

WEST REGIONAL TRACK AND FIELD GUIDELINES

Revised – June 2024

West Region Track and Field Committee 2024

Member Convenors:

WOSSA – Todd MacKay – Sir Frederick Banting SS
SWOSSAA - Craig Cavanagh, Riverside SS
CWOSSA – Rich Tremain, Guelph Collegiate

WEST REGIONAL TRACK AND FIELD GUIDELINES

1. Date of Competition

The West Regional Track and Field Championships shall be held on the – **Thursday and Friday** of the week preceding the O.F.S.A.A. Championships. There will be no rain date.

2. Convener's Duties

- (a) The West Regional track and field convener will **e-mail** to the three association conveners and create a web site with the pertinent meet information regarding time, location, entry fees at least 6 weeks before the date of the meet.
- (b) After the conclusion of the meet, the meet convener should update any new West Regional records established during the meet and include them in the package of information to be handed on to the next association convener.
- (c) The convener shall electronically submit to the three association conveners by the end of the current school year, a copy of:
 - (i) the results of the meet,
 - (ii) the updated records from the meet. (I am not sure how the finances have been handles in the past)
- (d) The Convener(s) shall set up a Jury of Appeal consisting of 3 members. The convenor will make all effort to ensure the Jury of Appeal will be comprised of **at least 3 members, which includes at least one from each Association**. If association representatives are not available, the convenor will substitute with a qualified coach from on of the three member association's.

3. Age Divisions (as per O.F.S.A.A.)

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.

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.

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.

4. Entries & Finances

- (a) All entries from the association conveners will be due to the convener by the Saturday immediately preceding the West Regional meet. Any exceptions to this deadline must be approved, in writing, by the West Regional track and field convener.
- (b) Each association convener must submit a single cheque or money order for the total entry fee from his/her association plus the **Association results** to the West Regional track and field convener.
- (c) Changes in the entries will be permitted up until Saturday prior to the meet. These changes are to be made only by the association conveners. Athletes who wish to scratch from a West Regional event must make that known at their Association Meet.
- (d) The number of entrants in each individual event will be as follows (8 lane track facility only):
- (e) Entry fees are \$15 per event and \$30 per relay.

Both track and field

- host association - 6 entries
- other two associations - 5 entries.

- (e) An athlete may compete in no more than 3 individual events, plus one age class relay (4 x 100 meters) and one open relay (4 x 400 meters).
- (f) O.F.S.A.A. Qualifying
The first four finishers in all events at the West Regional Meet will qualify for O.F.S.A.A. .

West Regional entries to O.F.S.A.A. must be completed at the West Regional Meet.

Each Association convener or designate must be prepared to register and to pay for the entry of his/her association's athletes entries with a single cheque at the conclusion of the OFSAA Registration process.

In addition, each Association MUST submit a single cheque for payment of OFSAA Participation Fee at the same time.

OFSAA host committee will dictate how forms will be submitted.

5. **Qualifying and Seeding**

Performances at the Association meets will be used for seeding purposes.

SCRATCH RULE - Once the meet begins, any athlete who scratches from a final after qualifying in the heats of the 100m, 200m, or sprint hurdles, will be ineligible to compete in any further events during **that day of the competition.**

Qualifying for sprint hurdles, 100m, 200m

- (i) There will be 2 heats of 8 runners each with the first **two** places in each heat, plus the next **four** fastest times advancing to the final.
- (ii) Seeding - The runners will be placed in the heats using the following format, which is based upon seed times submitted with '1' being the fastest to '16' being the slowest.

Heat # 1 - 1, 4, 5, 8, 9, 12, 13, 16
Heat # 2 - 2, 3, 6, 7, 10, 11, 14, 15

In the heats, the runners shall be randomly placed in all eight lanes.

In the final, the 4 runners with the best times shall be randomly placed in lanes 3, 4, 5 and 6. The remaining 4 runners shall be randomly placed in lanes 1, 2, 7 and 8.
(If track conditions warrant, the track referee has the authority to change lane assignments, in consultation with the photo-timing crew.)

- (iii) Ties in heat times qualifying for the final 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 the runners are tied in times and places, then the qualifiers will be decided by drawing lots.

400m, 800m and 300m/ 400m hurdles

- (i) These events will be run as timed-section finals. There will be two sections of 8 runners in each event, with the final placing based on times.
- (ii) **The top 2 runners from each association plus the next two fastest times shall be placed in the second timed-section. The remaining runners shall be placed in the first timed-section.**
- (iii) In both timed-sections, the 4 runners with the best times shall be randomly placed in lanes 3, 4, 5 and 6. The remaining 4 runners shall be randomly placed in lanes 1, 2, 7 and 8.

(If track conditions warrant, the track referee has the authority to change lane assignments, in consultation with the photo-timing crew.)

- (iv) If a tie occurs in times from different sections, the runners will both be given the same placing. (Please note that if a tie occurs for the 4th place time, the runner in the later section will advance to O.F.S.A.A.)
If the runners are still tied in times and places, then the qualifiers will be decided by drawing lots. There will be **NO RUNOFFS**.

Relays - 4 x 100m and 4 x 400m

- (i) These events will also be run as timed-section finals. The same procedure for breaking ties in the 400m will be used in the relays.
- (ii) The top six **relay** teams from the host association and the top five **relay** teams from the other two associations will qualify for each relay. Schools are only allowed to enter one (1) team per relay event.
- (iii) The top 2 teams from each association plus the next two fastest times shall be placed in the second timed-section. The remaining teams shall be placed in the first timed-section. In each timed section, the 4 teams with the best times shall be randomly placed in lanes 3, 4, 5 and 6. The remaining 4 teams shall be randomly placed in lanes 1, 2, 7 and 8.
(If track conditions warrant, the track referee has the authority to change lane assignments, in consultation with the photo-timing crew.)

Open 2000 meter Steeplechase

The runners will be placed on the start line based upon a random draw for position

3000 meters

- (i) 3000 meters are run from an '**Alley**' start with a 1-turn stagger.
- (ii) Seeding - The runners will be designated to an '**alley**' based on **seed times at their association meet**. The '**alleys**' **will be set up so the outside 'alley' contains the fastest 1 /3 of the entrants, while the inside 'alley' contains the slower 2/3 of the field.**

Field Events

- (i) The order in which the competitors take their trials shall be drawn by lot, prior to the start of the competition by the entries chairman.
- (ii) Ties in Vertical Jumping Events If this occurs in the final qualifying position for the O.F.S.A.A. meet, the following tie-breaking procedure will take place.
The competitors involved in the tie will break the tie with a jump-off immediately after the conclusion of the event. Heights attained during this tie-breaking process shall not be reflected in the final results of the competition.
- (iii) **Weigh in's** shall be set up by the meet convener(s) and shall be made available to athletes 75 minutes before their competition.

No implements will be used that have not passed the weigh-in procedure.

Throwing implements are only to be used in the competition areas under the supervision of the officials running the event. FAILURE TO ABIDE BY THIS REGULATION WILL RESULT IN DISQUALIFICATION.

Uniform Rule The OFSAA Uniform Policy shall be in effect during the competition.

COMPETITORS IN BOTH TRACK AND FIELD EVENTS MUST COMPETE IN THEIR SCHOOL UNIFORMS ONLY. RELAY TEAM MEMBERS MUST WEAR IDENTICAL TOPS. FAILURE TO ABIDE BY THIS REGULATION WILL RESULT IN DISQUALIFICATION.

Club/Provincial/National Insignia:

Coaches are asked to remind their athletes of the OFSAA protocol. Clothing with club insignia of any kind are not permitted in the competition area. This includes insignia from other sports too, not just track and field. Athletes are encouraged to wear clothing that represents their school and team.

6. Meet Structure

The West Regional Meet will conduct all events which are on the O.F.S.A.A. Track and Field Playing Regulations. At present, these include:

- (i) For girls and boys in all three divisions (Novice, Junior, Senior) 100m, 200m, 400m, 800m, 1500m, 3000m, 4 x 100m relay, high jump, long jump, triple jump, pole vault.
- (ii) For Novice and Junior girls:
80m hurdles (2'6" height), 300m hurdles (2'6" height), shot put (4 kg), discus (1 kg), javelin (600 g)
- (iii) For Senior Girls:
400m hurdles (2'6" height), 100m hurdles (2'6" height), shot put (4 kg), discus (1 kg), javelin (600 g)
- (iv) For Novice boys:
100m hurdles (2'9"), 300m hurdles (2'9"), shot put (4kg), discus (1kg), javelin (600g)
- (v) For Junior Boys:

- g) 300m hurdles (2'9" height), 100m hurdles (3'),shot put (4 kg), discus (1 kg), javelin (600 g)
- (vi) For Senior boys:
110m hurdles (3'0" height), 400m hurdles (3'0"height), shot put (12 lb), discus (1.613 kg), javelin (800 g)
- (vii) The following "Open" division events:
Girls 1500m Steeplechase 4 x 400m relay
Boys 2000m Steeplechase, 4 x 400m relay
- (ix) Physically Challenged Events
Boys & Girls -
100m - Ambulatory (as per IPC Classification * minus 1,2,4 athletes with intellectual disability), Intellectual Disability, Visually Impaired
200m – Wheelchair
400m – Wheelchair
800m - Ambulatory (as per IPC Classification * minus 1,2,4 athletes with intellectual disability), Visually Impaired

If there is any question about what category an athlete fits in, there will be a committee of three (OFSSA Association representative, SAC Chair, representative from a sport governing body) who will make the final decision.

7. Facilities

- (a) The meet site should include as a minimum:
 - (1) 8 lane all weather track with markings for all running events contested at the East Regional Meet.
 - (2) seating areas or bleachers to accommodate 800+ athletes, coaches, officials and spectators
 - (3) one high jump area
 - (4) two long/triple jump pits – 40 m runway
 - (5) one pole vault runway
 - (6) one shot put circle
 - (7) one discus circle
 - (8) one javelin area, preferably two
- (b) The following equipment is recommended for the meet:
 - (1) **Starting Line** - starting blocks (twice the number of lanes plus two extras), 4 starting pistols, 2 starters' stands, 5 boxes of starting shells.
 - (2) **Finish Line** - Electronic Timing equipment, **2 timing systems** with print -out capability and Live Results to the Web, finish line posts, lap indicator, bell, 8 batons.
 - (3) **Hurdles** - (10 x number of lanes), plus 6 extras, 4 steeplechase barriers (5 if there is no water jump).
 - (4) **High Jump** - 4 standards, 3 fiberglass cross bars, adequate foam landing pits with pit covers.
 - (5) **Pole Vault** - 2 standards, 2 fiberglass cross bars, adequate foam landing pits with pit covers, ladder

- (6) **Long/Triple Jumps** - 4 rakes, 2 shovels, 2 leveling boards,
- (7) **Throws** - weigh scale, toe boards for shot put, at least one legal implement for each event (shots 4 kg and 5.4 kg, discus 1 kg and 1.6 kg, javelins 600 g and 800 g)
- (8) **Miscellaneous** items - 11 tape measures, 20 clipboards, pens, competitor numbers, safety pins, 10 red flags, brooms, marking lime or paint for sectors, wind gauge

8. **Rules and Officials**

- (a) **Rules** will be used in the following order of precedence:
O.F.S.A.A., then I.A.A.F.

9. **Disqualifications and Protests**

(a) **Disqualifications**

- (i) DQ's must be announced over the PA system. In relays, the lane disqualified is to be announced at the conclusion of that race
- (ii) DQ's must be noted on the posted results.
- (iii) The Track/Field Referee must inform the teacher-coach responsible for the DQ'd athlete, indicating the reason for the disqualification from either the OFSAA Playing Regulations or the IAAF Rule book.

(b) **Protests**

- (i) Only the teacher -coach of the DQ's athlete may submit a protest
- (ii) This protest must be received in writing within 30 minutes of the official posting and be accompanied by a \$50.00 fee
- (iii) The meet convener will forward the written protest to the Jury of Appeal, for a final ruling. The decision will be conveyed to the teacher-coach by the Chair of the Jury of Appeal.
- (iv) If the protest is successful, the \$50.00 fee will be refunded. If not, this fee will be shown under Meet revenues

(c) **Adult officials:**

Host Association will be assigned to fulfill specific adult officiating positions for the West Regional Meet as designated by the meet convener. Each official will be responsible for supplying his/her own experienced crew to assist in accomplishing the duties assigned.

It is recommended that for safety reasons, two adults be assigned officiating duties at Pole Vault, Shot Put, Discus, and Javelin.

Track Umpires:

There will be a Track Referee's meeting with all Track Umpires at least 30 minutes before the first event of the day. A minimum of 8 umpires (+ chief track umpire) will be on duty at all times. They will be positioned by the Head Track Umpire. Umpires also shall serve as Relay Zone Judges.

UMPIRES ARE EXPECTED TO REMAIN ON SITE FOR 30 MINUTES FOLLOWING THE CONCLUSION OF THEIR DUTIES.

Field Umpire:

Two adults are assigned to each event. Their roles would be as follows:

Triple Jump, Long Jump	- one on board, one in pit
Shot Put, Discus, Javelin	-one on line, one in field
Pole Vault	- one on runway, one in field
High Jump	- one at bar, one on athlete control

Finish Line –

The Regional Meet Convener shall ensure the presence of 2 Fully Automated Timing (FAT) Systems. (One main and one back up)

10. **General Notes** – The convener will provide guidelines in the form of a coaches letter that will be in the coaches package and posted on the West Regional Web site with respect to the following:

Parking, Team tent locations, Awards, Inclement Weather, Marshalling, Spike Length Limits (look at the end of the document for a sample of what was done in 2017 for these topics)

Projectile Objects and Music: Please ensure that your athletes and spectators do not use footballs, Frisbees, etc, anywhere inside the facility. No music will be allowed anywhere inside the stadium.

11. **Convener Rotation**
The rotation will follow this order
2024 – SWOSSAA
2025 – WOSSAA
2026 - CWOSSAA

Typical OFSAA West Region Schedule

TRACK DAY 1- Friday

Please Note: All track and field events will start no earlier than the start time indicated, events may move forward within that time block.

2:00 pm

Open Girls 1500 m Steeplechase Final

2:15 pm

Novice Girls 80 m Hurdles Semi-Finals

Junior Girls 80 m Hurdles Semi-Finals
Senior Girls 100 m Hurdles Semi-Finals
Novice Boys 100 m Hurdles Semi-Finals
Junior Boys 100 m Hurdles Semi-Finals
Senior Boys 110 m Hurdles Semi-Finals

3:00 pm

Open Boys 2000 m Steeplechase Final

3:15 pm

Novice Girls 100 m Semi-Finals
Novice Boys 100 m Semi-Finals
Junior Girls 100 m Semi-Finals
Junior Boys 100 m Semi-Finals
Senior Girls 100 m Semi-Finals
Senior Boys 100 m Semi-Finals

4:00 pm

Novice Girls 400 m Timed Final
Novice Boys 400 m Timed Final
Junior Girls 400 m Timed Final
Junior Boys 400 m Timed Final
Senior Girls 400 m Timed Final
Senior Boys 400 m Timed Final

*****TRACK BREAK*****

5:20 pm

Novice Girls 80 m Hurdles Final
Junior Girls 80 m Hurdles Final
Senior Girls 100 m Hurdles Final
Novice Boys 100 m Hurdles Final
Junior Boys 100 m Hurdles Final
Senior Boys 110 m Hurdles Final

5:50 pm

AmbG & AmbB 100 m Final
IDG & IDB 100 m Final
VIG & VIB 100 m Final
Novice Girls 100 m Final
Novice Boys 100 m Final
Junior Girls 100 m Final

Junior Boys 100 m Final
Senior Girls 100 m Final
Senior Boys 100 m Final

6:20 pm

Novice Girls 1500 m Final
Novice Boys 1500 m Final
Junior Girls 1500 m Final
Junior Boys 1500 m Final
Senior Girls 1500 m Final
Senior Boys 1500 m Final

7:15 pm

Novice Girls 4 x 100 Relay Timed Final
Novice Boys 4 x 100 Relay Timed Final
Junior Girls 4 x 100 Relay Timed Final
Junior Boys 4 x 100 Relay Timed Final
Senior Girls 4 x 100 Relay Timed Final
Senior Boys 4 x 100 Relay Timed Final

FIELD - DAY 1- Friday

1:00 pm

Novice Boys Pole Vault (starting height 2.20 m)

2:00 pm

Novice Girls Long Jump
Senior Boys Triple Jump
Senior Girls High Jump
Novice Boys Shot Put
Junior Boys Discus
Senior Boys Javelin

3:30 pm

Novice Girls Pole Vault (starting height 1.60 m)
Novice Girls Shot Put
Junior Girls Discus
Senior Girls Javelin
Novice Boys Long Jump
Junior Boys Triple Jump
Senior Boys High Jump

5:30 pm

Junior Boys Pole Vault (starting height 2.30 m)

Novice Girls High Jump
Junior Girls Long Jump
Senior Girls Triple Jump
Novice Boys Javelin
Junior Boys Shot Put
Senior Boys Discus

TRACK DAY 2 – Saturday

Please Note: All track and field events will start no earlier than the start time indicated, events may move forward within that time block.

10:00 am PLEASE NOTE ORDER

Senior Girls 200 m Semi-Finals
Senior Boys 200 m Semi-Finals
Junior Girls 200 m Semi-Finals
Junior Boys 200 m Semi-Finals
Novice Girls 200 m Semi-Finals
Novice Boys 200 m Semi-Finals

10:45 am

Senior Girls 3000 m Final
Senior Boys 3000 m Final

11:15 am

Novice Girls 300 m Hurdles Timed Final
Junior Girls 300 m Hurdles Timed Final
Senior Girls 400 m Hurdles Timed Final
Novice Boys 300 m Hurdles Timed Final
Junior Boys 300 m Hurdles Timed Final
Senior Boys 400 m Hurdles Timed Final

*****TRACK BREAK*****

1:15 pm

Junior Girls 3000 m Final
Junior Boys 3000 m Final

1:45 pm PLEASE NOTE ORDER

Senior Girls 800 m **Timed Finals**

Senior Boys 800 m **Timed Finals**
Junior Girls 800 m **Timed Finals**
Junior Boys 800 m **Timed Finals**
Novice Girls 800 m **Timed Finals**
Novice Boys 800 m **Timed Finals**
AmbG & AmbB 800 m Final
IDG & IDB 800 m Final
VIG & VIB 800 m Final

3:00 pm PLEASE NOTE ORDER

Senior Girls 200 m Final
Senior Boys 200 m Final
Junior Girls 200 m Final
Junior Boys 200 m Final
Novice Girls 200 m Final
Novice Boys 200 m Final
WCG & WCB 200 m Final

3:30 pm

Novice Girls 3000 m Final
Novice Boys 3000 m Final

4:00 pm

Open Girls 4 x 400 Relay Timed Final
Open Boys 4 x 400 Relay Timed Final

FIELD DAY 2 – Saturday

9:30 am

Junior Girls Pole Vault (starting height 1.80 m)

10:00 am

Novice Girls Javelin
Junior Girls Shot Put
Senior Girls Discus
Novice Boys High Jump
Junior Boys Long Jump
Junior Girls Triple Jump

11:30 am

Senior Boys Pole Vault (starting height 2.40m)
Senior Boys Shot Put
Novice Girls Triple Jump
Junior Girls High Jump
Senior Girls Long Jump

Novice Boys Discus
Junior Boys Javelin

1:30 pm

Senior Girls Pole Vault (starting height 2.20m)
Novice Girls Discus
Junior Girls Javelin
Senior Girls Shot Put
Novice Boys Triple Jump
Junior Boys High Jump
Senior Boys Long Jump

NOTES: In the throwing events and horizontal jumps (LJ & TJ), the top 8 competitors after three rounds will be allowed 3 additional trials in the reverse order of the standings following the qualification round.

VERTICAL JUMPS

HJ Starting Heights - - starting heights have been at the discretion of the officials.

The crossbar will be raised in increments of 5cm for all high jumps and 15cm for all pole vaults. When 4 or fewer competitors remain, the increments will be determined by the head official after consulting the athletes involved.