

## TRACK & FIELD

### 1. CATEGORIES OF COMPETITION:

Senior - 16 and over as of August 31, 2021

Junior - under 16 as of August 31, 2021

Intermediate - under 15 as of August 31, 2021

Competitors below the grade nine level are ineligible unless they are made eligible by the Executive Council through the exceptions to the eligibility rules.

### 2. DISTRICT TEAM SIZE:

2.1. An athlete may be entered in a maximum of FOUR events plus relays at the provincial meet.

2.2. There is no limit on team size; however, a district may enter a maximum of two competitors per event.

### 3. ENTRIES:

3.1. Entries must be submitted (by using the advancers program in Hy-Tek Meet Manager or Team Manager Lite) to the provincial office on or before the Monday preceding the provincial meet. Failure to do so will result in a \$50.00 fine to the District. The District "entry file" is to be submitted by e-mail.

3.2. Substitutions for original entries may be made up to 4:00 p.m. on the Wednesday prior to the meet. A scratch meeting will be held one hour prior to the start of the meet on Friday, **for scratches ONLY**.

3.3. The Meet Director may allow substitutions during the competition, **ON MEDICAL GROUNDS ONLY**.

### 4. ACCOMMODATION:

Each district will be responsible for arranging and paying for its own accommodation. The SHSAA does not give a grant for this purpose.

### 5. AWARDS PRESENTATION:

Medals and ribbons will be awarded periodically throughout the meet. Gold, silver and bronze medals will be awarded to the top three finishers in each event. Ribbons will be awarded for 4th to 8th place standings. **ATHLETES MUST WEAR THEIR DISTRICT UNIFORMS FOR ALL PRESENTATIONS.**

### 6. OFFICIALS:

Each district must supply officials for the meet. These officials will be assigned events by the SHSAA office, with the head officials for each event being appointed by and from the host district. **Please include the names of your officials on the team entry forms for your district.** The events will be assigned at least three weeks prior to the provincial meet. In addition, the District must supply a lap counter for the 1500m and 3000m events. A fine of \$100.00 will be assessed to any district that does not comply with this criterion. Athletes must not be assigned as officials.

### 7. COACHES MEETING:

A coaches meeting will be held during the break on Saturday. Lunch will be provided for two coaches from each district.

## 8. PROVINCIAL MEET REGULATIONS:

- 8.1. The provincial track & field meet will begin on Friday morning with an afternoon and evening session, and a morning and afternoon session on Saturday. There will be a limited program break on Friday and on Saturday.
- 8.2. The 1999 AGM approved the addition of two track events for wheelchair student-athletes at the provincial track & field championship. The events to be included are 100 metres and 400 metres for boys and girls.
- 8.3. The meet will be conducted in accordance with the current World Athletics rulebook with weight and rule modifications listed in this Handbook.
- 8.4. As the tracks and some jumps areas are all-weather artificial surfaces, spikes longer than 7 mm in length will not be allowed (9mm heel spikes for high jump and javelin are accepted). Pyramid (cone) and Tartan (pin) spikes are acceptable. Athletes will be checked prior to each event and will not be allowed to compete with illegal footwear. The meet will not be delayed to allow athletes to change spikes. Appropriate footwear is mandatory.
- 8.5. The use of standing starts will be allowed for all races in SHSAA events.
- 8.6. False Starts: any competitor making a false start shall be warned. If a competitor is responsible for two false starts, the competitor shall be disqualified.
- 8.7. 400 metre events will be run according to the following:
  - 8.7.1. In 400 metre events, the best times will be selected from the heats and two timed sections finals will be run for final placing.
  - 8.7.2. The timed sections will be seeded according to the times from the heats. The slowest section will be scheduled first followed by the faster section.
- 8.8. All 800 metre events will be run as two timed section finals (slowest section first followed by the faster section). The heat selection for the 800 metre shall be determined according to times achieved at their district track & field meet. The 1500 metre and 3000 metre events will be run as a final in all divisions. Lanes in the above events will be pre-drawn by the meet director, or designate, once the necessary seeding has been done.
- 8.9. The Hurdles, 100-metre, and 200-metre sprints will be run as heats to qualify for two timed finals. The winner in each heat and the next fastest times will qualify to the timed finals. Number of competitors will depend on lanes on the track. As with all timed finals the slower section will run first.
- 8.10. In all finals, lane designations in the Hurdles, 100m, 200m, 400m, and 4 x 100m will be designated according to times achieved during preliminary heats with lanes 4, 5, 3, and 6 for the fastest times and 2, 7, 8, and 1 for the slower times.
  - 8.10.1. In the event of a tie for the above times, the athlete placing the highest in their heat will advance.
- 8.11. The 4 x 400m relay timed finals are seeded according to the average of the junior and senior individual times achieved at the provincial meet by district competitors in the 400 m event.
- 8.12. All relay teams in the semi-finals shall be timed with the eight (six on 6-lane tracks) best times advancing to the final.
- 8.13. In the event of lane infractions during a race, the ADVANTAGE GAINED rule will apply. The umpires will report infractions to the track referee who will rule on the violation.

- 8.14. Competitors in the long jump, triple jump, javelin, shot and discus will be blocked into two seeded groups (highest seeds in the second section). The top eight performances from the two sections combined will qualify for the final round.
- 8.15. In order to compete, **EVERY COMPETITOR MUST WEAR DISTRICT COLOURS AND COMPETITOR'S NUMBER**. In the event that a number may restrict an athlete's performance, (i.e. in shot, discus, javelin, pole vault) it will be permissible to remove the number from the shirt and show it to the official in charge of the event prior to each attempt.
- 8.15.1. Each district is responsible for its respective numbers to be used at the track and field meet. Please make sure that the following regulations are observed:
- 8.15.1.1. Numbers must be worn on the front and the back.
- 8.15.1.2. The following specifications should be met:  
 Height: Minimum of 5 inches  
 Width: 1 to 3 inches (1" for number one, 3" for other numerals.)  
 Thickness: 1 inch
- 8.15.1.3. If your district team exceeds 50 competitors, you may duplicate assigned numbers by giving one to a male and its duplicate to a female. Numbers will not be assigned at the meet.
- 8.15.1.4. The following numbers and colors have been assigned to districts:

|                   |                          |           |
|-------------------|--------------------------|-----------|
| North West        | White and Scarlet        | 100 – 149 |
| North Central     | Red, White, and Blue     | 150 – 199 |
| North East        | Black and Gold           | 200 – 249 |
| West Central      | Blue and Green           | 250 – 299 |
| Horizon Central   | Gold and Blue            | 300 – 349 |
| Saskatoon         | Green and Gold           | 350 – 399 |
| East Central      | Grey and Royal Blue      | 400 – 449 |
| Qu'Appelle Valley | Green and White          | 450 – 499 |
| South West        | Blue and White           | 500 – 549 |
| Central Valley    | Vegas Gold and Navy Blue | 550 – 599 |
| South East        | Red and Black            | 600 – 649 |
| South Central     | Orange and White         | 700 – 749 |
| Battle West       | Black, Silver, and White | 800 – 849 |
| Regina            | Light Blue and Dark Blue | 900 – 949 |

- 8.16. It is recommended that high jump landing pits be at least one metre wider than the standards for safety purposes.
- 8.17. POLE VAULT:
- 8.17.1. Side landing pits should be added for safety.
- 8.17.2. Competitors must supply their own poles for this competition. The host will have a supply of poles available in the event of a breakage only.
- 8.17.3. The bar depth will be no less than 50 centimetres.
- 8.18. Athletes who qualify in preliminary rounds of individual events and fail to compete in succeeding rounds **WILL NOT** be able to take further part in any event without the consent of the Meet Director.
- 8.19. Following the Friday morning "Scratch Meeting," athletes withdrawing from any events in which they have been entered shall be disqualified from all

participation in the meet. In the case of unusual circumstances, the Meet Director may approve re-instatement.

#### 9. EVENTS:

| EVENT              | SR. BOYS | JR. BOYS | INT. BOYS | SR. GIRLS | JR. GIRLS | INT. GIRLS |
|--------------------|----------|----------|-----------|-----------|-----------|------------|
| 80m Hurdles (30")  |          |          |           | X         | X         | X          |
| 100m Hurdles (30") |          |          | X         |           |           |            |
| 100m Hurdles (33") |          | X        |           |           |           |            |
| 100m Hurdles (36") | X        |          |           |           |           |            |
| 100m               | X        | X        | X         | X         | X         | X          |
| 200m               | X        | X        | X         | X         | X         | X          |
| 400m               | X        | X        | X         | X         | X         | X          |
| 800m               | X        | X        | X         | X         | X         | X          |
| 1500m              | X        | X        | X         | X         | X         | X          |
| 3000m              | X        | X        | X         | X         | X         | X          |
| Wheelchair 100m    | OPEN     |          |           | OPEN      |           |            |
| Wheelchair 400m    | OPEN     |          |           | OPEN      |           |            |
|                    |          |          |           |           |           |            |
| Boys Quadathalon   | X        | X        |           |           |           |            |
| Girls Quadathalon  |          |          |           | X         | X         |            |
| Long Jump          | X        | X        | X         | X         | X         | X          |
| Triple Jump        | X        | X        | X         | X         | X         | X          |
| High Jump          | X        | X        | X         | X         | X         | X          |
| Pole Vault         | X        | X        | X         | X         | X         | X          |
| Discus (1.6 kg.)   | X        | X        |           |           |           |            |
| Discus (1 kg.)     |          |          | X         | X         | X         | X          |
| Javelin (800 gr.)  | X        | X        |           |           |           |            |
| Javelin (600 gr.)  |          |          | X         | X         | X         | X          |
| Shot (12 lb.)      | X        | X        |           |           |           |            |
| Shot (4 kg.)       |          |          | X         | X         | X         |            |
| Shot (3 kg.)       |          |          |           |           |           | X          |
| 4 x 100m Relay     | X        | X        | X         | X         | X         | X          |
| 4 x 400m Relay     | OPEN     |          |           | OPEN      |           |            |

#### 10. JURY OF APPEAL:

A jury of appeal will be established prior to the meet and will consist of the Provincial Commissioner, the Meet Director, and one member of the SHSAA Executive Council. They may add to the jury if it is felt necessary. Only the Meet Director may disqualify an athlete or team.

## 11. STARTING HEIGHTS AND PROGRESSION:

### 11.1. HIGH JUMP:

The starting height of each high jump competition will be determined by the head official to allow each competitor a reasonable chance to clear at least one height. The following heights are suggestions only:

- 11.1.1. Intermediate Girls  
start at 1.25 metres  
5 cm advance to 1.50 metres  
2 cm advance from 1.50 metres to completion
- 11.1.2. Junior and Senior Girls  
start at 1.30 metres  
5 cm advance to 1.55 metres  
2 cm advance from 1.55 metres to completion
- 11.1.3. Intermediate Boys  
start at 1.50 metres  
5 cm advance to 1.70 metres  
3 cm advance from 1.70 to 1.79 metres  
2 cm advance from 1.79 metres to completion
- 11.1.4. Junior Boys  
start at 1.55 metres  
5 cm advance to 1.80 metres  
3 cm advance from 1.80 to 1.89 metres  
2 cm advance from 1.89 metres to completion
- 11.1.5. Senior Boys  
start at 1.60 metres  
5 cm advance to 1.85 metres  
3 cm advance from 1.85 to 1.91 metres  
2 cm advance from 1.91 metres to completion

### 11.2. POLE VAULT:

The following heights are suggestions only, as the caliber of vaulter is less predictable from year to year:

- 11.2.1. Intermediate, Junior and Senior Girls  
start at 1.50 metres  
10 cm advance to completion
- 11.2.2. Intermediate and Junior Boys  
start at 2.70 metres  
10 cm advance to completion
- 11.2.3. Senior Boys  
start at 3.05 metres  
10 cm advance to completion

### 11.3. TRIPLE JUMP TAKE-OFF BOARDS:

The take-off board in the triple jump shall be located at the following distances from the landing area (depending on the facility):

- 11.3.1. Intermediate, Junior and Senior Girls - 6, 7, 8, 9 or 10 metres
- 11.3.2. Intermediate, Junior and Senior Boys - 6, 7, 8, 9 or 10 metres

## 12. RELAY TEAM PERSONNEL:

It is not necessary for a district to run the same four runners in the subsequent heats of the relays providing that **ANY ATHLETE INSERTED BE FULLY ELIGIBLE FOR PARTICIPATION AND BE DULY ENTERED IN THE MEET.** Athletes must compete in the category they are competing in the meet. Awards, however, will only be given to those who performed in the final race.

13. RELAY COMPETITION MARSHALLING:  
 For the purpose of marshalling and organizing the athletes for the relay events, the following should be adhered to:
- 13.1. A roped-off area or tent should be used for the marshalling area.
  - 13.2. The marshalling area should be located away from the track officials and results station on the infield.
  - 13.3. The athletes are required to stay in the marshalling area until released by the track marshal.
  - 13.4. No coaches or batons are to be allowed in the area.
14. 100 METRE HURDLE PLACEMENTS: (see item 9 Events for heights)  
 Start to first hurdle = 13 metres  
 Between hurdles = 8.50 metres  
 Last hurdle to finish line = 10.50 metres
15. 80 METRE HURDLE PLACEMENTS: (see item 9 Events for heights)
- 15.1. Junior and Senior Girls:  
 Start to first hurdle = 12 metres  
 Between hurdles = 8 metres  
 Last hurdle to finish line = 12 metres
  - 15.2. Intermediate Girls  
 Start to first hurdle = 12 metres  
 Between hurdles = 7.5 metres  
 Last hurdle to finish line = 15.5 metres
16. INDIVIDUAL AND TEAM POINTS:
- 16.1. All competitors in an event are eligible to score points for their district and for themselves in the individual competition.
  - 16.2. Points will be awarded to the top sixteen finishers in each event as follows:
 

|           |           |            |          |
|-----------|-----------|------------|----------|
| 1st Place | 18 points | 9th Place  | 8 points |
| 2nd Place | 16 points | 10th Place | 7 points |
| 3rd Place | 14 points | 11th Place | 6 points |
| 4th Place | 13 points | 12th Place | 5 points |
| 5th place | 12 points | 13th place | 4 points |
| 6th place | 11 points | 14th place | 3 points |
| 7th place | 10 points | 15th place | 2 points |
| 8th place | 9 points  | 16th place | 1 point  |
17. SCHOOL TEAMS:  
 Points will accumulate from all athletes in all events from each school. Relays will not be included in these points.
18. AWARDS:
- 18.1. Medals are awarded to the top three finishers in each event.
  - 18.2. Ribbons are awarded for fourth through eighth place in all events.
  - 18.3. A plaque is awarded to the individual aggregate champion of each division.
  - 18.4. SHSAA Provincial keeper plaque for the school to the School Team champion.
  - 18.5. A plaque is awarded to the district that shows the greatest improvement in team points from the previous year. This district award will be known as the Most Improved District.

19. SAFETY PROCEDURES:

- 19.1. The school district in charge of the event must limit the number of javelins used: 2 – 600 gram and 2 – 800 gram.
- 19.2. Only throwing implements (shot, discus, javelin) supplied by the meet officials shall be allowed for practice and competition purposes.
- 19.3. The landing areas of both the javelin and discus must be roped off along the sector lines at least waist high.
- 19.4. Along with the normal required officials used to administer the event, one additional teacher must monitor and supervise the implement landing area and a second teacher must monitor and supervise the throwing area.
- 19.5. Practice is limited to 30 minutes prior to the start of the event and must be under the supervision of the event officials.
- 19.6. Spectators must be kept well back from the runway and throwing area during a throwing event by the use of a restraining line or rope.
- 19.7. The schedule must be structured so that the discus and javelin events are not conducted simultaneously if they share the same landing area.
- 19.8. If an adequate cage for the discus event is not available, the event will not be held.
- 19.9. Coaches are not allowed on the infield and may not coach their athletes in the athlete area.

20. SCHEDULE:

The Track & Field schedule is dependent on the scheduling of the Quadathlon and will be posted on an annual basis dependent on facility and human resources. Please check the Track & Field Activity page of the SHSAA website ([www.shsaa.ca](http://www.shsaa.ca)).