

OFSAA WEST REGIONAL TRACK AND FIELD 2026

COACHES' INFORMATION PACKAGE

Jacob Hespeler Secondary School

355 Holiday Inn Drive

Cambridge, Ontario

Thursday May 28, 2026

1:45 p.m. – 8:00 p.m.

Friday May 29, 2026

9:00 a.m. – 4:00 p.m.

Convenor:

Jim Woolley

jim_woolley@wrdsb.ca

Entries and Results:

Jeff Anderson

kwtimers@gmail.com

Officials:

Chuck Thompson

Charles_thompson@wrdsb.ca

Darcy Mintz

Darcy_mintz@wrdsb.ca

Web-Site

All information is located at: <https://kwtimers.ca/>

Entries, Entry Fee and Classification

- a) Each association may enter up to five (5) athletes per individual track, field or relay event. Host association is allowed an extra entry. Entry deadline from the Association convenor is due on Saturday May 23 at midnight.
- b) Competitors may enter three (3) individual events in the same age class or open events.
- c) Each competitor may enter one age class relay (his/her own age class or higher) and the open 4 x 400 relay. NO SCHOOL MAY ENTER TWO TEAMS IN THE SAME RELAY EVENT.
- d) Entry fees are:
 - i) \$15 per athlete per individual event
 - ii) \$30 per relay team.Each association convenor is to provide the entry fee for Regionals via one check for their association. The Check is made out to District 8 Athletic Association. Please put Regional Entry fee and your association on the envelope for the check.
- e) Substitutions to the Regional Meet are allowed if the changes are made by the association convenor before 3:00 pm on Tuesday May 26 to Jeff Anderson. His email address is kwtimers@gmail.com No changes will be accepted after this date. Under no circumstances will substitutions be allowed on the days of the meet.
- f) Please enter all relay team members and alternates in your electronic entries. Changes may be made at Regionals. This is only to help facilitate entries for OFSAA. Once your team has qualified for OFSAA, please confirm relay team members.

Entry to OFSAA

- a) The first four finishers in all events will qualify for OFSAA.
- b) An OFSAA entry desk will be set up at the Regional Meet. It is the responsibility of each school to check before they leave the meet that their athletes are entered in the OFSAA meet (including relay team members).
- c) Any problems that may exist with OFSAA entries must be directed to the Regional convenor through your association convenor.
- d) OFSAA entry fees and the OFSAA participation fee will be paid by the Regional convenor from the entry fees to the Regional meet.
- e) Please review the OFSAA Regional entry instruction from the OFSAA Track and Field Web-Site
<https://www.ofsaa.on.ca/championship/track-field/for-coaches/school-hub-registration/>

f) All HUB entries must be completed before OFSAA Regionals, and a **signed supervision sheet must be submitted** at registration when your school packages are picked up.

Athlete Numbers and Uniforms

- a) A number will be assigned to each athlete. Athletes must wear their assigned number at all times on the front of their uniform. Numbers will also serve as a pass for athletes to enter the facility.
- b) Athletes must compete in their school uniforms. Relay team members must wear identical tops. The OFSAA Uniform policy will be in effect.
- c) Envelopes containing numbers, pins, etc. for each school may be picked up at the registration table located outside the front gates of the track by the beginning of the 100 m start at 12:00 on Thursday May 28. Also in the package will be two wrist bands for coaches which allows entry into the facility. If additional coaches come from your school they will need to pay the gate entry fee of \$5.00 for the day or \$7.00 for both days.

Seeding and Lane Assignment Procedures

All seeding and lane assignments will follow the IAAF rule book with the exception that, in all timed section finals, the three association winners will be placed in the last (fast) section along with the next five fastest times. If a tie exists for the fifth fastest time, the tie will be broken by the best placing from the association meets. Seed times from the association meet will be the only times used when determining who is placed in a specific heat or section.

Qualifying from a Heat to a Final

The top three finishers in each heat plus the next two fastest times will qualify for the final. If there is a tie in time for the last qualifying position, then the IAAF rules will apply.

Scratch Rule

If an athlete scratches a track final after qualifying from a heat, he/she may not compete for the remainder of the day. Athletes may scratch from other events without penalty.

Field Event “Timing”

In all field events, the 1 minute rule will be used. With 2 or 3 competitors left at the start of the round, 2 minutes will be used in pole vault and 1.5 minutes in high jump. With one competitor left at the start of the round, 5 minutes will be used in pole vault and 3 minutes in high jump. The time allowed between two consecutive trials is 3 minutes in pole vault and 2 minutes in high jump.

Field Events (Final Three Jumps)

In throws and horizontal jumps, after three jumps, the top eight and ties for eight will be given three additional trials. No tie-breaking procedure will be used at this stage.

Conflicts

- a) If a competitor is entered in both a track and field event, the field event judge may allow the competitor to do his/her trials in an order different from that decided prior to the competition.
- b) In a field event, no competitor is allowed more than one trial recorded in any round of competition.
- c) If a competitor is absent from a round and has not returned prior to the beginning of the next round, he/she may receive only his/her attempt in the round of competition in progress at the time of return.
- d) In pole vault and high jump, any trial(s) missed in any round will be recorded as a pass (i.e. did not jump). If the bar has been raised, then it is not lowered for the returning athlete.

Marshalling Area

- a) Field Events – All field events will be marshaled at their site. Athletes must report to the head official at their competition area at least 30 minutes prior to the scheduled starting time.
- b) Track Events – All track events will be marshaled on the outside of the track adjacent to the starting line for each track event. Athletes must report to the marshalling area at least 20 minutes prior to the scheduled starting time.

Facility

No unauthorized individuals will be allowed on the track or in the infield. The infield is reserved for the officials and competitors in the javelin and high jump competition. Coaches and spectators can view these two events from the viewing areas on the back stretch of the track. Please remind athletes and spectators that the shot put, discus, long jump and triple jump are located outside the track facility and care should be taken when in these areas.

The facility will be open for athletes starting at 11:00 am on Thursday May 28.
The track will be closed starting at 1:00 pm on Thursday May 28.

Tents are not allowed inside the track facility.

Spectators and Coaches are asked to remain in the designated viewing areas to ensure their own safety and to allow for effective traffic flow. Spectators and Coaches are asked to respect instructions from meet officials and to stay behind any areas that has been marked with caution tape or fencing.

Please ensure that all athletes deposit garbage into the receptacles provided and clean up team areas at the end of the day.

Warm Up

The stadium with the artificial turf is the designated warm up area. Field events may warm up at the event site once the event has been marshalled. **Athletes throwing javelins, discus or shot put other than at the event site risk being disqualified from the competition.** Athletes must stay off the track until they check in for their event.

Equipment

- a) Throwing implements will not be provided.
- b) Athletes must have their implements approved by the Technical Official. The weigh-in area is located near the official's trailer near the finish line. Implements approved for competition may be used by all competitors in the competition.
- c) Pole vaulters must supply their own poles. A competitor may use another pole vaulters pole only with the owner's permission.

Schedule

The schedule is at the end of this package and will be posted on the KW timers website

<https://kwtimers.ca/>

Appeals

- a) Appeals must be made not later than 30 minutes after the result has been posted. Appeals of Thursday's events must be made Thursday night. Failure to remain for a final posting is not an acceptable excuse.
- b) Appeals must be submitted in writing, using the OFSAA protest form, to the Convenor by a teacher or designated teacher from the school protesting a decision, together with a \$50.00 fee (refundable if protest is upheld).
- c) The decision of the Jury is final.

Medical

First Aid personnel will be present. They will be located inside the front gate by the start of the 100 m. Schools are expected to supply their own consumables.

Results

All results will be posted on the display boards located along the fence outside the front gates near the 100 m start. In case of protest, results will not be posted until the issue is resolved. In addition, results will be posted at <https://kwtimers.ca/>

Awards

In each event, the top six finishers will be awarded an OFSAA West Regional ribbon. Awards for field events will be handed out at the conclusion of the event. Awards for track events will be handed out at the awards area once the final results have been posted.

Parking

Parking is available at a number of locations around the facility and is free. Please do not block any entrances or impede the flow of traffic. A large parking lot is located at the front of the school. Once parked, you can walk up the hill to the back of the school to the track area. In addition, a large shopping area with a lot of parking is located just below the hill at the back of the school. Once parked, you can walk up the hill to the track area.

Tickets

An entry fee will be charged to gain access to the track area. Cash payments will be available at the front and side gates to all spectators at a cost of \$5.00 per day or \$7.00 for a two-day pass.

Emergency

In case of a weather emergency, all athletes and coaches will be evacuated to the gymnasium in the school. Coaches are asked to sit with their team and the meet will resume 30 minutes after the last sighting of lightning.

Time Changes to Schedule

Blocks of events **will not** run ahead of schedule. Events will be called. It is the responsibility of the athlete to report to the marshalling area for track events or the appropriate area for field events.

T-Shirts and Hoodies

Athletes will be able to purchase OFSAA West Regional Short Sleeved T-shirts for \$20.00, Long Sleeved T-Shirts for \$25.00 and Hoodies for \$50.00. If you wish to ensure that you can get these items, they can be pre-ordered by going to:

<https://ofsaawesttracksw2026.itemorder.com/>

They will also be on sale outside the gate by the long jump/triple jump area while supplies last.