

ROPSSAA CO-EDUCATIONAL TRACK & FIELD

PLAYING REGULATIONS

1. **DATE**

- (a) The ROPSSAA Track and Field Championship Meet shall take place over a two-day period during the month of May. The ROPSSAA track and field season will begin the week following March break.

2. **LOCATION**

- (a) When possible, the location of the ROPSSAA Track and Field Championships shall be Etobicoke Centennial Stadium.

3. **ELIGIBILITY**

- (a) Eligibility will be as per Article X in the ROPSSAA Constitution.
 - (i) A midget 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 (January 1, 2009, born in 1995 or later). In addition they must be in their first year of high school.
 - (ii) 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 (January 1, 2009, born in 1994 or later).
 - (iii) A senior boy or girl shall not have attained 19th birthday by January 1st prior to the start of the school year in which the competition is held (January 1, 2009, born in 1990 or later).
- (b) All eligibility sheets must be in the hands of the Convenor by the deadline announced at the pre-season coaches meeting.
- (c) An athlete may compete in the individual track and field events in his/her own age classification and then may move up to a higher classification for a relay or relays. He/she may move up to a higher age group for all individual events and still maintain his/her eligibility for his/her age group relay. He/she may move up to a higher age group for all events but maintain his/her eligibility for his/her proper age group the following year. An athlete who enters and/or competes in individual events in more than one age category will be removed from the standings in both age categories.
- (d) For an athlete to be eligible to compete at the ROPSSAA Championship meet he/she must participate in a minimum number of practices (16) and compete at two or more previous meets during the current track and field season. Event exceptions to this will apply to the pole vault and relays.

- (e) Athletes unable to participate in 2 meets due to injury or illness will be eligible to participate in the ROPSSAA Championship upon presentation of a doctors note at the time of eligibility submission. Additional exceptions to be reviewed by the Jury of Appeal. Requests for review to be made at the time of eligibility submission.

4. OPERATING STRUCTURE

- (a) Events:

Events may be changed at a ROPSSAA Council Meeting prior to the Meet in accordance with OFSAA competition. All events offered by OFSAA will also be offered at the ROPSSAA Championships.

- (i) Competition for Midget, Junior and Senior shall be in the following events:

- 100 m
- 200 m
- 400 m
- 800 m
- 1500 m
- 3000 m
- 80 m hurdles (midget girls, junior girls)
- 100 m hurdles (senior girls, midget boys, junior boys)
- 110 m hurdles (senior boys)
- 300 m intermediate hurdles (midget boys, junior boys, midget girls, junior girls)
- 400 m hurdles (senior boys, senior girls)
- shot put
- discus
- javelin
- high jump
- pole vault
- long jump
- triple jump

- (ii) Relays shall be as follows:

- Midget 4 x 100 m
- Junior 4 x 100 m
- Senior 4 x 100 m

- (iii) Open events shall be as follows:

- 4 x 400 relay (Boys and Girls)
- 1500m Steeplechase (Girls)
- 2000 m Steeplechase (Boys)

- (iv) Physically Disabled events, advancing to OFSAA.

<u>Girls</u>	<u>Boys</u>
800m Blind	1500m Blind
800m Wheelchair	1500m Wheelchair
100m Ambulatory	100m Ambulatory

- (v) Boys qualifying 100m heats will run on the east side in all odd calendar years (2011, 2013 etc.,)

Girls qualifying 100m heats will run on the east side in all even calendar years (2010, 2012 etc.,)

(b) Track Events

- (i) Seed times are required for all track events.
- (ii) For events requiring heats, semis, and finals, seed times are required. Races will be circle seeded.
- (iii) Timed finals will run from slowest to fastest

NOTE: The ROPSSAA standards must be accomplished at one meet in the current track season (indoors or outdoors after the March Break).

- (iv) Hurdles:

<u>Boys Hurdles</u>	<u>No.</u>	<u>Height</u>	<u>Start to First</u>	<u>Between</u>	<u>Last to Finish</u>
100 m (Mid)	10	33"	13.00 m	8.50 m	10.50 m
100 m (Jr.)	10	36"	13.00 m	8.50 m	10.50 m
110 m (Sr.)	10	36"	13.72 m	9.14 m	14.02 m
300 m (Mid & Jr.)	7	33"	50.00 m	35.00 m	40.00 m
400 m (Sr.)	10	36"	45.00 m	35.00 m	40.00 m
2000 m Steeplechase 5/lap		36"			

<u>Girls Hurdles</u>	<u>No.</u>	<u>Height</u>	<u>Start to First</u>	<u>Between</u>	<u>Last to Finish</u>
80 m (Mid & Jr.)	8	30"	12.00 m	8.00 m	12.00 m
100 m (Sr.)	10	30"	13.00 m	8.50 m	10.50 m
300 m (Mid & Jr.)	7	30"	50.00 m	35.00 m	40.00 m
400 m (Sr.)	10	30"	45.00 m	35.00 m	40.00 m
1500 m Steeplechase 5		30"			

- (v) Where possible, the box stagger start will be used in the 800 metre event. Each 2.44 metre box is made up of two lanes and runners must stay in the double lane of their box until they reach the cut-in line at the end of the first curve. A curved start will be used when a box start is not available.

- (c) A relay team may consist of up to 6 members. In all relays, it is the school that qualifies for the finals. The personnel of a relay team may be changed between meets or between races on the same day, in this instance a maximum number of two members may be changed between heats and finals.

(d) Qualification from Heat Events

- (i) Heats will be run in the 100 and 200 events only, all other track events are timed sections

<u># of Heats</u>	<u>Qualifiers</u>
2	1, 2, 3/heat + next 2 times to the finals
3	1, 2, 3/heat + next 7 times
4	1, 2, 3/heat + next 4 times
5	1, 2,/heat + next 6 times
6	1, 2,/heat + next 4 times
7	1, 2,/heat + next 2 times
8 or more	1/heat + next best times to fill the lanes

5. ENTRIES

- (a) For the athlete to be entered, standards must be met at a meet in the current season (as decided at the pre-season meeting). These standards are indicated and will be reviewed annually.

Entries to ROPSSAA must include seed time and/or field marks. If not provided, athletes will not be added to that event. If the seed time or field mark does not meet ROPSSAA standards, the athlete may not be entered, and is therefore, ineligible to compete in the event. An athlete who may have been entered in anticipation of making the standard, who subsequently does not, may not compete in the meet.

- (b) Field Event Standards

Minimum standards will be marked and measured and attempts below the standards will not be measured (those attempts that are close will be measured).

Vertical Jumps

The high jump and the pole vault will start at the heights listed below and go up by no more than the heights shown. Adjustments for starting heights may be made at the discretion of the Convenor.

Girls' Pole Vault

Junior - 1.70m	1.80m	1.90m- no more than 10cm
Open - 1.90m	2.00m	2.10m - no more than 10cm

Boys' Pole Vault

Midget - 2.00 m	2.10 m	2.20 m - no more than 10 cm
Junior - 2.20 m	2.30 m	2.40 m - no more than 10 cm
Senior - 2.40 m	2.50 m	2.60 m - no more than 10 cm

The bar shall be raised 5 cm. until eight competitors are remaining. The bar will then be raised 3 cm. for the remainder of the competition.

- (e) A competitor may enter 3 individual events in the same age class or open class plus one open relay and one age class relay provided he/she is not over age for that age class.
- (f)
 - (i) All athletes must be listed and all entries must be submitted by the deadline announced at the pre-season coaches meeting. No addition of athletes will be accepted after the entry deadline.
 - (ii) Changes will be accepted up to 48 hours after the entry deadline. ABSOLUTELY NO changes will be accepted after this time.

6. EXPENSES

- (a) Entry fees for the track meet are paid by each school, at the beginning of the school year.
- (b) A school is allowed 5 scratches. The 6th scratch will be subject to a \$30.00 fee that is inclusive of the previous 5 scratches. Scratches after the 6th will incur a fee of \$5.00 each.

7. RULES AND OFFICIALS

- (a) The Track and Field Rules of the I.A.A.F. will be used to cover all technicalities not covered by ROPSSAA regulations and amendments with the following exception:
 - (i) video documentation will not be accepted in the event of an appeal unless it is the official finish line video.
- (b) All member schools are required to send an official, that is not the coach, to the ROPSSAA Track and Field Championships regardless of the number of athletes a school is sending. The official must attend the officials meeting at 7:30am on meet days.
- (c) The Convenor will assign and rotate officiating responsibilities to the various schools for the Meet.
- (d)
 - (i) A designate coach/staff official must be present for their officiating assignment or the athlete from that school will not be allowed to compete.
 - (ii) A designated coach/staff official must be present from the start of each day (coaches meeting) up to and including your school's final event or an officiating duty is complete.
- (e) Blocks must be available to all competitors who would like to use them in the race or they will not be used by any competitor.
- (f) Athletes who scratch from a semi-final or a final event after qualifying in a heat shall be ineligible to compete for the remainder of the day in any other event including replays

8. AWARDS

- (a) Gold medallions to the first place individual finishers per event.
- (b) Silver medallions to the second place individual finishers per event.
- (c) Bronze medallions to the third place individual finishers per event.
- (d) Ribbons to the 4th-6th place individual finishers per event.
- (e) ROPSSAA trophies to the top boys and girls, midget, junior, senior, overall and combined overall teams.

9. UNIFORMS

- (a) Competitors must compete in their school track uniform top or plain white t-shirt or they will be removed from the event by the official of the field event or the clerk of the course of the track event. No jeans may be worn. All apparel must be athletic wear (shorts, tights, track pants etc).
- (b) No headgear including hats, bandanas, and sweatbands, may be worn while competing in an event (exception religious head coverings).
- (c) All members of a relay team must wear the identical uniform top.
- (d) Athletes may not change their clothing in the competition area. For all outdoor sports, athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s). For all indoor sports, athletes must move the designated locker room or change area to change their clothing.

10. SCORING

(a) Ties in Events

Refer to rules in the current edition of the I.A.A.F. Rule Book.

(b) Ties in Team Standing

In the event of a tie for a team or overall championship, the schools share the championship and the names of all schools shall be engraved on the plate for the year.

(c) Scoring

The points shall be 1st place 10, 2nd place 8, 3rd place 6, 4th place 5, 5th place 4, 6th place 3, 7th place 2, 8th place 1.

If an event has fewer than 8 competitors, awards will be given, athletes will advance to South Regionals and reverse points will be awarded. (eg; 5 competitors: 1st – 5 points, 2nd – 4 points, 3rd – 3 points, 4th – 2 points, 5th – 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 steeplechase would be awarded only the points for his place in the event.

In the event of a tie, the competitors will share the total points awarded for the positions involved, divided by the total number of competitors tied for the position. The next competitors will receive the appropriate points in for the next highest placement after the last placement of the tied competitors.

In the relays, the points won will be scored as follows:

Age class relays - age class championships
Open relays - boys/girls championships

(d) Order of Precedence of Events

- (i) Track
- (ii) Pole Vault and High Jump
- (iii) Other Field Events

(e) All events will be called three times:

1st call:	10 minutes prior to the start of the event
2nd call:	5 minutes prior to the start of the event
3rd call:	1 minute prior to the start of the event

(f) Reporting of Contestants

- (i) It is the competitor's responsibility to report to the official in charge of the event after the first call. This should be done before the start of the event if he/she is competing in another event at the time.
- (ii) In any event where heats are scheduled, the clerk will check attendance of all eligible competitors after the 3rd call for that event. Heats will be run as assigned.

11. EQUIPMENT

- (a) It will be the responsibility of the Convenor to ensure that all equipment required for the Meet is available. Member schools may be required to help provide the necessary equipment.
- (b) Digital watches should be used and there should be 3 watches on 1st and 3 watches on 2nd.

(c) Implement Weights

Discus girls, midget boys and junior boys	1.00 kg
senior boys	1.61 kg
Shot girls, midget boys and junior boys	4.0 kg
senior boys	5.44 kg
Javelin girls, midget boys and junior boys	600 gm
senior boys	800 gm

12. DEPARTMENT

- (a) Competitors and coaches are expected to behave in a sportsmanlike manner as per the ROPSSAA Constitution, Article XVI, Section II.
- (b) At the ROPSSAA Meet, personal radios or tape recorders are to be permitted in the stand area only.
- (c) Competitors must provide their name, school and/or competitor number to all meet officials when asked. Failure to comply will result in disqualification from the meet and/or removal from the facility.
- (d) Parents, club coaches, and ineligible athletes are only allowed in the stands and/or away from competition area. Violation of this will disqualify athletes.

13. JURY OF APPEAL

- (a) A Jury of Appeal shall consist of the Meet Convenor, Field Referee, Track Referee, Head Finish Line Judge, and Starter. The Jury of Appeal will rule on any protests put forward at the Meet. Any Jury of Appeal member whose school has been named in the protest will not vote on the matter.
- (b) All protests are to be submitted in writing to the Meet Director within 30 minutes of the posting of the results. All protests must be accompanied with a \$25.00 deposit. The deposit will be returned should the protest be successful, or will be forfeited to the Association if the protest is lost.
- (c) The Jury of Appeal is to decide upon all protests as soon as possible without disruption to the meet.

14. MEDICAL PERSONNEL

- (a) The Convenor, where possible, must arrange for adequate medical coverage at the Meet.

15. OFSAA REPRESENTATION

- (a) The number of athletes qualifying for the South Regional Competition will be the top 5 in each event.

**ROPSSAA TRACK AND FIELD
2010 SCHEDULE
DAY ONE**

Appendix A
1 of 2

TRACK EVENTS

FIELD EVENTS

TIME	EVENT				TIME	EVENT			
8:30	97	Open	Girls	1500 Steeplechase	9:30	21	Midget	Girls	Long Jump
	98	Open	Boys	2000 Steeplechase	9:30	55	Junior	Girls	Triple Jump
8:45	1	Midget	Girls	100 Heats)	9:30	81	Senior	Girls	High Jump
	33	Junior	Girls	100 Heats) East Side	9:30	26	Midget	Boys	Shot Put
	65	Senior	Girls	100 Heats)	9:30	51	Junior	Girls	Pole Vault
	2	Midget	Boys	100 Heats)	9:30	83	Open	Girls	Pole Vault
	34	Junior	Boys	100 Heats) West Side	10:30	20	Midget	Boys	Pole Vault
	66	Senior	Boys	100 Heats)	10:30	52	Junior	Boys	Pole Vault
	9	Midget	Girls	1500 Final	10:30	84	Senior	Boys	Pole Vault
	10	Midget	Boys	1500 Final	9:30	60	Junior	Boys	Discus
	1	Midget	Girls	100 Semis)	9:30	94	Senior	Boys	Javelin
	33	Junior	Girls	100 Semis) West Side	Noon	25	Midget	Girls	Shot Put
	65	Senior	Girls	100 Semis)	Noon	59	Junior	Girls	Discus
	2	Midget	Boys	100 Semis)	Noon	93	Senior	Girls	Javelin
	34	Junior	Boys	100 Semis) West Side	Noon	22	Midget	Boys	Long Jump
	66	Senior	Boys	100 Semis	Noon	56	Junior	Boys	Triple Jump
	5	Midget	Girls	400 Final)	Noon	82	Senior	Boys	High Jump
	37	Junior	Girls	400 Final)	2:00	17	Midget	Girls	High Jump
	69	Senior	Girls	400 Final)	2:00	53	Junior	Girls	Long Jump
	6	Midget	Boys	400 Final)	2:00	87	Senior	Girls	Triple Jump
	38	Junior	Boys	400 Final)	2:00	30	Midget	Boys	Javelin
	70	Senior	Boys	400 Final)	2:00	58	Junior	Boys	Shot Put
	1	Midget	Girls	100 Final)	2:00	92	Senior	Boys	Discus
	33	Junior	Girls	100 Final)					
	65	Senior	Girls	100 Final)					
	101	Ambulatory	Girls	100 Final)					
	2	Midget	Boys	100 Final) West Side					
	34	Junior	Boys	100 Final)					
	66	Senior	Boys	100 Final)					
	102	Ambulatory	Boys	100 Final)					
	41	Junior	Girls	1500 Final					
	73	Senior	Girls	1500 Final					
	42	Junior	Boys	1500 Final					
	74	Senior	Boys	1500 Final					
	108	Open	Boys	1500 - Wheelchair - Final					
	106	Open	Boys	1500 - Blind - Final					
	31	Midget	Girls	400 Relay Final					
	63	Junior	Girls	400 Relay Final					
	95	Senior	Girls	400 Relay Final					
	32	Midget	Boys	400 Relay Final					
	64	Junior	Boys	400 Relay Final					
	98	Senior	Boys	400 Relay Final					

**ROPSSAA TRACK AND FIELD
2010 SCHEDULE
DAY TWO**

Appendix A
2 of 2

TRACK EVENTS					FIELD EVENTS					
TIME	EVENT				TIME	EVENT				
8:30	15	Midget	Girls	300 Hurdles Final	9:30	29	Midget	Girls	Javelin	
	47	Junior	Girls	300 Hurdles Final		57	Junior	Girls	Shot Put	
	79	Senior	Girls	400 Hurdles Final		91	Senior	Girls	Discus	
	16	Midget	Boys	300 Hurdles Final		18	Midget	Boys	High Jump	
	48	Junior	Boys	300 Hurdles Final		54	Junior	Boys	Long Jump	
	80	Senior	Boys	400 Hurdles Final		88	Senior	Boys	Triple Jump	
	11	Midget	Girls	3000 Final		Noon	23	Midget	Girls	Triple Jump
	12	Midget	Boys	3000 Final			49	Junior	Girls	High Jump
	3	Midget	Girls	200 Heats			85	Senior	Girls	Long Jump
	35	Junior	Girls	200 Heats			28	Midget	Boys	Discus
67	Senior	Girls	200 Heats	62	Junior		Boys	Javelin		
4	Midget	Boys	200 Heats	90	Senior		Boys	Shot Put		
36	Junior	Boys	200 Heats	2:00	27		Midget	Girls	Discus	
68	Senior	Boys	200 Heats		61		Junior	Girls	Javelin	
43	Junior	Girls	3000 Final		89		Senior	Girls	Shot Put	
44	Junior	Boys	3000 Final		24		Midget	Boys	Triple Jump	
3	Midget	Girls	200 Semis		50	Junior	Boys	High Jump		
35	Junior	Girls	200 Semis		86	Senior	Boys	Long Jump		
67	Senior	Girls	200 Semis							
4	Midget	Boys	200 Semis							
36	Junior	Boys	200 Semis							
68	Senior	Boys	200 Semis							
71	Senior	Girls	800 Final							
39	Junior	Girls	800 Final							
7	Midget	Girls	800 Final							
13	Midget	Girls	80 Hurdles Heats							
45	Junior	Girls	80 Hurdles Heats							
77	Senior	Girls	100 Hurdles Heats							
14	Midget	Boys	100 Hurdles Heats							
46	Junior	Boys	100 Hurdles Heats							
78	Senior	Boys	110 Hurdles Heats							
72	Senior	Boys	800 Final							
40	Junior	Boys	800 Final							
8	Midget	Boys	800 Final							
13	Midget	Girls	80 Hurdles Finals							
45	Junior	Girls	80 Hurdles Finals							
77	Senior	Girls	100 Hurdles Finals							
14	Midget	Boys	100 Hurdles Finals							
46	Junior	Boys	110 Hurdles Finals							
78	Senior	Boys	110 Hurdles Finals							
105	Open	Girls	800 - Blind - Final							
107	Open	Boys	800 - Wheelchair - Final							
67	Senior	Girls	200 Final							
68	Senior	Boys	200 Final							
35	Junior	Girls	200 Final							
36	Junior	Boys	200 Final							
3	Midget	Girls	200 Final							
4	Midget	Boys	200 Final							
75	Senior	Girls	3000 Final							
76	Senior	Boys	3000 Final							
99	Open	Girls	4x400 Relay Final							
101	Open	Boys	4x400 Relay Final							