

PLAYING REGULATION 17.0 - TRACK AND FIELD

1. **SAFETY GUIDELINES:** Each HSSAA Member School shall ensure that the current Physical Education Safety Guidelines - Secondary Inter School Module, 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 Bantam, Junior and Senior age requirements as per HSSAA Constitution, [Article VI, Section III](#) .

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: Bantam, Junior and Senior.

c) Open events shall be as follows: Steeplechase, 1600M Relay (4x400m).

DISCUS WEIGHTS

Senior/Junior/Bantam Girls, Junior/Bantam Boys (1 kg.)

Senior Boys (1.613 kg.)

JAVELIN WEIGHTS

Senior/Junior/Bantam Girls, Junior/Bantam Boys (600 grams)

Senior Boys(800 grams)

SHOT PUT WEIGHTS

Bantam/Junior Girls (3 kg.)

Senior Girls Junior/Bantam Boys (4 kg.)

Senior/Junior Boys(12 lbs.)

HURDLE INFORMATION:

Girls

80 metre hurdles (Midget & Junior 30")

100 metre hurdles (Senior 30")

300 metre hurdles (Midget & Junior 30")

400 metre hurdles (Senior 30")

Boys

100 metre hurdles (Midget 33"/Junior 36")

110 metre hurdles (Senior 36")

300 metre hurdles (Midget & Junior 33")

400 metre hurdles (Senior 36")

4. **ELIGIBILITY:** As governed by HSSAA Constitution [Article VI](#).

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 bear the sole responsibility of the accuracy and completeness of their entries.

b) Individual schools are allowed (3) entries per event and (1) entry per relay. If GHAC regulations allow, Wildcards are permitted to exceed 3 entries in some events.

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:** Unless otherwise specifically amended by any rule addressed in OFSAA Regulations, or in the Athletics Canada (AC) Rule Book, all rules published, or currently amended, by the International Association of Athletics Federations (IAAF), or (where relevant) the International Paralympic Committee (IPC)

7. **OFFICIALS:** To be of the highest calibre.

8. **UNIFORMS:** All competitors in the HSSAA 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 Bantam, 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

11. **GHAC REPRESENTATION:**

- a) Competitors in each event 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: 30 minutes prior to the start of event
 - 2nd call: 15 minutes prior to the start of event
 - 3rd call: 10 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 postponed, the meet will be held on the next available day.

h) Profane language and/or unsportsmanlike conduct will not be tolerated and may result in disqualification.