

## TRACK AND FIELD

**ELIGIBILITY:** All eligibility lists are to be sent to the convener by the deadline set by the convener.

**AGE:** Midget, Junior and Senior established in the Constitution.

**SERIES:** That the NOSSA Track and Field meet be held only on an all-weather track. In order to qualify for OFSAA the NOSSA schools meet is to be held on the Friday or Saturday of the week prior to the OFSAA deadline for entries.

^When Sault Ste. Marie hosts NOSSA track and field, Sudbury will host the pole vault competition on the Tuesday or Wednesday previous to NOSSA, with the points and results earned to count toward the NOSSA aggregate championships.

- ENTRIES:**
1. When the meet is held on a six lane track, there shall be a maximum of 12 entries in the 200 m, 400 m, all hurdle races and all relays.  
  
Sudbury - 4, North Bay - 3, Sault - 3, North Shore - 2  
  
In all other events there shall be a maximum of 16 entries.  
  
Sudbury - 5, North Bay - 4, Sault - 4, North Shore - 3.
  2. Each Competitor may compete in three events plus one relay plus the open relay.
  3.
    - a) There shall be no post entries although substitution will be permitted providing each competitor is registered. Such substitution shall be made from (and with the concurrence of) the district involved.
    - b) ^All scratches must be submitted through the District Convener (or their designate) at least forty-five minutes before the commencement of the day's events. No substitutions will be permitted after 6pm of the Wednesday previous to the start of the meet.
  4. "Spares" shall be permitted (if so listed) and receive competitors numbers, provided that the entry fee is paid for each.

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5. a) Entries to NOSSA Track and Field must be submitted to the NOSSA Convener, at least 3 full days before the meet. Entries and competitor lists must be submitted on the colour coded sheets as provided by the NOSSA Convener.
- b) Each district must decide how their athletes will qualify for NOSSA.
- c) A copy of the district results and the master competitor sheets must accompany the district entries to NOSSA.
6. That it be specified that both surname and christian name and initial be given in full for each entry when two competitors with the same surname compete in the same age category and are from the same school.
7. That on all lists of competitors a distinction be made for boys and girls.
8. Competitors are to be listed by number or name or both in the program or on a master list that would be available for all coaches.
9. At registration separate packages be issued for girls' teams and boys' teams from each school.
10. € The convener or designate will be responsible to ensure that the seeded heat/field event sheets are posted at the track prior to the start of the meet.

#### FINANCING:

A one dollar and seventy-five cent (\$1.75) fee per competitor per event must be paid before the competitors' numbers will be released to the coach (or chaperone.) Fees will be paid by each school through their district Convener. Spares will be charged a flat rate of 75 cents per competitor. ^When the event is hosted in Sudbury, the entry fee will be two dollars (\$2.00) per competitor per event.

#### RULEBOOK:

^The following order of rules interpretation will be used:

- (1) O.F.S.A.A. rules
- (2) I.A.A.F. handbook for current year with Athletics Canada revisions.

#### OFFICIALS:

1. At the discretion of the convener using the rulebook as guide.
2. The official starter must wear a brightly coloured "starting sleeve".

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### GENERAL:

1. 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 is competing in another event at that time.
2. Ties for any individual division championship trophy shall be broken by taking the greater number of "first" places won. If still tied, then "seconds", etc. Relay points do not count for this total.
3. In the event of a tie for a division or aggregate championship, the schools shall share the championship and the names of both schools shall be engraved on the trophy.
4. Points won in open events shall be credited to the individual, to the school, and to the division in which the competing athletes are registered provided the open event is one of their three events.
5. Competitors are allowed to bring javelins to the meet. They must sign them in at registration and pick them up after the meet.
6. Proper elevated facilities MUST be used to accommodate the finish judges and the timers.
7. a) The convener must provide official equipment for the following:
  - i) #Shot - 4 kg – Midget/Junior Boys, All Girls' Events  
- 5.443 kg - Senior Boys
  - ii) #Discus - 1 kg – Midget/Junior Boys, All Girls' Events  
- 1.61 kg - Senior Boys
  - iii) #Javelin - 600 gms – Midget/Junior Boys, All Girls' Events  
- 800 gms - Senior Boys
- b) Competitors may bring their own equipment in a) above, provided they are approved by the Standards Officer.
8. a) Lanes for all finals in running events in which heats have been run will be determined on the basis of the qualifying time from the heats.

^Lane assignments for heats will be random draw according to seed times that are submitted with two District Champions in each section.

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b) Timed Sections: Relays and 400 metre hurdles.

The first relay team from each district and the teams with the next fastest times should be placed in Heat 2, (fast heat). The first heat will include the other teams with the slower times, (slow heat). Wherever "times" are required to determine the order of finish, the following procedure shall be used:

- 1) Take the official times (etc.)
- 2) If too many ties, average ALL the watches used (use decimals).
- 3) If too many still tie, take the time of the fastest watch used.
- 4) If still tied, award the contestants the same order of finish and divide the points concerned equally among those so tied.

c) 800's

Should be run with a 1 turn stagger cutting in after 100 metres.

Run in 3 boxes on a six lane track.

Run in 4 boxes on an eight lane track, with four in each box.

The top time from each district assigned to a separate box. The position on staggers will otherwise be drawn by lot by the convener.

d) 1500's and 3000's and 2000m steeplechase

- timed finals

- the position on the line will be pre-drawn by lot by the convener.

e) 80, 100, 110mm hurdles - 100's, 200's 400's

The first two runners in each heat and the next 2 or 4 fastest times will qualify for the final on a 6 or 8 lane track.

- If times are equal the highest place will determine position.

9. a) The following compulsory heights and subsequent raises shall be:

HIGH JUMP: BOYS:

Midget - 1.51m

Junior - 1.58m

Senior - 1.65m

GIRLS:

Midget - 1.20m

Junior - 1.25m

Senior - 1.30m

Thereafter (boys & girls): Maximum 5 cm raise at a time until there are 8 competitors left. After that the maximum raise may be 5 cm and the minimum raise 1 cm at the discretion of the judge.

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- ^b) **POLE VAULT:**  
 Midget Boys - 2.35m  
 Junior Boys - 2.50m  
 Senior Boys - 2.65m  
 Open Girls - 2.10m

Increments shall be 15cm until three (3) competitors remain. Increments of 10cm shall be used until one (1) competitor remains. The minimum increment for the final competitor is 2cm. The convener reserves the right to modify the increments and heights slightly should the standards not be able to accommodate these exact dimensions.

- 10. When a competitor is elevated to compete in a relay in a division higher than that in which he is registered, his name must appear on both entry forms with a qualifying notation on both forms.
- 11. Staggered starts for the 800 and 1500 metre events be adopted.
- 12. #The Scoring System shall be:
 

First	10 points	Fifth	4 points
Second	8 points	Sixth	3 points
Third	6 points	Seventh	2 points
Fourth	5 points	Eighth	1 point
- 13. **ORDER OF EVENTS** - must be adhered to. All NOSSA Track and Field meets shall follow the events schedule as it appears in the playing regulations.
- 14. That a foam rubber landing pit must be used for all pole vault and all high jump events.
- 15. a) No competitor shall be allowed to compete unless he is attired in his school's track uniform with his number visible except that field event competitors be permitted to participate in warm-up suits provided their number is visible.  
 b) For track competitors in events up to and including the 400 metres the numbers are to be worn on the back; for competitors in events of 800 metres and over, the numbers are to be worn on the front. Competitors in relays will have their numbers on the back.
- 16. Competitors are required to supply their own poles for the pole vault competition but the convener should supply at least one pole for general use.

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17. In both the high jump and the pole vault, the crossbar must not be raised to tie a record but shall be raised until the height exceed the record by at least 1 cm in the high jump and by at least 1 cm in the pole vault.
18. The officials for all field events must be in their designated areas before the first call to allow the athletes to warm up properly and to prevent accidents in the weight events.
19. The shot put and discus areas should be constructed of cement with a metal ring insert (if possible).
20. The open 2000m steeplechase is to be included in the list of events and will be run even if the water jump is not available.
21. There shall be only two calls for each event:
  - a) First call - 15 minutes prior to the event time.
  - b) Final call - 5 minutes prior to the event time.
22. #That ribbons be awarded to second to eighth place finishers.
23. That a standardized short form system for all schools in NOSSA be used as included.
24. The entire name, i.e. first and last name, must be entered on all entry forms.
25. All members of relay teams must be entered on the entry sheets.
26. An athlete must participate in all events in which he or she is entered. In the event an athlete scratches he will be ineligible to participate in any subsequent events.
- ^27. Assistance to athletes must be consistent with Rule 143 of the IAAF rule book.
- °°28. An individual shall be assigned to the NOSSA meet whose sole responsibility will be the administering of first aid to the athletes.

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**OFSAA TRACK AND FIELD:**

The NOSSA Convener for Track and Field (or his or her designate) shall be responsible for submitting the entry forms for the O.F.S.A.A. meet.

**TEAM AWARDS AND RECORDS:**

The convener of the NOSSA Track and Field meet shall be responsible for bringing the records for competition and the list of winners of all team awards up to date and must send a copy of same to all member schools.

**PROTESTS:**

Any protests by teams or competitors must be made immediately to the referee of that phase of competition. There shall be a Jury of Appeal, composed of a representative from each district and the convener (or one of the conveners) to handle matters which the Referee passes to them for action (Duties Rule 147 I.A.A.F.) within thirty minutes. The convener will act as chairperson.

**N.O.S.S.A. TRACK & FIELD AWARDS:**

#The top individual in each event (including relays) will receive the NOSSA medallion and ribbons will be given to the second through eighth places, inclusive. Trophies will be presented to the individuals: who accumulate the highest number of points in the following divisions:

- |             |              |
|-------------|--------------|
| MIDGET BOYS | MIDGET GIRLS |
| JUNIOR BOYS | JUNIOR GIRLS |
| SENIOR BOYS | SENIOR GIRLS |

Team trophies will be presented to the schools that accumulate the highest number of points in the following divisions:

- |                            |                          |
|----------------------------|--------------------------|
| MIDGET GIRLS - MIDGET BOYS | Major Leo Troy Trophy    |
| JUNIOR GIRLS - JUNIOR BOYS | Charles MacMillan Trophy |
| SENIOR GIRLS - SENIOR BOYS | Silver Foam Trophy       |

These awards will be held by the school for one (1) year only.

Team trophies will also be awarded to the following teams:

- TOP BOYS TEAM - Canadian Legion Shield (1954)
- TOP GIRLS TEAM - Marilyn Crowe Memorial Trophy
- TOP COED TEAM -

**°TRACK EVENT SCHEDULE**

<b>THURSDAY</b>				
<b>EVENT NO.</b>	<b>TIME</b>	<b>G/B</b>	<b>EVENT</b>	
97	3:30pm	GIRLS	OPEN 1500M STEEPLECHASE	
98		BOYS	OPEN 2000M STEEPLECHASE	
13	3:50pm	GIRLS	MG 80M HURDLES HEATS 2'6"	
45			JR 80M HURDLES HEATS 2'6"	
77			SR 100M HURDLES HEATS 2'6"	
14		BOYS	MG 100M HURDLES HEATS 2'9"	
46			JR 100M HURDLES HEATS 3'0"	
78			#SR 110M HURDLES HEATS 3'0"	
5	4:50pm	GIRLS	MG 400M HEATS	
37			JR 400M HEATS	
69			SR 400M HEATS	
6		BOYS	MG 400M HEATS	
38			JR 400M HEATS	
70			SR 400M HEATS	
9	5:50pm	GIRLS	MG 1500M TIMED FINAL	
41			JR 1500M TIMED FINAL	
73			SR 1500M TIMED FINAL	
13	6:20pm	GIRLS	MG 80M HURDLES FINAL 2'6"	
45			JR 80M HURDLES FINAL 2'6"	
77			SR 100M HURDLES FINAL 2'6"	
14		BOYS	MG 100M HURDLES FINAL 2'9"	
46			JR 100M HURDLES FINAL 3'0"	
78			#SR 110M HURDLES FINAL 3'0"	
10	6:50pm	BOYS	MG 1500M TIMED FINAL	
42			JR 1500M TIMED FINAL	
74			SR 1500M TIMED FINAL	
5	7:20pm	GIRLS	MG 400M FINAL	
37			JR 400M FINAL	
69			SR 400M FINAL	
6		BOYS	MG 400M FINAL	
38			JR 400M FINAL	
70			SR 400M FINAL	

**°TRACK EVENT SCHEDULE**

<b>FRIDAY</b>			
<b>EVENT NO.</b>	<b>TIME</b>	<b>G/B</b>	<b>EVENT</b>
1	9:00am	GIRLS	MG 100M HEATS
33			JR 100M HEATS
65			SR 100M HEATS
2		BOYS	MG 100M HEATS
34			JR 100M HEATS
66			SR 100M HEATS
75	10:00am	GIRLS	SR 3000M FINAL
76		BOYS	SR 3000M FINAL
3	10:30am	GIRLS	MG 200M HEATS
35			JR 200M HEATS
67			SR 200M HEATS
4		BOYS	MG 200M HEATS
36			JR 200M HEATS
68			SR 200M HEATS
	11:30am	TRACK BREAK	
7	12:00pm	GIRLS	MG 800M TIMEDFINAL
39			JR 800M TIMEDFINAL
71			SR 800M TIMEDFINAL
8		BOYS	MG 800M TIMEDFINAL
40			JR 800M TIMEDFINAL
72			SR 800M TIMEDFINAL
1	1:00pm	GIRLS	MG 100M FINAL
33			JR 100M FINAL
65			SR 100M FINAL
2		BOYS	MG 100M FINAL
34			JR 100M FINAL
66			SR 100M FINAL
15	1:30pm	GIRLS	MG 300M HURDLES 2'6" TIMED FINAL
47			JR 300M HURDLES 2'6" TIMED FINAL
79			SR 400M HURDLES 2'6" TIMED FINAL
16		BOYS	MG 300M HURDLES 2'6" TIMED FINAL
48			JR 300M HURDLES 2'9" TIMED FINAL
80			SR 400M HURDLES 3'0" TIMED FINAL
43	2:45pm	GIRLS	JR 3000M FINAL
44		BOYS	JR 3000M FINAL

**°TRACK EVENT SCHEDULE**

<b>FRIDAY</b>			
<b>EVENT NO.</b>	<b>TIME</b>	<b>B/G</b>	<b>EVENT</b>
3	3:45pm	GIRLS	MG 200M FINAL
35			JR 200M FINAL
67			SR 200M FINAL
4		BOYS	MG 200M FINAL
36			JR 200M FINAL
68			SR 200M FINAL
11	4:15pm	GIRLS	MG 3000M FINAL
12		BOYS	MG 3000M FINAL
31	4:45pm	GIRLS	MG 400M RELAY TIMED FINAL
63			JR 400M RELAY TIMED FINAL
95			SR 400M RELAY TIMED FINAL
32		BOYS	MG 400M RELAY TIMED FINAL
64			JR 400M RELAY TIMED FINAL
96			SR 400M RELAY TIMED FINAL
99	5:30pm	GIRLS	OPEN 1600M RELAY FINAL
100		BOYS	OPEN 1600M RELAY FINAL
<b>PRESENTATION OF AWARDS</b>			
<b>NORTH REGION ENTRIES TO OFSAA MEETING</b>			

**°FIELD EVENTS SCHEDULE**

<b>THURSDAY</b>		
<b>TIME</b>	<b>Event # - BOYS</b>	<b>Event # - GIRLS</b>
3:30pm	20 – MIDGET BOYS POLE VAULT 26 - MIDGET BOYS SHOT PUT 60 - JUNIOR BOYS DISCUS 94 - SENIOR BOYS JAVELIN	21 - MIDGET GIRLS LONG JUMP 55 - JUNIOR GIRLS TRIPLE JUMP 81 - SENIOR GIRLS HIGH JUMP
5:00pm	22 - MIDGET BOYS LONG JUMP 56 - JUNIOR BOYS TRIPLE JUMP 82 - SENIOR BOYS HIGH JUMP	25 - MIDGET GIRLS SHOT PUT 59 - JUNIOR GIRLS DISCUS 93 - SENIOR GIRLS JAVELIN
6:00pm		51/83 – JR/SR GIRLS POLE VAULT
<b>FRIDAY</b>		
<b>TIME</b>	<b>Event # - BOYS</b>	<b>Event # - GIRLS</b>
9:00am	30 - MIDGET BOYS JAVELIN 52 – JUNIOR BOYS POLE VAULT 58 - JUNIOR BOYS SHOT PUT 92 - SENIOR BOYS DISCUS	17 - MIDGET GIRLS HIGH JUMP 53 - JUNIOR GIRLS LONG JUMP 87 - SENIOR GIRLS TRIPLE JUMP
10:30am	18 - MIDGET BOYS HIGH JUMP 54 - JUNIOR BOYS LONG JUMP 88 - SENIOR BOYS TRIPLE JUMP	29 - MIDGET GIRLS JAVELIN 57 - JUNIOR GIRLS SHOT PUT 91 - SENIOR GIRLS DISCUS
1:00pm	28 - MIDGET BOYS DISCUS 62 - JUNIOR BOYS JAVELIN 84 – SENIOR BOYS POLE VAULT 90 - SENIOR BOYS SHOT PUT	23 - MIDGET GIRLS TRIPLE JUMP 49 - JUNIOR GIRLS HIGH JUMP 85 - SENIOR GIRLS LONG JUMP
2:30pm	24 - MIDGET BOYS TRIPLE JUMP 50 - JUNIOR BOYS HIGH JUMP 86 - SENIOR BOYS LONG JUMP	27 - MIDGET GIRLS DISCUS 61 - JUNIOR GIRLS JAVELIN 86 - SENIOR GIRLS SHOT PUT

**STANDARD MEMBER SCHOOL TRACK AND FIELD ABBREVIATION**

**NIPISSING**

Algonquin	NOAL
Chippewa	NOCW
Franco Cite	NOFC
F.J. McElligott	NOME
Northern	NONO
St. Joseph's/ Scollard Hall	NOSJ
West Ferris	NOWF
Widdifield	NOWI

**NORTH SHORE**

Central Algoma	NOCA
Elliot Lake	NOEL
Espanola	NOES
Manitoulin	NOMI
W.C. Eaket	NOEA
Villa Franco-Jeunesse	NOVF
E.S. Jeunesse du Nord	NOJN

**SAULT STE. MARIE**

Alexander Henry	NOAH
Bawating	NOBA
Korah	NOKO
Ecole Notre Dame des Grands Lacs	NONG
St. Basil	NOSB
St. Mary's	NOSM
Sir James Dunn	NODU
White Pines	NOWP

**SUDBURY PUBLIC SCHOOLS**

Chelmsford	NOCV
Confederation	NOCF
Riviere-des-Francais	NOFR
Hanmer	NOHA
Lasalle	NOLS
Lively	NOLI
Lockerby	NOLK
Lo-Ellen Park	NOLO
Macdonald-Cartier	NOMC
Sudbury Secondary	NOSU

**SUDBURY CATHOLIC SCHOOLS**

Bishop Alexander Carter	NOAC
Champlain	NOCH
#E.S. du Sacre-Coeur	NOSA
E.S.C. L'Horizon	NOLZ
Marymount	NOMM
College Notre-Dame	NOND
St. Charles College	NOSC
St. Benedict	NOBE