



Huron Perth Track & Field (*updated 2021)

1. Date and Timing of Meet

1.1 The conference championship meet will be held at least one week before the WOSSAA meet if possible.

1.2. Potential Time Changes to the Schedule:

a) In case that the meet runs ahead of time, the organizers reserve the right to move certain events up by one half hour. In certain cases where all coaches and athletes are present and agree, events may be moved up by more than one half hour.

b) Should finals become heats of six or less competitors, heats will become finals and will be run at the time scheduled for heats. An effort will be made by the marshal to seed these finals.

2. Eligibility

Competition shall be conducted in three (3) age classifications:

Novice: The individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in grade 9.

Junior: The individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.

Senior: The individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

Para Athletes with an S14 classification are permitted to compete until the age of 21 and shall be eligible for no more than 7 consecutive years from the date of entry into grade 9.

3. Entries

3.1 A competitor may enter three individual events and one open relay.

3.2 Competitors may also enter one age class relay regardless of the age class as long as they compete in their age classification or an older classification.. (Junior may run Senior but not Midget)

3.3 A school may enter three competitors for each event in each age class and two relay teams per event, except in the Senior Division where a school may enter four competitors for each individual event.

3.4 All entries must be submitted by the entry deadline requested by the convenor. The completed WOSSAA eligibility forms, signed by the principal and department head and coach are also to be sent to the convenor. They have the same deadline as the entries.

3.5 Each school shall be allowed two alternates for each event.

3.6 The deadline for entry changes will be five days prior to the meet. The entry fee shall be set by the convenor to cover costs of the meet.

3.7 Each school will look after paying the convenor their individual WOSSAA entry fees following the Huron Perth meet.

4. Events and Classifications

Girls' Events - Novice, Junior, Senior:

100 metres	400 metre hurdles (Senior 30")
200 metres	4 x 100 metre Relays
400 metres	High Jump
800 metres	Pole Vault (Novice, Junior & Senior)
1500 metres	Long Jump
3000 metres	Triple Jump
80 metre hurdles (Novice & Junior 30")	Shot - Novice, Junior 3kg, Senior 4 kg (8 lb., 13 oz.)
100 metre hurdles (Senior 30")	Discus - 1 kg
300 metre hurdles (Novice & Junior 30")	Javelin (600 gm)
4x400 m Open	
2000m steeplechase Open	

Boys' Events - Novice, Junior, Senior:

100 metres	High Jump
200 metres	Pole Vault
400 metres	Long Jump
800 metres	Triple Jump
1500 metres	Shot: Novice/Junior - 4 kg (8 lb., 13 oz.)
3000 metres	Senior - 5.443 kg (12 lb.)
100 metre hurdles (Midget 33"/Junior 36")	Discus: Novice/Junior - 1 kg
110 metre hurdles (Senior 36")	Senior - 1.613 kg (3 lb., 9 oz.)
300 metre hurdles	Javelin: Midget Novice/Junior - 600 gm
	Senior - 800 gm
	400 metre hurdles (Senior 36")

(Novice & Junior 33")
 4 x 100 metre Relays
 4x400 Open
 2000m Steeplechase Open

Para Division & Physical and Intellectual Disabilities
 Chart # 1 - Classifications (Key: T = Track Events; F = Field Events)

Athletes with Visual Impairments T/F 11- Blind T/F 12- Very limited Vision T/F Limited Vision	Athletes with an Intellectual Impairment T/F -IQ at or below 75
Athletes with Cerebral Palsy F32; F33; T/F 34- Wheelchair athletes T/F35; T/F 36; T/F 37; T/F 38- Ambulatory Athletes	Athletes with an Amputation & les Autres F 40; F41- Dwarfs T/F 42; T/F 43; T/F 44- Leg Amputees T/F 45; T/F 46; T/F 47- Arm Amputees
Athletes in a Wheelchair T/F 51; T/F 52- Quadriplegic T/F 53; T/F 54- Paraplegic F55; F56; F57; F58- Seated Throwing (various disabilities)	

Chart # 2 - Para Track & Field Race
 Classification – (Chart # 1)

Divisions

100m	Visually Impaired	T/F 11, 12, & 13
100m	Intellectually Impaired	T/F 20
100m	Ambulatory	T/F 35-38 & 40-47
200m	Wheelchair	T/F 34 & 51-54
800m	Visually Impaired	T/F 11,12,13
800m	Ambulatory	T/F 35-38 & 40-46
800m	Intellectually Impaired	T/F 20

Race	Divisions	Classification (Chart #1)
100m	Visually Impaired	T/F 11,12 &13
100m	Intellectually Impaired	T/F 20
100m	Ambulatory	T/F 35-38 & 40-47
200m	Wheelchair	T/F 34 & 51-54
800m	Visually Impaired	T/F 11,12,13
800m	Ambulatory	T/F 35-38 & 40-46

800m	Intellectually Impaired	T/F 20
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Part B

If there is any question about what category an athlete fits in, there will be a committee of three (A Convenor, B Convenor, C Convenor) who will make the final decision.

Part C

Athletes using a wheelchair for competition must use a 3 wheeled racing chair as outlined in IPC Rule 14 as well as a helmet.

5. Rules and Officials:

5.1 Suggested Starting Heights for Girls' Vertical Jump:

High Jump: Novice 1.25 metres
Junior 1.30 metres
Senior 1.30 metres
Raise crossbar 5 cm until 6 left; after 6 left, 2.5 cm

Pole Vault: 1.80 metres

Raise crossbar 15 cm until 6 left; after 6 left 10 cm
Any change in increment must be approved by the field

referee.

Judges may use their discretion about starting height.

5.2 Suggested Starting Heights for Boys' Vertical Jump:

High Jump: Novice 1.45 metres
Junior 1.60 metres
Senior 1.65 metres
Raise crossbar 5 cm until 6 left; after 6 left, 2.5 cm

Pole Vault: Novice 2.30 metres

Junior 2.50 metres

Senior 2.80 metres

Raise crossbar 15 cm until 6 left; after 6 left, 10 cm

Any change in increment must be approved by the field referee.

Judges may use their discretion about starting height.

5.3 In order to clarify rules of competition the following order of interpretation will be used:

- i) OFSAA Rules
- ii) IAAF handbook

5.4 Starting blocks do not have to be used by competitors. Athletes must be in a four point stance if they do not use starting blocks in events that run in lanes. Wheelchair, Ambulatory, Blind and Intellectual Disabled athletes are exempt from 5.4.

5.5 In track events with timed finals the top seeded entries will be placed in the same section, which will be the last of the timed sections.

5.6 Seeding shall be done in order to spread the fastest qualifying times evenly throughout the heats and finals. Lane assignments for heats and finals shall be seeded by times from fastest to slowest as follows:

6 lane track: Lane 3,4,2,5,1,6

5.7 In track events (with heats qualifying athletes for finals) the WINNER of each heat and the next fastest times to lane spaces available will qualify for finals. In the event of a tie for times to finals, placing is used to break the tie. Should a tie still exist, a runoff will be administered by the track referee.

5.8 In 800, 1500, 2000, 3000 metre race distances:

- i) fastest time position 5
- ii) 2nd fastest time position 6
- iii) 3rd fastest time position 7
- iv) 4th fastest time position 8
- v) 5th fastest time position 4
- vi) 6th fastest time position 3
- vii) 7th fastest time position 2
- viii) 8th fastest time position 1

5.9 In Distance Field Events (long jump, triple jump, shot put, javelin, discus) competitors are allowed three attempts. Once a round has been completed no attempts shall be awarded to athletes returning to the competition. The best eight competitors being allowed an additional three attempts. For the final three throws or jumps, the competitors will compete in the reverse order of finish (first place throwing last). The top six places will be determined from all attempts.

5.10 If 6 entries are permitted to WOSSAA, 6th and 7th place ties must be

broken.

5.11 Equipment Certification:

- a) Pole-vaulters must supply their own vaulting poles.
- b) If athletes use their own equipment such as shots, discus, javelin, it must be certified by the chief judge.

5.12 Throwing events must be run in the following manner.

- a) All implements must be checked in for weighing before the meet begins on each of the days (or at designated times during the meet).
- b) All implements are retained by the convenor and delivered to the event by the chief official for the event in time for the athletes' warm up.
- c) All warm up and competition throws must be carried out under the supervision of an official with one competitor at a time being allowed to throw. Only one javelin at a time may be removed from the collection.
- d) No competitor may stand in the throwing sector at any time other than to retrieve an implement under the supervision of an adult official.
- e) All implements will be returned to the equipment centre by a qualified student/ official where they may be claimed by respective student athletes and coaches.
- f) All student officials will withdraw to a safety area 10 metres beyond the WOSSAA record for senior boys for each throw.

5.13 Potential record in field events must be measured and verified by the Chief Field Judge.

5.14 A school uniform (top with school name or logo) MUST be worn by a competitor. Relay teams must have the same coloured uniforms.

5.15 Coaches should inform the convenor at Huron Perth if they are not sending eligible competitors to WOSSAA.

5.16 Each school shall purchase an up to date IAAF Handbook, and be responsible for sending qualified informed officials to operate particular events as requested.

5.17 The 'false start' rule will be in effect. (All runners charged with the initial false start. Any runners with subsequent false starts are disqualified.)

5.18 The Jury of Appeal shall consist of three individuals—a track referee, a field referee, and a convenor or meet committee member as designated by the convenor.

5.19 A protest must be submitted in writing together with a \$20 fee (refundable if protest is upheld) within thirty minutes of the incident which is being protested.

5.20 The convenor shall assign each school with areas of responsibility for obtaining officials. Every attempt should be made to have qualified, knowledgeable officials for each event.

6. Scoring

6.1 Points shall be awarded to six places in all events on the following point system (10-8-6-4-2-1).

6.2 All events will count toward team scores with all open individual events counting to the competitor's division.

6.3 All open team events count to the senior division.

6.4 All events (except relays) will count toward individual point standings.

6.5 Events for athletes with disabilities are not scored. Points earned by Para Athletes will go to overall team points only, and not assigned to age divisions.

7. Awards

7.1 School champions will be declared in each boy and girl classification with a pennant provided in both boy and girl classes.

7.2 Pennants will be awarded for overall boys and overall girls champions.

7.3 An individual will be declared for both boys and girls in novice, junior and senior divisions (individual trophies or medallions).

7.4 Ribbons will be awarded in each event to 6th place.

7.5 An overall championship will be declared by adding the points of both boys and girls sections.

7.6 Where ties occur in determining champions (individual or school), co-champions will be declared.

8. Rotating Convenorship:

8.1. There shall be three conveners for the meet with the following apportioning of duties: "A", "B" and "C" Conveners.
"B" shall be Central Huron

"A" Convenor

- i) Meet information and rules
- ii Officials - collecting of names as per assignment

"B" Convenor

- i) Recording results
- ii) Determination of championship.
- iii) WOSSAA entries.
- iv) Entries and seeding.

"C" Convenor

- i) Physical set up.
- ii) Equipment request
- iii) The "C" convenor is responsible for the hurdle crew the year they are "in charge," and the alternating year that school is in charge of providing the finish line timers at the other school.

8.2 Rotation is shown in the following chart:

Year	A" Convenor	" B" Convenor	" C" Convenor
2013-14	FE Madill	CHSS	St. Anne's CSS
2014-15	Mitchell	CHSS	Goderich DCI
2015-16	St. Anne's	CHSS	St. Anne's CSS
2016-17	St. Michael	CHSS	Goderich DCI
2017-18	St. Marys	CHSS	St. Anne's CSS

2018-19	Northwestern	CHSS	Goderich DCI
2019-20	South Huron	CHSS	St. Anne's CSS
2020-21	SCSS	CHSS	Goderich DCI
2021-22	Listowel DSS	CHSS	St. Anne's CSS
2022-23	FE Madill	CHSS	Goderich DCI
2023-24	Mitchell	CHSS	St. Anne's CSS
2024-25	St. Michael	CHSS	Goderich DCI
2025-26	St Mary's	CHSS	St Annes CSS
2026-27	South Huron	CHSS	Goderich DCI
2027-28	SDSS	CHSS	Goderich DCI

Rowan's Law

i) In accordance with Rowan's Law, confirm in writing, that student-athletes and their parent/guardian (if student is under 18 years of age) have reviewed their Board's concussion awareness resource and concussion code of conduct within the previous twelve (12) months OR that the student-athlete and their parent/guardian (if student is under 18 years of age) have reviewed the OFSAA concussion awareness resource and OFSAA concussion code of conduct within the previous twelve (12) months.

ii) In accordance with Rowan's Law, all coaches and trainers confirm in writing, that they have reviewed their Board's concussion awareness resource and their Board's concussion code of conduct within the previous twelve (12) months OR that they have reviewed the OFSAA concussion awareness resource and OFSAA concussion code of conduct within the previous twelve (12) months.

