

1. Boys' and Girls' - SPRING Sport		TRACK AND FIELD		2. ZONE/SOSSA/OFSAA	
<p>Many of the Policies in this sport specific section make a direct reference to a specific ARTICLE or SECTION in the NRHSAA CONSTITUTION/ POLICY MANUAL. Where relevant, you will find direct reference(s) to the ARTICLE and/or SECTION of the NRHSAA CONSTITUTION/ POLICY MANUAL. If you want to refer to the NRHSAA CONSTITUTION log on to http://www.dsbn.edu.on.ca and then click on "schools link". Or, use http://www.dsbn.edu.on.ca/schools.htm. The policies that follow are specific to this sport and should be adhered to, by every member of the NRHSAA.</p>					
3. N.R.H.S.A.A. Zone members' phone/fax numbers - See Appendix A					
4. Executive Board of Reference - GENERAL (Responsibilities; Procedures);					
5. Athletic Convenors					
6. Soliciting	7. Insurance	8. Personal Property	9. Team Selection	10. Safety	11. Supervision of Interschool Teams
12. Eligibility for...					
a) a School:	b) an Individual c) Special Considerations;	13. Transfers: -Sect.2, Board of Reference - TRANSFER (Procedures): -Sect. 1, Transfer Policy,; -Transfer Form; (Appendix); -Transfer Meeting Dates; -Sect.2, Ineligible Ruling; -Sect.3, SOSSA Appeal Process;		14. Scheduling: -Sect.1, Declaration of play; -Sect.2, School Classification; -Sect.3, League and Play-off format; -Sect.4, Stages of Scheduling.	
Sport Specific Policies that may or may not be in the NRHSAA Constitution an Policy Manual.					
The Preliminary/ Qualifying Meet: 15. Meet or Championship Format; 16. Eligibility Sheets; 17. Substitutions;	18. Uniforms; 19. Start Times; 20. Rule Book; 21. Entry into the Zone Meet; 22. Scoring at the Zone Meet;	23. Suspensions; - Ejection- for extraneous equipment; interference by club coaches. Permission Form template is on page 5. - Physical or verbal altercation -		24. Board of Reference - SANCTIONS And PROTESTS: Sanctions: Procedures, Penalties, Protests: Procedures. 25. Advancing to SOSSA;	
26. SOSSA Boys' and Girls' Track and Field 27. Convening SOSSA Championships APPENDICES: - T and F Permission form; - ABSENT/EXCUSED ATHLETE FORM ZONE IV PRELIMINARY MEET - HEIGHTS AND WEIGHTS			28. SOSSA "HOST" TEAM FOR OFSAA CHAMPIONSHIPS:		

Section 2 - Individual

- Midget - birth certificate indicates 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. Note: Students may compete in this category for one year ONLY. THEIR GRADE 9 YEAR.
- Junior - birth certificate indicates 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 - birth certificate indicates 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.

Competitors may enter three (3) total individual events in the same age category (e.g. two (2) running and one (1) field or three (3) running events). In addition, an athlete may enter one (1) age class relay and one (1) open relay.

A competitor may compete in the individual track and field events in his/her own age classification and then 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.

A competitor who competes above his/her age category in the individual events may compete on a relay team in his/her own age classification.

Section 3 - Special Consideration

13. TRANSFERS ARTICLE XIII

14. STANDING COMMITTEE(S) ARTICLE IX

Section 2 - Board of Reference - TRANSFER

Transfer meeting dates will be published the first week in Sept. of the current school year.

Section 1 - Transfer Policy

Section 2 - Ineligible Ruling

Section 3 - S.O.S.S.A. Appeal Process

15. SCHEDULING ARTICLE XV

Constitutional material NOT APPLICABLE TO TRACK AND FIELD

16. MEET FORMAT /SCHEDULE:

NRHSAA sanctioned track and field competitions shall include all OFSAA events.

The schedule for the competitions shall be similar to the SOSSA and Regional schedule.

Student/athletes must compete at the Preliminary/Qualifying Meet to advance to Zone, unless a special exemption has been granted by the Convenor and the NRHSAA Executive. An ABSENT/EXCUSED ATHLETE FORM Zone IV PRELIMINARY MEET (see appendix) must be completed and submitted to the Convenor before the entry deadline.

All athletes in events which may not have been contested at the Preliminary/Qualifying or Zone Meet will advance to the next level of competition. The entries for such non-contested events must be submitted before the beginning of the first competition.

Track events take precedence over field events. If an athlete has a scheduled conflict he/she must advise field event officials that they are involved in a track event and then return immediately after the track event to the field event. A competitor may not make up a missed round.

No team standings will be kept at the PRELIMINARY/QUALIFYING MEET.

17. ELIGIBILITY SHEETS ARTICLE XII

At the Convenor's discretion, schools/coaches will be notified when eligibility sheets should be to the Convenor. At a minimum, These entries must be to the Convenor five school days before the PRELIMINARY/QUALIFYING MEET.

18. SUBSTITUTION(S):

- Substitution(s) will be permitted only if the name of the substitute appears on the original eligibility sheet signed by the Principal.
- Substitution will be permitted up to 24 hours before the start of the meet.
- Injuries shall be the only reason for substitution once the meet has started.
- If a competitor qualifies at a qualifying meet and is unable to compete at the next level, then the competitor who placed next highest will qualify.

18. UNIFORMS:

Student/athletes shall compete in an official school track and field uniform consisting of shorts and tops in official school colours or a "proper uniform."

The following will be accepted as the "proper uniform" for competitors:

- Top
- school track top
 - school crested t-shirt
 - plain white t-shirt

- Lower Body:
- recognizable athletic shorts or running tights (plain or with school name/identification/logo)
 - sweat pants (plain or with school name/identification/logo) may be permitted by the event official if it is cold/rainy.

Following are examples of some of the attire which will not be permitted:

- cut offs
- jams
- Hawaiian shorts or tights
- multi-coloured paisley type attire unless it is the official school uniform in the official school colours
- exotic headgear

UNIFORM OF RELAYS: - The top for all four (4) competitors on a relay team shall appear identical. Minor differences in tops may be permitted at the discretion of the event official. Distinctly mismatched tops even if the official school uniform will not be accepted. The four (4) tops may consist of plain white t-shirts;
- the shorts/tights shall be in an official school colour(s) or a neutral colour (black or white);
- In the case of disputes the Track Referee or Designate shall rule.

19. START TIME:

ARTICLE XV; Section 4, Page 19, is not applicable for Track and Field.

20. RULE BOOK; In order to clarify rules of competition the following order of interpretation will be used:

1. NRHSAA and SOSSA Rules
2. OFSAA RULES
3. Athletic Canada Rule & By-laws
4. I.A.A.F. Handbook

21. ENTRY INTO THE ZONE MEET from the PRELIMINARY/QUALIFYING MEET:

The following will qualify for the Zone Meet:

1. All properly entered athletes in events which may not have been contested at the PRELIMINARY/QUALIFYING MEET.
2. If the ZONE MEET is held on a **6 lane track**, the top 6 teams in relays and the top 12 individuals in all other events advance to the Zone Meet.
3. If the ZONE MEET is held on an **8 lane track**, the top eight relays and 16 individuals will advance

to Zone.

22. SCORING AT THE ZONE MEET:

Team standing (girls, boys, overall) will be kept at the Zone meet.

Points at the Zone meet will be 6 - 4 - 3 - 2 - 1

At the Zone meet, in all final timed - section events, the first place finisher in the event from each division will run in the same heat.

Ribbons for Zone IV Track and Field positions 1-5 inclusive, be ordered and paid for by the Zone IV budget.

Zone records will be kept. Records may be set at the Zone meet only and not at the Preliminary/qualifying meet. They may be set in a heat, semi-final or final.

Zone Meets should be held one (1) week prior to S.O.S.S.A. Track and Field.

23. SUSPENSIONS

ARTICLE XXV

24. Section 1 - Ejection from competition

No extraneous equipment be used at Track and Field Meets in the field of competition. This includes frisbees, balls of any type, lacrosse sticks, etc. and "ghetto blasters". The first time, the offending student(s) {and possibly the coach(es)} are warned and the equipment is confiscated; the second infraction by the same individual student/athlete(s) will see he/she disqualified from all events including those he/she already qualified in for the next Meet.

Unless written permission has been given by the High School Coach and Principal in question, no club coach shall interfere, direct or coach in any way whatsoever during the High School Track and Field season. Doing so, shall automatically disqualify the student/athlete's membership status with his/her high school team for the current indoor/outdoor season.

25. STANDING COMMITTEE(S)

ARTICLE IX

Section 3 - Board of Reference - SANCTIONS AND PROTESTS

Procedures
Penalties
Protests
Procedures

26. ADVANCEMENT TO S.O.S.S.A:

The top 5 competitors in all track and field events, relays included, advance to SOSSA.

27. SOSSA INC.: BOYS' AND GIRLS' TRACK AND FIELD:

Constitution and By-Laws: pages 1 to 25 of the SOSSA handbook;

BOYS' AND GIRLS' TRACK AND FIELD: pages 75 to 78 of the SOSSA handbook.

Also, check www.sossa.on.ca and www.ofsaa.on.ca for more information

28. CONVENING S.O.S.S.A. CHAMPIONSHIPS

ARTICLE XXIX

29. SOSSA "HOST" TEAM FOR OFSAA CHAMPIONSHIPS:

**ABSENT/EXCUSED ATHLETE FORM
ZONE IV PRELIMINARY**

This Form Must Be Submitted With entries Before the Meet

This form is to be used for athletes not able to attend the Zone IV Preliminary Meet, because of a valid academic/exceptional reason,. Approved athletes will advance to the Zone IV in field events and all non-laned track events. If there are less than 16 participants at the Preliminary Meet in laned events (100, 200, 400, hurdles) the athlete will advance to Zone IV.

School: _____; Athlete's Name: _____;

Events: _____; _____; _____;
_____;

Age Category: _____

Reason (s) for not participating at the Preliminary Meet:

Date: _____

Coach/Staff Advisor Signature: _____

FYI:

Heights and Weights: FOR TRACK and FIELD ZONE/SOSSA/OFSAA MEETS:

FALSE START RULE	THE FIRST FALSE START IS AGAINST THE FIELD; SECOND AND SUBSEQUENT FALSE STARTS ARE AGAINST THE ATHLETE AND HE/SHE WILL BE ELIMINATED FROM THE EVENT. THERE WILL BE NO EXCEPTION TO THE FALSE START RULE: "THE TRACK REFEREE WILL NOT HAVE THE RIGHT TO OVERRULE THE STARTER'S DECISION."
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HURDLES

Hurdle Event	Distance	Height	Distance to 1 st .	Distance of 1 to 2 etc.	Distance from Last to Finish	Number of Hurdles
Midget Girls	80 M.	2'6" 0.762 M.	12 M.	8 M.	12 M.	8
Junior Girls	80 M.	2'6" 0.762 M.	12 M.	8 M.	12 M.	8
Senior Girls	100 M.	2'6" 0.762 M.	13 M.	8.5 M.	10.5 M.	10
Midget Boys	100 M.	2'9" 0.840 M.	13 M.	8.5 M.	10.5 M.	10
Junior Boys	100 M.	3' 0.914 M.	13 M.	8.5 M.	10.5 M.	10
Senior Boys	110 M.	3' 0.914 M.	13.72 M.	9.14 M.	14.02 M.	10
Midget/Junior Girls	300 M.	2'6" 0.762 M.	50 M.	35 M.	40 M.	7
Midget/Junior Boys	300 M.	2'9" 0.840 M.	50 M.	35 M.	40 M.	7
Senior Girls	400 M.	2'6" 0.762 M.	45 M.	35 M.	40 M.	10
Senior Boys	400 M.	3' 0.914 M.	45 M.	35 M.	40 M.	10

THROWING EVENT IMPLEMENTS

7 - Boys' & Girls' - Track and Field - 2011-12

EVENT	MALE OR FEMALE	LEVEL	WEIGHT
Javelin	Girls'	ALL	600 g.
Javelin	Boys'	MIDGET/JUNIOR	600 g.
Javelin	Boys'	SENIOR	800 g.
Shot Put	Girls'	ALL	4 kg. 8 lb. 13 oz.
Shot Put	Boys'	MIDGET/JUNIOR	4 kg. 8 lb. 13 oz.
Shot Put	Boys'	SENIOR	5.443 kg. 12 lb.
Discus	Girls'	ALL	1 kg.
Discus	Boys'	MIDGET/JUNIOR	1 kg.
Discus	Boys'	SENIOR	1.613 kg.