

June 2023

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 two days. (Either Wednesday Afternoon and Thursday or 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 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. 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 Novice, Junior and Senior shall be in the following events:

100m

200m

400m

800m

1500m

3000m

80m Hurdles (novice girls, junior girls)

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

110m Hurdles (senior boys)

300m Intermediate Hurdles (novice girls, junior girls, novice 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:

Novice 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 (Girls)

2000m Steeplechase (Boys)

(iv) Para-events for boys and girls advancing to OFSAA:

100M Visually Impaired; Intellectual Impairment; Ambulatory

800M Visually Impaired; Intellectually Impaired: Ambulatory

200M Wheelchair

Shot Put Visually Impaired; Intellectually Impaired: Ambulatory ; Seated

(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 (NB)	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(NB)	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 (NG)	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(NG)	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 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, Novice and Junior Boys	1.00 kg
	Senior Boys	1.613kg
Shot:	All girls, Novice and Junior Boys	4.0 kg
	Senior Boys	5.443kg
Javelin	All girls, Novice and Junior Boys	600 gm
	Senior Boys	800 gm

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

(iii) Starting Heights for Vertical Jumps

High Jump

Novice 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
Novice 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

Nov/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
Novice 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**.
- (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 with the exception of the false start rule.
- (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 either have both hands and one knee on the track when the starter says "on your marks" or neither hand on the track. A three point stance is not Allowed.
- (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 an independent backup to the primary electronic timing system. The Convenor's association will be responsible to supply individual(s) to assist in finish line duties. Two clerks are required to be at the finish line.

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.

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.

16. Pole Vault Schedule

Based on entry numbers the convenor may adjust the schedule accordingly with at least five days notice. If the event is collapsed to one day, it will be the second, full day.

16. 3000m Schedule

Based on weather, the convenor may adjust the schedule accordingly. Notification should be 24 hours in advance and final decisions should be confirmed at the coaches meeting on the first day.

South Regional Track and Field Schedule

Day One

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

Track Events

1:00 OPEN GIRLS 2000m Steeplechase
OPEN BOYS 2000m Steeplechase

1:30 NG 80m Hurdles Semi Finals
JG 80m Hurdles Semi Finals
SG 100m Hurdles Semi Finals
NB 100m Hurdles Semi Finals
JB 100m Hurdles Semi Finals
SB 110m Hurdles Semi Finals

2:15 NG 100m Semi Finals
NB 100m Semi Finals
JG 100m Semi Finals
JB 100m Semi Finals
SG 100m Semi Finals
SB 100m Semi Finals

2:45 NG 1500m FINAL
NB 1500m FINAL
JG 1500m FINAL
JB 1500m FINAL
SG 1500m FINAL
SB 1500m FINAL
Blind Male 1500m
Para-Wheelchair Male 1500m

3:45 NG 400m TIMED SECTIONS
NB 400m TIMED SECTIONS
JG 400m TIMED SECTIONS
JB 400m TIMED SECTIONS
SG 400m TIMED SECTIONS
SB 400m TIMED SECTIONS

4:30 NG 80m Hurdles FINAL
JG 80m Hurdles FINAL
SG 100m Hurdles FINAL
NB 100m Hurdles FINAL
JB 100m Hurdles FINAL
SB 110m Hurdles FINAL

5:00 Para-Ambulant Female 100m FINAL
Para-Ambulant Male 100m FINAL
NG 100m FINAL
NB 100m FINAL
JG 100m FINAL
JB 100m FINAL
SG 100m FINAL
SB 100m FINAL

Field Events

1:00 Novice Girls Long Jump
Novice Boys Shot Put
Junior Girls Triple Jump
Junior Boys Discus
Senior Girls High Jump
Senior Boys Javelin
NG/JG Pole Vault

2:30 Novice Girls Shot Put
Novice Boys Long Jump
Junior Girls Discus
Junior Boys Triple Jump
Senior Girls Javelin
Senior Boys High Jump
Senior Girls Pole Vault

South Regional Track and Field Schedule - Day Two

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

Track Events

9:30 NG 4 x 100m Relay TIMED SECTIONS
NB 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 NG 800m TIMED SECTIONS
NB 800m TIMED SECTIONS
JG 800m TIMED SECTIONS
JB 800m TIMED SECTIONS
SG 800m TIMED SECTIONS
SB 800m TIMED SECTIONS
Blind Female 800m
Para-Wheelchair Female 800m

11:30 NG 200m Semi Finals
NB 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 NG 300m Hurdles TIMED SECTIONS
JG 300m Hurdles TIMED SECTIONS
SG 400m Hurdles TIMED SECTIONS
NB 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
NG 200m FINAL
NB 200m FINAL

3:00 NG/NB 3000m FINAL

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

Field Events

9:30 Novice Girls High Jump
Novice Boys Javelin
Junior Girls Long Jump
Junior Boys Shot Put
Senior Girls Triple Jump
Senior Boys Discus
NB/JB Pole Vault

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

12:30 Novice Girls Triple Jump
Novice Boys Discus
Junior Girls High Jump
Junior Boys Javelin
Senior Girls Long Jump
Senior Boys Shot Put
Senior Boys Pole Vault

2:00 Novice Girls Discus
Novice Boys Triple Jump
Junior Girls Javelin
Junior Boys High Jump
Senior Girls Shot Put
Senior Boys Long Jump

Alternate Schedule - to be voted by associations (unanimous support required for change)

Day Two

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

Track Events

9:00 NG/NB 3000m FINAL
JG/JB 3000m FINAL
SG/SB 3000m FINAL

10:30 NG 4 x 100m Relay TIMED SECTIONS
NB 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

11:30 NG 800m TIMED SECTIONS
NB 800m TIMED SECTIONS
JG 800m TIMED SECTIONS
JB 800m TIMED SECTIONS
SG 800m TIMED SECTIONS
SB 800m TIMED SECTIONS
Blind Female 800m
Para-Wheelchair Female 800m

12:30 TRACK BREAK (20 min)

12:50 NG 200m Timed Finals
NB 200m Timed Finals
JG 200m Timed Finals
JB 200m Timed Finals
SG 200m Timed Finals
SB 200m Timed Finals

1:20 TRACK BREAK

1:40 NG 300m Hurdles TIMED SECTIONS
JG 300m Hurdles TIMED SECTIONS
SG 400m Hurdles TIMED SECTIONS
NB 300m Hurdles TIMED SECTIONS
JB 300m Hurdles TIMED SECTIONS
SB 400m Hurdles TIMED SECTIONS

2:30 TRACK BREAK

2:50 OG 4 x 400m Relay TIMED SECTIONS
OB 4 X 400m Relay TIMED SECTIONS

Field Events

9:30 Novice Girls High Jump
Novice Boys Javelin
Junior Girls Long Jump
Junior Boys Shot Put
Senior Girls Triple Jump
Senior Boys Discus
NB/JB Pole Vault

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

12:30 Novice Girls Triple Jump
Novice Boys Discus
Junior Girls High Jump
Junior Boys Javelin
Senior Girls Long Jump
Senior Boys Shot Put
Senior Boys Pole Vault

2:00 Novice Girls Discus
Novice Boys Triple Jump
Junior Girls Javelin
Junior Boys High Jump
Senior Girls Shot Put
Senior Boys Long Jump

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	NG Long Jump	GHAC		
	NB Shot Put	ROPSSAA		
	JG Triple Jump	GHAC		
	JB Discus	ROPSSAA		
	SG High Jump	GHAC		
	SB Javelin	GHAC		

1:00 pm	NB/JB Pole Vault	SOSSA		
2:45pm	NG Shot Put	SOSSA		
	NB Long Jump	SOSSA		
	JG Discus	SOSSA		
	JB Triple Jump	SOSSA		
	SG Javelin	SOSSA		
	SB High Jump	SOSSA		
3:00pm	SB Pole Vault	ROPSSAA		
3:30pm	Para Shot Put	ROPSSAA		

Track Events Day 1

Official Duties/Association	Individual/School	Individual/School		
Starters x 2	TBA	TBA		
Finish Line Clerks (communicate with timers)	1.	2.		
GHAC (4 timers, 3 judges & head)	Not Needed			
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	NG High Jump	ROPSSAA		
	NB Javelin	ROPSSAA		
	JG Long Jump	ROPSSAA		
	JB Shot Put	ROPSSAA		
	SG Triple Jump	ROPSSAA		
	SB Discus	ROPSSAA		
9:15 am	SG Pole Vault	SOSSA		
11:00 am	NG Javelin	GHAC		
	NB High Jump	GHAC		
	JG Shot Put	GHAC		

	JB Long Jump	SOSSA		
	SG Discus	GHAC		
	SB Triple Jump	GHAC		
12:00 pm	NG/JG Pole Vault	SOSSA		
12:30pm	NG Triple Jump	SOSSA		
	NB Discus	SOSSA		
	JG High Jump	SOSSA		
	JB Javelin	SOSSA		
	SG Long Jump	SOSSA		
	SB Shot Put	SOSSA		
3:00 pm	NB Discus	ROPSSAA		
	NB 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.	<u>You may want extra for relays</u>	

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.	