	19	Novice	Girls Pole Vault
	98	Open	Boys 2000 Steeplechase	9:00	51	Junior	Girls Pole Vault
				9:00	83	Senior	Girls Pole Vault
	15	Novice	Girls 300 Hurdles Final				
	47	Junior	Girls 300 Hurdles Final	10:30	20	Novice	Boys Pole Vault
	79	Senior	Girls 400 Hurdles Final	10:30	52	Junior	Boys Pole Vault
	16	Novice	Boys 300 Hurdles Final	10:30	84	Senior	Boys Pole Vault
	48	Junior	Boys 300 Hurdles Final				
	80	Senior	Boys 400 Hurdles Final	11:00	25	Novice	Girls Shot Put
				11:00	59	Junior	Girls Discus
	9	Novice	Girls 1500 Final	11:00	93	Senior	Girls Javelin
	10	Novice	Boys 1500 Final	11:00	22	Novice	Boys Long Jump
				11:00	56	Junior	Boys Triple Jump
	1	Novice	Girls 100 Semis	11:00	82	Senior	Boys High Jump
	2	Novice	Boys 100 Semis				
	33	Junior	Girls 100 Semis	1:00	17	Novice	Girls High Jump
	34	Junior	Boys 100 Semis	1:00	53	Junior	Girls Long Jump
	65	Senior	Girls 100 Semis	1:00	87	Senior	Girls Triple Jump
	66	Senior	Boys 100 Semis	1:00	30	Novice	Boys Javelin
				1:00	58	Junior	Boys Shot Put
	5	Novice	Girls 400 Final	1:00	92	Senior	Boys Discus
	6	Novice	Boys 400 Final				
	37	Junior	Girls 400 Final				
	38	Junior	Boys 400 Final				
	69	Senior	Girls 400 Final				
	70	Senior	Boys 400 Final				
	41	Junior	Girls 1500 Final				
	42	Junior	Boys 1500 Final				
	1	Novice	Girls 100 Final				
	2	Novice	Boys 100 Final				
	33	Junior	Girls 100 Final				
	34	Junior	Boys 100 Final				
	65	Senior	Girls 100 Final				
	66	Senior	Boys 100 Final				
	101	Ambulatory	Girls 100 Final				
	102	Ambulatory	Boys 100 Final				
	103	Visual Imp.	Girls 100 Final				
	104	Visual Imp.	Boys 100 Final				
	105	Intellectual	Girls 100 Final				
	106	Intellectual	Boys 100 Final				
	73	Senior	Girls 1500 Final				
	74	Senior	Boys 1500 Final				
	31	Novice	Girls 400 Relay Final				
	63	Junior	Girls 400 Relay Final				
	95	Senior	Girls 400 Relay Final				
	32	Novice	Boys 400 Relay Final				
	64	Junior	Boys 400 Relay Final				
	98	Senior	Boys 400 Relay Final				

ROPSSAA TRACK AND FIELD SCHEDULE DAY TWO

TRACK EVENTS					TRACK EVENTS				
<u>TIME</u>			<u>EVENT</u>		<u>TIME</u>		<u>EVENT</u>		
8:30	123*	Open	Mixed	4x400 relay final					
	75	Senior	Girls	3000 Final	9:00	29	Novice	Girls	Javelin
	76	Senior	Boys	3000 Final	9:00	57	Junior	Girls	Shot Put
					9:00	91	Senior	Girls	Discus
	3	Novice	Girls	200 Heats	9:00	18	Novice	Boys	High Jump
	4	Novice	Boys	200 Heats	9:00	54	Junior	Boys	Long Jump
	35	Junior	Girls	200 Heats	9:00	88	Senior	Boys	Triple Jump
	36	Junior	Boys	200 Heats					
	67	Senior	Girls	200 Heats	11:00	23	Novice	Girls	Triple Jump
	68	Senior	Boys	200 Heats	11:00	49	Junior	Girls	High Jump
					11:00	85	Senior	Girls	Long Jump
	43	Junior	Girls	3000 Final	11:00	28	Novice	Boys	Discus
	44	Junior	Boys	3000 Final	11:00	62	Junior	Boys	Javelin
					11:00	90	Senior	Boys	Shot Put
	13	Novice	Girls	80 Hurdles Heats					
	45	Junior	Girls	80 Hurdles Heats	1:00	27	Novice	Girls	Discus
	77	Senior	Girls	100 Hurdles Heats	1:00	61	Junior	Girls	Javelin
	14	Novice	Boys	100 Hurdles Heats	1:00	89	Senior	Girls	Shot Put
	46	Junior	Boys	100 Hurdles Heats	1:00	24	Novice	Boys	Triple Jump
	78	Senior	Boys	110 Hurdles Heats	1:00	50	Junior	Boys	High Jump
						86	Senior	Boys	Long Jump
	71	Senior	Girls	800 Final	2:30	115	Ambulatory	Girls	Shot Put
	72	Senior	Boys	800 Final	2:30	116	Ambulatory	Boys	Shot Put
	39	Junior	Girls	800 Final	2:30	117	Visual Imp.	Girls	Shot Put
	40	Junior	Boys	800 Final	2:30	118	Visual Imp.	Boys	Shot Put
	7	Novice	Girls	800 Final	2:30	119	Intellectual	Girls	Shot Put
	8	Novice	Boys	800 Final	2:30	120	Intellectual	Boys	Shot Put
	109	Ambulatory	Girls	800 Finals	2:30	121	Seated	Girls	Shot Put
	110	Ambulatory	Boys	800 Final	2:30	122	Seated	Boys	Shot Put
	111	Visual Imp.	Girls	800 Finals					
	112	Visual Imp.	Boys	800 Final					
	113	Intellectual	Girls	800 Finals					
	114	Intellectual	Boys	800 Final					
	13	Novice	Girls	80 Hurdles Finals					
	45	Junior	Girls	80 Hurdles Finals					
	77	Senior	Girls	100 Hurdles Finals					
	14	Novice	Boys	100 Hurdles Finals					
	46	Junior	Boys	100 Hurdles Finals					
	78	Senior	Boys	110 Hurdles Finals					
	67	Senior	Girls	200 Final					
	68	Senior	Boys	200 Final					
	35	Junior	Girls	200 Final					
	36	Junior	Boys	200 Final					
	3	Novice	Girls	200 Final					
	4	Novice	Boys	200 Final					
	107	Wheelchair	Girls	200 Final					
	108	Wheelchair	Boys	200 Final					
	11	Novice	Girls	3000 Final					
	12	Novice	Boys	3000 Final					
	99	Open	Girls	4x400 Relay Final					
	100	Open	Boys	4x400 Relay Final					

*** no advancement to south regionals

ROPSSAA
PARA TRACK AND FIELD REGISTRATION FORM

Last Name: _____ First Name: _____
 School Attending: _____ Grade: _____ Gender: _____
 Coaches Name(s): _____
 Contact # (school): _____ Contact # (Cell): _____

Disability category:

Please check one and add details in the space provided (refer to the attachment from Athletics Ontario for category information):

List Specific Disability on the line provided:

Wheelchair athlete	<input type="checkbox"/>	_____
Standing athlete	<input type="checkbox"/>	_____
Visually Impaired athlete	<input type="checkbox"/>	_____
Intellectually Impaired athlete	<input type="checkbox"/>	_____

Support required:

Wheelchair athlete: _____

Standing athlete: _____

V.I. athlete: guide needed (please circle): Yes/No

I.D. athlete: _____

Number of practices attended (same mandatory as able-bodied athletes): _____

Meets attended: _____

Coaches Signature: _____ Date: _____