



Thames Valley Regional

RULES OF PLAY **TRACK AND FIELD**

1.0 Organization of Competition

In reference to schedule 5, Organization of Competitive Groupings, Seasons, and Practice Restrictions, TVRA Track & Field will be contested via one (1) TVRA Track and Field Meet. Teams will come from the former conferences:

Tri-County

Glencoe DHS
West Elgin
Central Elgin
East Elgin
Parkside
College Ave
Lord Dorchester
Glendale
Woodstock CI
Huron Park
Ingersoll DCI
Holy Cross
St. Joseph's
St. Mary's
Notre Dame
Providence RC
Strathroy DCI
North Mid. DHS

Central

Montcalm
Westminster
South
Clarke Road
Central
Medway
Oakridge
Laurier
Lucas
Beal
Saunders
Banting
St. Andre Bessette
Gabriel Dumont
London DCSS
Mgr. Bruyere
Catholic Central
Regina Mundi
St. Thomas Aquinas
John Paul II
Mother Teresa

- 1.1 The site for the TVRA Championships will be determined by SAC.
- 1.2 The meet schedules will be posted and distributed to Athletic Directors and Coaches as soon as possible before the start of the season.

2.0 Eligibility/Entries

- 2.1 Refer to the TVRA Agreement Schedule 6 as well as the following:
- 2.2 Conference eligibility lists must be submitted to the Conference convenor before any competition, including exhibition meets. The deadline for eligibility sheets will be set each year by the SAC.
- 2.3 Conference entries must be submitted to the Conference convenor no later than four (4) days before the Conference Championship.
- 2.4 A student may only play on one team of the same sport (team or individual) during a season.



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- 2.5 Any athlete participating in a TVRA Track & Field Championship must have participated as a member of a bona fide high school program during the season (March to May), in a minimum of sixteen (16) practices and one (1) exhibition meet. An exhibition meet can take many forms but should include competition among schools.
- 2.6 Conference meet results and entries to WOSSAA are to use compatible computer programs (Hy-Tek Meet Manager, Trackie).
- 2.7 Entries to the TVRA Championship will have to meet the performance standard for each division and each event. (Appendix D)
Each division will be allowed one guaranteed entry for each event, ONLY IF no athlete in any division/event meets the qualifying standard.
- 2.8 **Scratch Rule**
- 2.7.1 Entry scratches shall be accepted at the discretion of the entries chairperson and up until the scratch deadline set by the Convenor.
- 2.7.2 Any competitor scratching from an event during the meet shall be ineligible for individual competition for the remainder of that day of competition.
- 2.7.3 Appeals may be made to the Convenor of the meet through their head coach before the event.
- 3.0 **Competition**
- 3.1 The meet shall be conducted according to the current official rules of the IAAF with amendments outlined as per OFSAA Track & Field regulations. (eg. false start rule)
- 3.2 A school may only enter three (3) athletes/relay teams per event.
- 3.3 Competitors may enter any three (3) individual events in the same age class or open class. In addition, a competitor may enter one (1) 4x100m relay (provided he/she is not over-age for that age-class relay) and one (1) 4x400m relay.
- 3.3.1 **Students may only compete in ONE of the OPEN 4 x 400m relay events offered. The running order in Mixed Open 4 x 400m relay is male-female-male-female.**
- 3.4 Each school may enter three (3) relay teams in each event and division. Only one (1) team per school in each event and division may score points. However, all teams may advance to the WOSSAA Championships.
- 3.5 See Appendix A – List of events.
- 3.6 See Appendix B – Meet Schedule.
- 3.7 See Appendix C -- Event Specifications (eg. hurdle heights, starting heights, etc.)
- 3.8 **See Appendix D - Event Standards**
- 3.9 Conflict of Track & Field Events
- 3.9.1 When a competitor has a track event and field event scheduled for the same time, then he/she must inform the chief official of the field event as soon as possible. The competitor must report to the track event upon the second call for that event.
- 3.9.2 Vertical jumps have precedence over other field events. Athletes are asked to notify officials at both events if an athlete is in two (2) field events at the same time.
- 3.9.3 In horizontal jumps and throws, if a competitor misses a round, he/she may receive only his/her attempt in the round of competition in progress at the time of return. This attempt may occur out of order.
- 3.9.4 After the last competitor has completed their attempt, a round is deemed to be over.



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3.9.5 In vertical jumps, any missed trial(s) of a round will be recorded as a pass(es). If the crossbar has been raised, then it will not be lowered for returning athletes.

4.0 Uniforms and Equipment

- 4.1 All competitors are expected to dress in uniforms that maintain the integrity of the school's name, colour, and logo. No sports club insignia on uniforms or warm-up attire shall be permitted. Sponsorship or brand recognition is permitted to be visible but must conform with the placement guidelines outlined in OFSAA By-Law 6, section 2 (h).
- 4.2 All competitors shall wear bib numbers on the front of their competition shirts. For the high jump and pole vault, bib placement is at the discretion of the official.
- 4.3 The tops of all four relay competitors must be **identical**. The shorts of all four relay competitors should be the same colour.

5.0 Scheduling

- 5.1 The TVRA Conference championships will be held the week prior to the WOSSAA Championships.
- 5.2 The TVRA Conference championships will be a two-day meet.

6.0 School Responsibilities

- 6.1 The Convenor will assign each school with areas of responsibility for officiating. See Appendix E – School Responsibility List.
- 6.2 Schools shall provide the required number of adult official(s) and adult and/or student volunteers. Student volunteers should not be athletes competing during that day of competition.
- 6.3 Officials should bring all equipment necessary for the running of the event. (eg. tape measures, etc.)

7.0 Advancement to WOSSAA

- 7.1 The top **12** finishers from TVRA shall advance to WOSSAA.
- 7.2 **Athletes must compete in, and finish, a regular scheduled final at TVRA in order to qualify for the WOSSAA championship.**
- 7.3 In events where athletes compete in preliminary rounds to advance to the final, the athlete must compete in and finish the final round of the event with an "honest effort".

8.0 Awards

- 8.1 Individual Awards:
 - Gold Medallions for 1st place finishers
 - Ribbons for 2nd – 6th place finishers
- 8.1.1 On a six-lane track, points shall be awarded 10, 8, 6, 4, 2, 1.
On an eight-lane track, points shall be awarded 10, 8, 6, 5, 4, 3, 2, 1.
- 8.1.2 Points earned by Para Athletes will go to team points only, and not assigned to age division.
- 8.1.3 **Points earned by the Mixed Open division relay teams shall be awarded to the school in the Senior Division, split equally between the boys and girls.**



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8.2 Team Awards:

TVRA Track and Field Novice Boys Champions
TVRA Track and Field Junior Boys Champions
TVRA Track and Field Senior Boys Champions
TVRA Track and Field Novice Girls Champions
TVRA Track and Field Junior Girls Champions
TVRA Track and Field Senior Girls Champions

TVRA Track and Field Overall Boys "A" Team Champions (9x12 plaque)
TVRA Track and Field Overall Boys "AA" Team Champions (9x12 plaque)
TVRA Track and Field Overall Boys "AAA" Team Champions (9x12 plaque)
TVRA Track and Field Overall Girls "A" Team Champions (9x12 plaque)
TVRA Track and Field Overall Girls "AA" Team Champions (9x12 plaque)
TVRA Track and Field Overall Girls "AAA" Team Champions (9x12 plaque)

Individual Awards:

The Bob Gage Award will be presented to the top graduating male and female track and field athletes in TVRA. Nomination forms will be distributed by the convenor. (8x10 plaque)

9.0 Convenor Responsibilities – As outlined in the TVRA Sports Agreement - section 5.6 and schedules 3 through 8.

9.1 Convenor Coverage

a) There are 12 days of supply coverage available for convening in TVRA



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APPENDIX A – LIST OF EVENTS

Girls' Events - Novice, Junior, Senior:

| | |
|--|---|
| 100 metres 200 metres 400 metres 800 metres 1500 metres 3000 metres 80 metre hurdles (Novice & Junior 30") 100 metre hurdles (Senior 30") 300 metre hurdles (Novice & Junior 30") 400 metre hurdles (Senior 30") 2000 metre steeple chase (Open) (30") 4 x 100 metre Relays 4x400 metre Relay (Open & mixed) | High Jump Pole Vault Long Jump Triple Jump Discus: 1 kg Javelin: 600 gm Shot: Novice & Junior: 3 kg Senior: 4 kg |
|--|---|

Boys' Events - Novice, Junior, Senior:

| | |
|---|---|
| 100 metres 200 metres 400 metres 800 metres 1500 metres 3000 metres 100 metre hurdles (Novice 33"/Junior 36") 110 metre hurdles (Senior 36") 300 metre hurdles (Novice & Junior 33") 400 metre hurdles (Senior 36") 2000 metre steeple chase (Open) (36") 4 x 100 metre Relays 4x400 metre Relay (Open & mixed) | High Jump Pole Vault Long Jump Triple Jump Shot: Novice & Junior: 4 kg (8 lb., 13 oz.) Senior: 5.443 kg (12 lb.) Discus: Novice /Junior: 1 kg Senior: 1.613 kg (3 lb., 9 oz.) Javelin: Novice /Junior: 600 gm Senior: 800 gm |
|---|---|

Blocks of Events may run up to 30 minutes ahead of schedule.

The track will close at 8:45 am. At this time, no coaches, athletes, or spectators will be allowed in the competition area. All athletes will marshal in the marshalling area and will be directed to their event.

Warm-ups may only take place in the designated areas.

One coach from each school is permitted at the pole vault area only. All other coaches must remain in the stands. There will be absolutely no coaches or spectators allowed anywhere in the competition area at any time during the competition.



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Para Divisions – Definitions

Ambulatory – Athletes with a physical impairment that compete standing. A variety of conditions may be considered in this category, including but not limited to:

-**Neurological Impairments** (CP, traumatic brain injury, stroke, neuromuscular conditions)

-**Limb Deficiencies & Impairments** (upper, lower, clubbed feet) and Dwarfism that influence athletic performance.

V.I (Visually Impaired) – Athletes with visual impairment (no vision, limited vision, or very limited vision) that influence athletic performance.

I.I (Intellectually Impaired) - athletes with cognitive impairments that influence athletic performance.

a. Event Chart

| Race | Age Group | Classification | Event | Age Group | Classification |
|------|-----------|----------------|----------|-----------|----------------|
| 100m | OG/OB | V.I. | Shot Put | OG/OB | V.I. |
| 100m | OG/OB | I.I. | Shot Put | OG/OB | I.I. |
| 100m | OG/OB | Ambulatory | Shot Put | OG/OB | Standing |
| 200m | OG/OB | Seated | Shot Put | OG/OB | Seated |
| 800m | OG/OB | V.I. | | | |
| 800m | OG/OB | I.I. | | | |
| 800m | OG/OB | Ambulatory | | | |

b. In all Para track events requiring lanes, semi-final heats will be scheduled and seeded accordingly to advance to the final. The Para 800m races at OFSAA will use a ‘waterfall’ start.

c. Where eight (8) or fewer competitors are entered, the semi-final race will be run as a timed final. This timed section FINAL will be run at the scheduled FINALS time.

d. If two (2) or more heats have been seeded for the semi-finals and eight (8) or fewer athletes show up for the event, the meet convenor and the Head Track Referee may choose to combine the heats of the semi-finals and run that race as a TIMED SECTION FINAL at the semi-final time. Athletes and coaches will be notified before the start of the race.

e. In V.I. races, there will be an allowance for an athlete who requires a guide (thus 2 lanes). V.I. athletes must be tethered to their guide. Guides will be given the same medals earned by their athletes.

f. Para Shot Put will be a standing event in V.I., I.I., and Ambulatory classifications. There will also be a Seated shot put (wheelchair) category for those athletes in a wheelchair. Shot put weights are 3 kg (girls) and 4kg (boys)

g. Para Seated (Wheelchair) participants MUST wear a helmet with a hard protective shell that meets international safety standards.



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Appendix B – Meet Schedule DAY 1

TRACK

FIELD

| TIME | EVENT | TIME | EVENT |
|----------|--|----------|--|
| 9:00 am | Open Boys 2000m Steeplechase (1 or 2 heats) (36") | | |
| 9:20 am | Novice Girls 80m Hurdles Heats (30") Junior Girls 80m Hurdles Heats (30") Senior Girls 100m Hurdles Heats (30") Novice Boys 100m Hurdles Heats (33") Junior Boys 100m Hurdles Heats (36") Senior Boys 110m Hurdles Heats (36") | 9:00 am | Novice Girls Long Jump Novice Boys Shot Put Senior Boys Triple Jump Junior Boys Discus Senior Girls High Jump Senior Boys Javelin Novice Boys & Novice Girls Pole Vault *Boys Para Shot Put (4kg) |
| 10:00 am | Novice Girls 100m Heats Junior Girls 100m Heats Senior Girls 100m Heats Novice Boys 100m Heats Junior Boys 100m Heats Senior Boys 100m Heats | 11:30 am | Novice Girls Shot Put Novice Boys Long Jump Junior Girls Discus Junior Boys Triple Jump Senior Girls Javelin Senior Boys High Jump Junior & Senior Girl's Pole Vault *Girls Para Shot Put (3kg) |
| 11:45 am | Open Girls 2000m Steeplechase (1 or 2 heats) (30") | | |
| 12:05 pm | Novice Girls 400m Timed Finals Junior Girls 400m Timed Finals Senior Girls 400m Timed Finals Novice Boys 400m Timed Finals Junior Boys 400m Timed Finals Senior Boys 400m Timed Finals Wheelchair Girls 400m Wheelchair Boys 400m | | |
| 1:30 pm | TRACK BREAK | | |
| 2:00 pm | Senior Boys 110m Hurdle Finals Junior Boys 100m Hurdle Finals Novice Boys 100m Hurdle Finals Senior Girls 100m Hurdle Finals Junior Girls 80m Hurdle Finals Novice Girls 80m Hurdle Finals | 2:00 pm | Novice Girls High Jump Novice Boys Javelin Junior Girls Long Jump Junior Boys Shot Put Senior Girls Triple Jump Senior Boys Discus Junior & Senior Boys Pole Vault |
| 2:45 pm | Novice Boys 1500m Timed Finals Junior Boys 1500m Timed Finals Senior Boys 1500m Timed Finals | | |
| 3:35 pm | Novice Girls 100m 'A' Finals - 'B' Finals Junior Girls 100m 'A' Finals - 'B' Finals Senior Girls 100m 'A' Finals - 'B' Finals Novice Boys 100m 'A' Finals - 'B' Finals Junior Boys 100m 'A' Finals - 'B' Finals Senior Boys 100m 'A' Finals - 'B' Finals Girls Visual, Intellectual, Ambulatory 100m Timed Finals Boys Visual, Intellectual, Ambulatory 100m Timed Finals | | |
| 3:55 pm | Novice Girls 1500m Timed Finals Junior Girls 1500m Timed Finals Senior Girls 1500m Timed Finals | | |
| 4:55 pm | Novice Girls 4 x 100m Relay, Timed Finals Junior Girls 4 x 100m Relay, Timed Finals Senior Girls 4 x 100m Relay, Timed Finals Novice Boys 4 x 100m Relay, Timed Finals Junior Boys 4 x 100m Relay, Timed Finals Senior Boys 4 x 100m Relay, Timed Finals | | |



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MEET SCHEDULE DAY 2

TRACK

FIELD

| TIME | EVENT | TIME | EVENT |
|----------|---|----------|--|
| 9:00 am | Novice Girls 300m Hurdles, Timed Finals (30") Junior Girls 300m Hurdles, Timed Finals (30") Senior Girls 400m Hurdles, Timed Finals (30") Novice Boys 300m Hurdles, Timed Finals (33") Junior Boys 300m Hurdles, Timed Finals (33") Senior Boys 400m Hurdles, Timed Finals (36") | 9:00 am | Novice Girls Javelin Novice Boys High Jump Junior Girls Shot Put Junior Boys Long Jump Senior Girls Discus Junior Girls Triple Jump |
| 10:00 am | Senior Girls 3000m Timed Finals Senior Boys 3000m Timed Finals | | |
| 10:30 am | Novice Girls 200m Heats Junior Girls 200m Heats Senior Girls 200m Heats Novice Boys 200m Heats Junior Boys 200m Heats Senior Boys 200m Heats | | |
| 12:00 pm | Novice Boys 800m Timed Finals Junior Boys 800m Timed Finals Senior Boys 800m Timed Finals Visually Impaired, Ambulatory Boys 800m Intellectual Impairment Boys 800m Novice Girls 800m Timed Finals Junior Girls 800m Timed Finals Senior Girls 800m Timed Finals Visually Impaired, Ambulatory Girls 800m Intellectual Impairment Girls 800m | 11:00 am | Novice Girls Triple Jump Novice Boys Discus Junior Girls High Jump Junior Boys Javelin Senior Girls Long Jump Senior Boys Shot Put |
| 1:30 pm | TRACK BREAK | | |
| 2:00 pm | Novice Girls 200m 'A' Finals - 'B' Finals Junior Girls 200m 'A' Finals - 'B' Finals Senior Girls 200m 'A' Finals - 'B' Finals Wheelchair Girls 200m Finals Novice Boys 200m 'A' Finals - 'B' Finals Junior Boys 200m 'A' Finals - 'B' Finals Senior Boys 200m 'A' Finals - 'B' Finals Wheelchair Boys 200m Finals | 1:30 pm | Novice Girls Discus Novice Boys Triple Jump Junior Girls Javelin Junior Boys High Jump Senior Girls Shot Put Senior Boys Long Jump |
| 2:30 pm | Junior Girls 3000m Timed Finals Junior Boys 3000m Timed Finals Novice Girls 3000m Timed Finals Novice Boys 3000m Timed Finals | | |
| 4:00 pm | Mixed 4 x 400m Relay Finals (M-F-M-F) Open Girls 4 x 400m Relay Timed Finals Open Boys 4x 400m Relay Timed Finals | | |
| 4:40 pm | Awards Presentation | | |

Blocks of Events may run up to 30 minutes ahead of schedule.

The track will close at 8:45 am. At this time, no coaches, athletes, or spectators will be allowed in the competition area.

All athletes will marshal in the event area and will be directed to their event.

Warm-ups may only take place in the designated areas. One coach from each school is permitted at the pole vault area only. All other coaches must remain in the stands.

There will be no coaches or spectators allowed anywhere in the competition area at any time during the competition.



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APPENDIX C – EVENT SPECIFICATIONS

Seeding Ranking and Composition of Heats

- a) Seeding will be done to spread the fastest qualifying times evenly throughout the heats and shall be done randomly in lane-designated events from lanes one to eight.
- b) Whenever possible, athletes from the same team shall be placed in different heats in all preliminary rounds of the competition. The required exchanges of athletes between heats should, to the extent possible, be made between athletes of similar ranking.
- c) For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from times submitted by their coaches.
- d) After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:
 - i. for events with three (3) rounds, seeding in the second round (semi) shall be based upon placings and times from the first round (heats). For this purpose, athletes shall be ranked as follows:
 - Fastest heat winner
 - 2nd fastest heat winner
 - 3rd fastest heat winner, etc.
 - Fastest 2nd place
 - 2nd fastest 2nd place
 - 3rd fastest 2nd place, etc.
 - (Concluding with)
 - Fastest time qualifier
 - 2nd fastest time qualifier
 - 3rd fastest time qualifier, etc.
 - ii. for events with two (2) rounds, seeding in the second round (finals) shall be based upon placings and times from the first round (heats). For this purpose, athletes shall be ranked as follows:
 - Fastest heat winner
 - 2nd fastest heat winner
 - 3rd fastest heat winner (if there is a third heat)
 - (Concluding with)
 - Fastest time qualifier
 - 2nd fastest time qualifier
 - 3rd fastest time qualifier, etc.
 - iii. for events with three (3) rounds, seeding in the third round (finals) shall be based upon placings and times from the second round (semis). For this purpose, athletes shall be ranked as follows:
 - Fastest heat winner
 - 2nd fastest heat winner
 - 3rd fastest heat winner
 - (Concluding with)
 - Fastest time qualifier
 - 2nd fastest time qualifier
 - 3rd fastest time qualifier, etc.



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APPENDIX C – EVENT SPECIFICATIONS (con’t)

b) For events with three (3) rounds, in round two (semis), the athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. three heats will consist of the following seedings:

| | | | | | | | | |
|---|---|---|---|----|----|----|----|----|
| A | 1 | 6 | 7 | 12 | 13 | 18 | 19 | 24 |
| B | 2 | 5 | 8 | 11 | 14 | 17 | 20 | 23 |
| C | 3 | 4 | 9 | 10 | 15 | 16 | 21 | 22 |

In all cases, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

Draw for Lanes

- a) For events where there is more than one round of a race, lanes will be drawn as follows:
 - i. in the first round (heats) the lane order shall be drawn by lot.
 - ii. for the following rounds (semis, finals), two (2) free draws shall be made to determine lane assignments: the four (4) top seeds in a heat shall draw for placement in lanes 3, 4, 5, and 6; and the remaining four (4) seeds shall draw for placement in lanes 1, 2, 7 and 8.

Single Rounds (Timed Finals)

a) In track events with timed finals, the athletes shall be placed in heats with the top seeds in the same heat, and the next best seeds in subsequent heats. The seeding will be determined from times submitted by their coaches. For example, in the 400m race, the top eight (8) seeds would be in the same heat, and the next eight (8) best seeds would be in the same heat, and so on. eg. Three heats will consist of the following seedings:

| | | | | | | | | |
|---|----|----|----|----|----|----|----|----|
| A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| B | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| C | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |

The heat order will be slowest to fastest.

b) The lane order shall be drawn by lot.

Sprint Progression:

100m: Heats, A-Final, B-Final (*winner of each heat and next best times, seeded together in A-Final)

100m Intellectual: Timed finals

Sprint Hurdles: Heats, Final (winner of each heat and next best times)

200m: Heats, A-Final, B-Final (*winner of each heat and next best times, seeded together in A-Final)

400m: Timed finals

*The award recipients and WOSSAA qualifiers can come from either the “A” or “B” final.



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Field Event Flights:

When a throwing and horizontal jumping event has more than 20 athletes, the event will be broken into flights to expedite the progress of the event, at the discretion of the field referee and/or convenor.

Lower flights shall compete first, with top lights competing last. Athletes should plan their warm-up accordingly and later flights will receive a 10-15 minute warm-up before their competition begins.

Starting Rules:

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.

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. In both relay events, the initial athlete who does not use starting blocks must use a four-point stance.

Field Event Finalists

In the Field Events, the top eight competitors after three attempts shall receive three more attempts (excluding High Jump and Pole Vault). The order for the extra attempts in Field Events shall be from the lowest-ranking competitor (8th) to the highest-ranking competitor (1st). If there are eight or fewer competitors, each competitor receives six attempts (excluding High Jump and Pole Vault).

Starting Heights

| | Girls HJ | Girls PV | | Boys HJ | Boys PV |
|--------|----------|----------|--|---------|---------|
| Novice | 1.25 m | 1.50 m | | 1.40 m | 1.80 m |
| Junior | 1.30 m | 1.60 m | | 1.50 m | 2.00 m |
| Senior | 1.35 m | 1.80 m | | 1.60 m | 2.20 m |

Height Increments (following IAAF procedures)

a) **High Jump** - up 5 cm at a time until only six competitors remain, then up by 3 cm.

b) **Pole Vault** - up 15 cm at a time until only six competitors remain, then up by 10cm.

Field Event Timing

A two-minute rule will be used in Pole Vault, and a 1.5-minute rule in all other Field Events. The times may be restarted due to interruption of the starting pistol.



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APPENDIX D – Event Entry Standards

Whereas TVRA's entry numbers have increased to an unmanageable level under the current championship format and schedule, entry standards will be used to determine athlete entry for each event. Coaches will use their professional judgment, and bonafide results from a meet during the current calendar year, to register an athlete in an event if they meet the listed standard.

See the recommended standards below.

Each division will be allowed one guaranteed entry for each event, ONLY IF no athlete in any division/event meets the qualifying standard.

GIRLS

BOYS

| Event | Novice | Junior | Senior | Novice | Junior | Senior |
|--------------|----------|----------|----------|----------|---------|----------|
| 100m | 15.00s | 14.85s | 14.70s | 13.00s | 12.75s | 12.50s |
| 200m | 33.00s | 32.75s | 32.50s | 28.75s | 27.25s | 26.25s |
| 400m | 1:18min | 1:14min | 1:10min | 1:04min | 1:02min | 1:00min |
| Sp Hurdle | 19.00s | 19.00s | 23.00s | 20.00s | 20.00s | 22.00s |
| Long Hurdle | 1:06min | 1:02min | 1:30min | 1:00min | 55.00s | 1:22min |
| 800m | 3:10min | 3:00min | 3:00min | 2:45min | 2:35min | 2:25min |
| 1500m | 6:45min | 6:35min | 6:30min | 6:00min | 5:25min | 5:15min |
| 3000m | 15:00min | 14:30min | 14:15min | 13:00min | 12min | 11:20min |
| Steeplechase | | | 10:30min | | | 8:30min |
| Long Jump | 3.20m | 3.40m | 3.60m | 4.00m | 4.50m | 5.00m |
| Triple Jump | 8.00m | 8.50m | 8.50m | 9.00m | 9.50m | 10.00m |
| High Jump | 1.25m | 1.30m | 1.35m | 1.40m | 1.50m | 1.60m |
| Pole Vault | 1.50m | 1.60m | 1.80m | 1.80m | 2.00m | 2.20m |
| Shot Put | 6.00m | 6.50m | 6.25m | 9.50m | 10.00m | 10.50m |
| Disc | 15.00m | 15.50m | 18.50m | 24.00m | 25.50m | 28.00m |
| Javelin | 15.50m | 16.50m | 18.00m | 20.00m | 21.50m | 33.00m |
| | | | | | | |



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APPENDIX E – School Responsibilities

| Responsibility | Number of Helpers needed | School | |
|-------------------------------------|----------------------------------|--------|-------|
| | | DAY 1 | DAY 2 |
| Long Jump | 2 Adults, 2 students | | |
| Triple Jump | 2 Adults, 2 students | | |
| High Jump | 1 Adult, 2 helpers | | |
| Shot Put | 2 Adults, 2 students | | |
| Discus | 2 Adults, 2 students | | |
| Javelin | 2 Adults, 2 students | | |
| Pole vault | 2 Adults, 2 students | | |
| Hurdles, Steeplechase | 2 Adults, 12 students | | |
| Starting Blocks | 1 Adult Supervisor 2 students | | |
| Computer Entries | 1 adult, 2 helpers | | |
| Announcer | 1 adult | | |
| Finish Line all day | 1 adult | | |
| Marshalling Starting Line Helper | 4 Adults | | |
| | | | |
| | | | |
| | | | |
| Finish line for Distance Races | 3 schools, 2 adults per school | | |
| | | | |
| | | | |



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| | | |
|--|--|---------------------------------|
| Relay Exchange Zones | 6 schools, 2 adults per school | Zone One 1. _____ 2. _____ |
| | | Zone Two 1. _____ 2. _____ |
| | | Zone Three 1. _____ 2. _____ |
| Split caller for Distance Races | 1 adult | |
| Awards | 1 Adult Supervisor (x 2 Schools) 3 students | |
| | | |
| Food & Refreshments | 1 Adult | |
| Starter | 2 adults | |
| Track Referee | 1 adult | |
| Weigh In – Field events | 1 adult | |
| Field Referee | 1 adult | |
| Jury of Appeal | Convenor + 2 adults | |
| Collect Eligibility Forms | 1 Adult | |
| TVRA Meet Convenor | 1 Adult | |
| Collection of Eligibility Forms | 1 Adult | |