

LGSSAA

Track & Field Playing Regulations

(Revised 2019)

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LGSSAA Track & Field Playing Regulations (2017)

1. DATE OF THE COMPETITION

The LGSSAA Track and Field Championship shall be held on the Thursday or Friday of the week preceding the EOSSAA Track and Field Championship.

The LGSSAA track and field convener will mail or email to all LGSSAA schools the pertinent meet information regarding date, time, location, entry fees, etc. at least one month before the date of the LGSSAA meet.

2. AGE DIVISIONS (as per OFSAA)

Midget - 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.

3. ENTRIES INFORMATION

- (a) All entries will be due at the convener's school by 4:00 p.m. on the Monday preceding the LGSSAA meet. Any exceptions to this deadline must be approved, in writing, by the LGSSAA track and field convener. Electronic entries will be completed by the HY-TEK Team Manager Lite program. Schools must download this program in order to complete entries. LGSSAA meet entry fees must be given to the convener prior to the start of the LGSSAA meet.

4. ELIGIBILITY

To represent a school in any activity co-ordinated by OFSAA, a student must:

- (i) be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs;
- (ii) be certified as eligible by the Principal of the school and the teacher coach of the school;
- (iii) meet the age requirements as listed in Section 2 above;
- (iv) be in Grades 9-12;
- (v) be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f));
- (vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g));
- (vii) have signed all required competition forms.
- (viii) Any athlete participating in an OFSAA Championship or an OFSAA (East Regional) qualifying event must have participated as a member of a bona fide high school program during the school season (March to June), in a minimum number of practices (sixteen (16)), at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the school principal.

5. FORMS TO BE SUBMITTED WITH LGSSAA ENTRIES

The following completed forms must be submitted to the LGSSAA convenor prior to the start of the LGSSAA meet;

- (i) A completed OFSAA Track and Field Eligibility Form (AEL's) including transfer student information and signed by the principal.
- (ii) A completed Rules of Behaviour for Participants to OFSAA Championships signed by all team members including coaches, managers, supervisors, and competitors (even if they do not eventually qualify for OFSAA).
- (iii) A completed OFSAA Track and Field Supervision Form, with the principal's signature.
- (iv) A completed OFSAA Photo Release form with the names of any students on your team who do **not** want their photograph to appear on Championship websites, the OFSAA Bulletin, newspapers and/or other OFSAA publications. It is not necessary to submit this form if all team members agree that their photographs may be used for the above reasons.
- (v) A completed liability waiver form.

These forms are available for download from the EOSSAA website. www.eossaa.ca

- (b) It is recommended that seed performances be given when entering athletes for track events.
- (c) No Verbal, Telephone, or Fax Entries! Late entries will be allowed at \$5.00 per entry, if they can be made without reseeding lane events. These are not to be considered post entries, but rather a legitimate coach's mistake. These entries will be at the convenor's discretion.
- (d) Coaches should bring adequate funds or a blank cheque to the LGSSAA meet to cover their EOSSAA entry fees. These are payable to the convenor at the conclusion of the LGSSAA meet.
- (e) The LGSSAA track and field convenor should set the entry fee so that all meet expenses can be met. After expenses are covered, all remaining monies should be forwarded to the host school.
- (f) Photo timing fee – each school must pay \$50.00 to cover photo timing expenses.
- (g) (i) An athlete may compete in no more than 3 individual events, plus one age class relay (4 x 100 meters and one open 4 x 400m. relay).
(ii) Schools may enter more than one team in a relay event.
(iii) Schools may enter an unlimited number of competitors in each individual event, provided that they have all completed the required number of practices for eligibility (16).
- (h) Athletes who have conflicting events must report to the clerk and/or field judge when their events are called, and then compete in the following order of precedence;
 - (1) Track Events
 - (2) High Jump and Pole Vault
 - (3) All other Field Events

6. EOSSAA QUALIFYING

The number of entrants from each league in each individual event will be as follows;

- i) 6-lane track at EOSSAA - 3 in all events up to and including 400m.
- 4 in all track events 800m. and longer and all field events
- ii) 8-lane track at EOSSAA - 4 in all events

Relay teams will qualify for EOSSAA as follows;

- i) 6-lane track at EOSSAA - top 2 teams from each league
- ii) 8-lane track at EOSSAA - top 2 teams from each league, plus the next 4 fastest times.

An athlete may compete in no more than 3 individual events, plus one age class relay (4 x 100m.) and one Open relay (4 x 400m.)

A school is limited to 4 athletes per event and 1 relay team per age category as well as 1 team in each of the Open relays.

7. (a) LGSSAA SEEDING and QUALIFYING for 100m. and 200m.

Heats (if needed) and finals will be run in the 100m. and 200m. All other track events, including relays, will be run as timed section finals or finals. Performances at meets held prior to LGSSAA, in the current school year, will be used for seeding purposes. It is recommended that legitimate seed performances be given when entering athletes for track events.

Qualifying for finals in 100m., 200m only Sprint Hurdles are run as timed sections finals.

8-lane track

(if a 6-lane track is used, refer to Appendix 1)

8 or fewer runners will run a final only.

If there are more than 8 runners in the heats, then the fastest 8 times from the heats will advance to the final.

Ties in qualifying heats for advancement to finals will be broken as follows;

- (1) Better placing in the same heat with identical times
- (2) Better placing in different heats with identical times
- (3) If runners are still tied, the qualifiers will be decided by drawing lots or by a run-off, method to be decided by the tied athletes.

Seeding for heats 100m., 200m.

Based upon performance times (seed times) submitted on the entry list, runners will be seeded with the fastest times in the middle lanes. Examples are shown below.

8-lane track - [numbers] in brackets are the seed times from the performance list with [1] being the fastest and [24] being the slowest.

Heat #1 - [1] [6] [7] [12] [13] [18] [19] [24]

Heat #2 - [2] [5] [8] [11] [14] [17] [20] [23]
Heat #3 - [3] [4] [9] [10] [15] [16] [21] [22]

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Once the runners have been seeded into their heats, the lane assignments will be by random draw.

Lane assignments for the FINAL will be based upon the heat times as follows;
[1] [2] [3] [4] will be assigned lanes 3, 4, 5, and 6 by random draw.
[5] [6] [7] [8] will be assigned lanes 1, 2, 7, and 8 by random draw.

8. (b) LGSSAA SEEDING for ALL hurdles, 400m., and all relays
(if a 6-lane track is used, refer to Appendix 1)

These events will be run as timed sections finals with overall placing based upon times run. Entries will be placed in sections according to the performance list with the fastest times running in the last section.

8-lane track - [numbers] in brackets are the seed times from the performance list with [1] being the fastest and [24] being the slowest.

Section #1 - [17] [18] [19] [20] [21] [22] [23] [24]
Section #2 - [9] [10] [11] [12] [13] [14] [15] [16]
Section #3 - [1] [2] [3] [4] [5] [6] [7] [8]

Seeding for each section will be based upon seed times from the performance list as follows;

Section #1- [17] [18] [19] and [20] will be assigned lanes 3, 4, 5 and 6 by random draw.
[21] [22] [23] and [24] will be assigned lanes 1, 2, 7 and 8 by random draw.
Section 2- [9] [10] [11] and [12] will be assigned lanes 3, 4, 5 and 6 by random draw.
[13] [14] [15] and [16] will be assigned lanes 1, 2, 7, and 8 by random draw.
Section #3 - [1] [2] [3] and [4] will be assigned lanes 3, 4, 5, and 6 by random draw.
[5] [6] [7] and [8] will be assigned lanes 1, 2, 7, and 8 by random draw.

If a tie occurs in times from different sections, the runners will be given the same placing. Please note that if a tie occurs for the final EOSSAA qualifying position, the runner in the later section will advance to EOSSAA. There will be no run-offs in these events.

7. (c) SEEDING and EOSSAA Qualifying for Relays – 4 x 100m. and 4 x 400m.

These events will be run as timed section finals.

Midgets and Juniors may move up in age divisions for the 4 x 100m. relays, however a runner may only compete in one 4 x 100m. relay.

Teams will be placed in sections and lanes similar to the procedures used for the 400m. and the same tie-breaker rule will apply for the EOSSAA qualifying position.

At least six separate races will be run to accommodate each age division. The event

schedule will not be altered, regardless of the number of entries per division.

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It is the responsibility of the LGSSAA track and field convenor to inform relay teams from our league if they have qualified for EOSSAA. This notification must be made by the Tuesday immediately before the EOSSAA meet. Qualifying based upon times can only occur if EOSSAA is being run on an 8-lane track.

7 (d) SEEDING for Distance Events

These events will be run as finals, unless there are sufficient numbers of competitors to warrant timed sections. Starting positions in each section or final will be determined by random draw.

800m. – This event starts in lanes with a one-turn stagger, therefore the maximum number of runners in a section will be equal to number of lanes available. Runners will be seeded in sections following a similar procedure to the 400m. so that the runners fastest seed times run in the later sections.

1500m. and Steeplechase – Each of these events will be run as a final, unless there are more than 18 competitors, in which case the field will be divided into timed sections with an even number of runners in each section and the fastest runners in the later sections. Starting positions will be determined by random draw.

3000m. – This event will be run as a final with a curved line start. If there are more than 9 runners, then the field will be divided evenly into two starting boxes for a one-turn staggered start. Starting positions in these boxes will be as follows: the top 1/3 of the field based on seed times will be in the outside box and all others will be in the inside box. Runners will be randomly placed in their assigned boxes.

9. FIELD EVENTS

The order of competing in all field events will be determined by random draw.

In the long jump, triple jump, and all throwing events each competitor will receive three trials. The top 8 performers in the first 3 rounds will qualify for 3 additional attempts. When there are 8 or fewer competitors, all athletes will receive 6 trials. The competing order for the last three rounds shall be in the reverse ranking order recorded after the first three rounds of trials.

Throwing implements will be provided, however athletes may use their own implements provided they are certified at the weigh-in station before 10:00 a.m. on the day of the LGSSAA meet.

Starting Heights in high jump and pole vault will be determined by the lowest seed performance of competitors in each division. In the high jump and pole vault, an athlete remains in the competition until he/she has three consecutive misses. Increments for raising the bar will be 5 cm. for high jump and 15 cm. for pole vault, until 3 or fewer competitors remain in the event at

which time the field judge will consult with the remaining competitors to determine the next height.

10. MEET STRUCTURE

LGSSAA will conduct all events that are on the OFSAA schedule;

All age groups – 100m., 200m., 400m., 800m., 1500m., 3000m., Sprint Hurdles, Intermediate Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Javelin, 4 x 100m..

Open Girls – 2000m. Steeplechase, 4 x 400m.

Open Boys – 2000m. Steeplechase, 4 x 400m.

Event Specifications

	Hurdle Events		Shot Put	Discus	Javelin
	Distance	Hurdle Height	Weight	Weight	Weight
Midget Girls	80m.	2'6"	3 kg.	1 kg.	600gm.
	300m.	2'6"			
Junior Girls	80m.	2'6"	3 kg.	1 kg.	600gm.
	300m.	2'6"			
Senior Girls	100m.	2'6"	4 kg.	1 kg.	600gm.
	400m.	2'6"			
Open Girls Steeplechase	2000m.	2'6"			
Midget Boys	100m.	2'9"	4 kg.	1 kg.	600gm.
	300m.	2'9"			
Junior Boys	100m.	3'0"	4 kg.	1 kg.	600gm.
	300m.	2'9"			
Senior Boys	110m.	3'0"	5.4 kg.	1.616 kg.	800gm.
	400m.	3'0"			
Open Boys Steeplechase	2000m.	3'0"			

In addition, all Para Events offered at OFSAA. (see Appendix 2)

11. FACILITIES

The meet site should include at a minimum;

- (a) 6-lane all-weather track with markings for all running events.

- (b) Hurdles – 10 x number of lanes, plus 6 extra hurdles, 4 steeplechase barriers (5 if there is no water jump barrier).

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- (c) Seating areas or bleachers to accommodate 400+ athletes, coaches, officials, and spectators
- (d) One high jump area with 2 standards, 2 fiberglass cross bars, adequate foam landing pits with cover.
- (e) One pole vault runway with 2 standards, 2 fiberglass cross bars, adequate foam landing pits with cover.
- (f) One shot pad and one discus pad with toe board (shot put) or discus ring and sector lines
- (g) One javelin runway with sector lines.
- (h) One runway each for long jump and triple jump with shovels, rakes, and leveling boards for each pit.
- (i) Weigh scales and measuring devices to certify throwing implements.
- (j) At least one legal implement for each throwing event.
- (k) Miscellaneous items – relay zone flags, brooms, cones and designated field officials will provide tape measures, clipboards and pencils.

12. RULES AND OFFICIALS

- (a) Rules will be used in the following order of precedence;
LGSSAA www.lgssaa.org/trackandfield/
then EOSSAA, www.eosaa.ca/docs/playingRegs/TrackandField
then OFSAA, www.ofsaa.on.ca/resources/playing-regulation
then IAAF. www.iaaf.org/competition/technical
- (b) An athlete who does not use starting blocks must use a four point stance in the individual event races that begin and end in lanes:- Sprint Hurdles; Intermediate Hurdles, 100m, 200m, 400m.
- (c) In both relay events, the initial athlete who does not use starting blocks must use a four point stance.
- (d) The false start rule is as follows:- The first false start will be charged to the field. The second false start and subsequent false starts will be charged against the athlete(s) making a false start.
- (e) 30 Adult officials required; 1 track referee, 2 field referee (1 throws, 1 jumps), 3 jury of appeal,
2 photo-timers, 1 computer scorer, 2 starters, 2 starter's assistants, 1 announcer, 1 finish line marshal, 1 equipment manager, 1 weigh-in supervisor, 1 hurdles crew chief, 6 relay zone judges, 1 head field event judge at each field event (7 adults).
- (f) 37 Student officials required – 2 computer scorer's assistants, 10 hurdles crew, 2 starting blocks crew, 2 finish line message runners, 2 high jump officials, 3 pole vault officials, 3 long jump officials, 3 triple jump officials, 3 shot put officials, 3 discus officials, 3 javelin officials, 1 lap timer. Each head field event official will be responsible for providing a student crew for their event plus a measuring tape.
- (g) Timing – Electronic photo-timing will be used for all track events.
- (h) Team scoring will be as follows; 10-8-6-4-2-1 points for places 1st through 6th.

LGSSAA Track and Field Meet Schedule

Time	Event	Order
9:00 AM	OB 2000m. Steeplechase (FINAL) OG 2000m. Steeplechase (FINAL)	
9:30 AM	Intermediate Hurdles(TIMED SECTIONS)	MG JG SG MB JB SB
10:00 AM	100m. (Heats)	MG MB JG JB SG SB
10:45 AM	Boys 1500m. (FINALS)	MB JB SB
11:15 AM	400m. (TIMED SECTIONS)	MG MB JG JB SG SB
11:45 AM	Girls 1500m. (FINALS)	MG JG SG
12:00 PM	Lunch Break	
12:30 PM	100m. (FINALS)	MG MB JG JB SG SB
1:00 PM	Sprint Hurdles (TIMED SECTIONS)	MG JG SG MB JB SB
1:45 PM	800m. (TIMED SECTIONS)	MG MB JG JB SG SB
2:15 PM	200m. (Heats)	MG MB JG JB SG SB
3:00 PM	Boys 3000m. (FINALS)	MB JB SB
3:45 PM	200m. (FINALS)	MG MB JG JB SG SB
4:00 PM	Girls 3000m. (FINALS)	MG JG SG
4:45 PM	4 x 100m. (TIMED SECTIONS)	SG SB JG JB MG MB
5:15 PM	4 x 400m.(TIMED SECTIONS)	OG OB

Field Events

(The order of age groups in each event will be determined after all entries are submitted. If there are small fields, some age groups may jump/throw together)

Time	Girls Events	Boys Events
9:00 AM	Pole Vault High Jump Shot Put	Triple Jump Javelin
11:00 AM	Long Jump Javelin	Pole Vault High Jump Discus
1:30 PM	Triple Jump Discus	Long Jump Shot Put

Appendix 1

6-LANE TRACK SEEDING AND QUALIFYING

1. (a) LGSSAA SEEDING and Qualifying for 100m. and 200m
 - 6 or fewer runners will run a final only

If there are more than 6 runners in the heats, then the fastest 6 times from the heats will advance to the final.

Seeding for heats 100m. and 200m.

Based upon performance times (seed times) submitted on the entry list, runners will be seeded with the fastest times in the middle lanes. Examples are shown below.

6-lane track - [numbers] in brackets are the seed times from the performance list with [1] being the fastest and [18] being the slowest.

Heat #1 - [1] [6] [7] [12] [13] [18]

Heat #2 - [2] [5] [8] [11] [14] [17]

Heat #3 - [3] [4] [9] [10] [15] [16]

Once the runners have been seeded into their heats, the lane assignments will be by random draw.

Seeding for the FINAL will be based upon heat times as follows;

[1] [2] and [3] will be assigned lanes 2,3, and 4 by random draw.

[4] [5] and [6] will be assigned lanes 1, 5, and 6 by random draw.

7. (b) SEEDING and EOSSAA Qualifying for ALL hurdles, 400m., and all relays

These events will be run as timed sections finals with overall placing based upon times run. Entries will be placed in sections according to the performance list with the fastest times running in the last section.

6-lane track - [numbers] in brackets are the seed times from the performance list with [1] being the fastest and [18] being the slowest.

Section #1 - [13] [14] [15] [16] [17] [18]

Section #2 - [7] [8] [9] [10] [11] [12]

Section #3 - [1] [2] [3] [4] [5] [6]

Seeding for section each will be based upon seed times from the performance list as follows;

Section #1- [13] [14] and [15] will be assigned lanes 2,3, and 4 by random draw.

[16] [17] and [18] will be assigned lanes 1, 5, and 6 by random draw.

Section 2- [7] [8] and [9] will be assigned lanes 2,3, and 4 by random draw.

[10] [11] and [12] will be assigned lanes 1, 5, and 6 by random draw.

Section #3 - [1] [2] and [3] will be assigned lanes 2,3, and 4 by random draw.

[4] [5] and [6] will be assigned lanes 1, 5, and 6 by random draw.

Appendix 2

Para Division & Physical and Intellectual Disabilities Events

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

Race	Division	Classification– (Chart # 1)
200m	Wheelchair	T/F 34 & 51 - 54

Race	Division	Classification (Chart # 1)
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Race	Division	Classification- (Chart # 1)
800m	Visually Impaired	T/F 11,12,13
800m	Ambulatory	T/F 35 – 38 & 40- 46

800m and 100m	Intellectually Impaired
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T/F 40