

PLAYING REGULATION 16.0 - TRACK AND FIELD

16.0.1

1. **SAFETY GUIDELINES:** Each HSSAA Member School shall ensure that the Physical Education Safety Guidelines - Secondary Inter School Module 1999, outlined according to the following critical components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details on the Critical Components will be provided at the Pre-Season Coaches Meeting.
2. **AGES:** All competitors shall meet the Midget, Junior and Senior age requirements as per H.S.S.A.A. Constitution, Article XI, Section VII of the By-Laws. Open competitors shall meet the Senior age requirements. (See Item 3c)
3. **EVENTS:**
 - a) All events will be offered that are offered at the O.F.S.A.A. Track Meet of that year, with the exception of Pole Vault. This will be offered if entries dictate. Otherwise, any Halton competitors advance directly to compete at the GHAC Final.
 - b) 400M Relays (4x100m) shall be as follows: Midget, Junior and Senior.
 - c) Open events shall be as follows: 2000M Steeple Chase, 1600M Relay (4x400m).
 - d) Any changes to format, events, procedures or Playing Regulations, must come from a coaches meeting and be forwarded to the H.S.S.A.A. for approval.
 - e) All Hurdles and all 400M events be added to the time schedules as heats, unless the number of competitors is the same as or less than the lanes available. In that instance the race will be run as a timed final at the first scheduled (i.e heat)

DISCUS WEIGHTS

Senior/Junior/Midget Girls, Midget Boys.....(1 kg.)
Senior/Junior Boys.....(3 lbs. 9oz.)

JAVELIN WEIGHTS

Senior/Junior/Midget Girls, Midget Boys.....(600 grams)
Senior/Junior Boys.....(800 grams)

SHOT PUT WEIGHTS

Senior/Junior/Midget Girls, Midget Boys.....(4 kg.)
Senior/Junior Boys.....(12 lbs.)

HURDLE INFORMATION:

	HEIGHT EACH HURDLE	NUMBER OF HURDLES USED	DISTANCE TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	LAST HURDLE TO END
80 METRES MIDGET/JUNIOR GIRLS	2'6"	8	12 M	8 M	12 M
100 METERS SENIOR GIRLS MIDGET BOYS	2'9"	10	13 M	8.5 M	10.5 M
110 METRES JUNIOR BOYS	3'0"	10	15 YDS.	10 YDS.	15 YDS.
SENIOR BOYS	3'3"	10	15 YDS.	10 YDS.	15 YDS.
300 METRES MIDGET/JUNIOR GIRLS	2'6"	8	50 M	35 M	40 M
300 METRES MIDGET/JUNIOR BOYS	2'9"	8	50 M	35 M	40 M
400 METRES SENIOR BOYS	3'0"	10	45 M	35 M	40 M
METRES SENIOR GIRLS	2'6"	10	45 M	35 M	40 M

400

4. ELIGIBILITY:

- a) As governed by H.S.S.A.A. Constitution Article XI, Section V of the Constitution.
- b) A competitor may not have competed for other than his/her school in a Track Meet from the period May 1st to the date of the Halton Meet in that current school year.
- c) The age classification is as follows:
 - Midget - Under 15 by August 31st of the school year.
 - Junior - Under 16 by August 31st of the school year.
 - Senior - Under 20 by August 31st of the school year.

5. ENTRIES:

- a) All entries must be received by the Convenor by the date announced at the pre-season meeting. No entries will be accepted the day of the meet. Coaches bare the sole responsibility of the accuracy and completeness of their entries. Substitutions will still be recognized up to 15 minutes before the specific event.
- b) Individual schools are allowed (3) entries per event and (1) entry per relay.
- c) In relays, each school may enter one team per school in each meet.
- d) Any one competitor may enter (3) events plus one sprint relay and an open relay.
- e) An athlete may compete in the individual Track and Field event in his/her own age classification and then may 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.

6. **RULE BOOK:** The C.T.F.A. Rule Book will be used to cover all technicalities not covered by our regulations and amendments.
7. **OFFICIALS:** To be of the highest calibre.
8. **UNIFORMS:** All competitors in the H.S.S.A.A. Track and Field Meets shall wear a presentable school uniform or Physical Education Uniform. A violation of this will bar the offender from entry into the events. It should be noted that uniform specifications for O.F.S.A.A. relay events are identical tops.
9. **STARTING TIME:** Not specified. Details are announced at the Pre-Season Coaches Meeting.
10. **AWARDS:** A Trophy will be awarded to the Overall Team Champion. Halton Medallions, in addition to those presently awarded, should be awarded to the First Place Finishers in all Midget, Junior and Senior Individual and Relay Track and Field events.
 - a) Boys Team Champion - Trophy
 - b) Girls Team Champion - Trophy
 - c) Overall Team Champion - Trophy
 - d) Medallions for each event winner
 - e) Ribbon for 2nd to 6th place

11. **GHAC REPRESENTATION:**

- a) The top six (6) competitors in each event advance to GHAC.
- b) At the conclusion of the County Meet, the Convenor will solidify all entries for the GHAC Meet. The Convenor will send in all entries for his/her county and not the coaches.
- c) Each athlete must compete at Halton's to advance to GHAC.

12. **GENERAL REGULATIONS:**

- a) The order of events are to be circulated at the Pre-Season Coaches Meeting.
- b) Calling events: All events will be called three (3) times;
 - 1st call: 10 minutes prior to the start of event
 - 2nd call: 5 minutes prior to the start of event
 - 3rd call: 1 minute prior to the start of event
- c) Reporting of Contestants: It is the competitor's responsibility to report to the official in charge of the event immediately after the first call. This should be done before the start of the event if he/she is competing in another event at the same time.
- d) Order of Precedence: In the event that competitors are entered in events that are being conducted at the same time, track events will take precedence over the Pole Vault and High Jump, which in turn, will take precedence over all other field events.
- e) Measurement:
 1. All measurements shall be made with a certified steel or fiberglass tape.
 2. Distances or heights shall be recorded to the nearest .5cm below the distance achieved or covered, and if over 35M, shall be recorded to the nearest cm below the distance covered; (fractions less than .5cm must be ignored) In jumping for height, all measurements shall be length of the perpendicular between the ground and the lowest part of the upper side of the bar.

- f) Scoring: The points shall be: 1st place - 10 points
2nd place - 8 points
3rd place - 6 points
4th place - 4 points
5th place - 2 points
6th place - 1 point

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 3000 meter run would be awarded only the points awarded for his place in the event, even though he was the best of his class in the event).

- g) The decision as to whether the meet shall be called off due to weather conditions, etc., will be made by the Co-Ordinators and the Convenor by 10:30 AM on the day of the meet or at any time during that day that lightning is present. If post-poned, the meet will be held on the following school day.
- h) Profane language and/or unsportsmanlike conduct will not be tolerated and may result in disqualification.