

TRACK & FIELD (18.14)

Athletics Canada Rules will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

The SSNB Track & Field Championships will be held the first Saturday in June. The Regional Track & Field Meets will be held one week before the Championships.

Special Provisions:

The following modifications of rules shall apply at the Provincial and Regional Meets:

1. Competitors: No competitor shall compete in more than three (3) individual events. Relays shall be considered separate from the individual events. A school identified uniform/jersey is required when competing.
2. Entries: Each school shall be allowed to enter up to three (3) athletes per event (Jr. Girls / Jr. Boys / Sr. Girls / Sr. Boys) in the regionals. Each school shall be permitted one (1) team entry per relay at the Provincial Championships. Students will compete in the senior division or the junior division.

Registration of entries for Regional meets will be online through Athletics New Brunswick linked to the SSNB web site. Schools with 10 or more athletes must provide a minimum of one volunteer for Regionals & Provincials.

3. Ineligible Competitors: An ineligible athlete competing in a Regional or Provincial Meet shall be disqualified and any points earned by that athlete shall be eliminated.
4. Regional Meets: The top eight (8) athletes in the track events at the Regional Meet shall qualify to advance to the Provincial Meet. The top eight (8) athletes in the field events must qualify by meeting the minimum distances to advance to the Provincial Meet.
5. Scoring: Eight (8) places shall count in the scoring of all events* on the following basis and shall be on a school basis only:

1st Place - 9 points	5th Place - 4 points
2nd Place - 7 points	6th Place - 3 points
3rd Place - 6 points	7th Place - 2 points
4th Place - 5 points	8th Place - 1 point

*For Para & S.O. events, points will be awarded as long as there are two athletes competing in the same event.

6. Awards: Banners shall be awarded to the first place school in each category of school (AAA, AA & A). Medals will be awarded for 1st, 2nd and 3rd place in each event. If there is a tie for first place in the Provincial Meet, the tie will be broken in the following manner:
 - The team with the highest number of first place finishers will be declared the winner
 - If there is still a tie, the team with the highest number of second place finishers will be declared the winner.
 - The process will continue in declining order until the tie is broken.
7. Coaches: Coaches must not be on the track, behind or in front of the starting line when a race is started. In the case of field events, coaches must remain outside the competition area and on the outside of the track. Such infraction may lead to the disqualification of the athlete involved and/or the expulsion of the coach from the meet site.
8. Athletes: Athletes who are not ready for an event when the official in charge is prepared to start shall be disqualified. No iPods or other electronic devices may be worn by athletes during a race.
9. Number of Attempts in the Field Events: For all Throws and Jumps, the following rules shall apply:
 - a) Regional Qualification Meets: All competitors shall be given the required three (3) attempts with the top eight (8) qualifying athletes advancing to the Provincial Meet. No additional attempts are required. Should a tie exist at the end of the qualification round, all athletes tied for the last position shall advance.

- b) Provincial Meet: For all Throws and Jumps all athletes shall have three (3) qualifying rounds with the top eight (8) qualifying athletes advancing to the final rounds. All athletes tying for the eighth spot advance.
- 10. Track Events:
 - a) Regional Meets: All track events are timed finals. The top eight (8) athletes qualify for the Provincial Meet.
 - b) Provincial Meet:
 - i) In the 100m events, semi-finals shall be run with a minimum of six (6) athletes qualifying to the final as per World Athletics rules.
 - ii) In track events from 200m to 3000 meters inclusive, as well as sprint hurdle events, races shall be run as timed final.
 - iii) The results from the track events at the Regional Qualifiers will be used to seed the events at the Provincial Championships. The 100m finals will be seeded according to the semi-final heat results.
- 11. Relays: Exhibition relays may be run at the Regional meets. Athletes competing in any event at Regionals may participate on relay teams at the SSNB Championships. Juniors may only compete in junior relays, and seniors may only compete in senior relays. Only athletes competing in Regionals may participate on relay teams at the SSNB Championships. Juniors run in junior relays and seniors run in senior relays.
- 12. False Starts: Any competitor making a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) making the false start. Any athlete(s) making further false starts in the race shall be disqualified from the race.
- 13. The use of starting blocks is not mandatory for SSNB races.
- 14. The Meet Director shall prepare for distribution a program for the Provincial Meet which will include a seeding list of competitors, a final schedule with approximate start times, a current list of records, and any other information which may be helpful.
- 15. Supervision: Each school shall name a responsible person to act as coordinator (Manager) for athletes representing the school at the Regional and Provincial Meets. Each coach will accompany his/her own athletes.
- 16. Records: Only a record achieved at the Provincial Meet shall count as a provincial interscholastic record if all requirements for records as stated in the official rules have been met.

REGISTRATION PROCEDURES

1. Schools must submit online their SSNB Track & Field Team Personnel List by May 15th.
2. No athlete may compete in the Regionals if their name is not on the SSNB players' list. All athletes must compete in the Regionals to advance to the SSNB Provincial Championships.
3. Schools must submit online their team's event entries for Regionals through the ANB link found on the SSNB website before the deadline. All athletes must be registered with SSNB. There will be NO CHANGES made after the event entries registration deadline.
4. Schools registering relay teams for the SSNB Championship must submit participants names to the Meet Manager the morning of the meet.
5. Schools must bring a cheque to the meet, made out to the host school to cover their fees for the Regional and Provincial events.

PLEASE NOTE: Athletes not competing in the SSNB Championships may be suspended from participating in Track & Field in the next school year and the school may be fined \$20 per athlete to a maximum of \$200.

SCHEDULE (TRACK)

Scratch/Information Meeting with coaches:

- All events will proceed in the following order unless changes are noted (Jr. Girls / Jr. Boys / Sr. Girls / Sr. Boys).
- Para Events –Any physically challenged athletes requiring a wheelchair or modifications to competition are eligible for this category.
- IPC RULES AND REGULATIONS are being used for Para events.
- All Para events will compete together (Jr./Sr. – Boys/Girls) unless number of participants warrants division.

9:00 AM - Start of Competition

300 m Hurdles (JG)	Timed Finals
400m Hurdles (SG)	Timed Finals
300 m Hurdles (JB)	Timed Finals
400m Hurdles (SB)	Timed Finals
100m	Timed Finals at Regionals
	Heats (semi-finals) at Provincials
3000m	Finals
400m	Timed Finals
100m	Timed Finals at Provincials
100m Wheelchair	Timed Finals at Regional Meet
100m Wheelchair	Timed Finals at Provincial Meet
50 m Special Olympic	
100m Visually Impaired with Guide	Timed Finals at Regional Meet
100m Visually Impaired with Guide	Timed Finals at Provincial Meet
LUNCH	
800m	Timed Finals
110m Hurdles (SB)	Timed Finals
100m Hurdles (JB)	Timed Finals
100m Hurdles (SG)	Timed Finals
80m Hurdles (JG)	Timed Finals
200m	Timed Finals
200m Wheelchair	Timed Finals
1500m	Timed Finals
BREAK	
4 x 100m Relay	Timed Finals at Provincials
4 x 400m Relay	Timed Finals at Provincials

Regional and Provincial Field Schedule of Events

Top eight competitors MUST qualify for the Provincial Meet by meeting the following minimum measured qualifying distances for Field Events (Regional Meet):

Jr. & Sr. Girls:	Shot Put – 6 meters	Javelin – 18 meters
	Discus – 15 meters	Long Jump – 3.5 meters
	Triple Jump – 7 meters	High Jump - 1.30 meters (Jr.) and 1.35 meters (Sr.)
Jr. & Sr. Boys:	Shot Put – 10 meters	Javelin – 25 meters
	Discus – 21 meters	Long Jump – 4.5 meters
	Triple Jump – 8 meters	High Jump - 1.50 meters (Jr.) and 1.55 meters (Sr.)

SCHEDULE (FIELD)

9:00 AM - Start of Competition

Session	High Jump	Long Jump	Triple Jump	Shot Put	Discus	Javelin
9:00 AM	Jr. Girls	Jr. Boys	Sr. Girls	Sr. Boys	Para	
10:30 AM	Sr. Boys	Special Olympic		Jr. Girls	Jr. Boys	Sr. Girls
12:00 PM	Sr. Girls	Jr. Girls	Jr. Boys	Special Olympic	Sr. Boys	
1:30 PM		Sr. Boys		Sr. Girls	Jr. Girls	Jr. Boys
3:00 PM	Jr. Boys	Sr. Girls	Jr. Girls	Para		Sr. Boys
4:30 PM			Sr. Boys	Jr. Boys	Sr. Girls	Jr. Girls

Appendix "A" Events Technical Reference Chart

Event	Junior Girls	Junior Boys	Senior Girls	Senior Boys
80m Hurdles	8 hurdles; Ht.: 0.762m: 12m to 1 st , 8m			
100m Hurdles		10 Hurdles; Ht.: 0.914m 13m to 1 st , 8.5m	10 Hurdles; Ht.: 0.838m 13m to 1 st , 8.5m	
110m Hurdles				10 Hurdles Ht.: 0.914m 13.72m to 1 st , 9.14m
300m Hurdles	7 Hurdles: Ht.: 0.76m 50m to 1 st , 35m	7 Hurdles: Ht.: 0.84m 50m to 1 st , 35m		
400m Hurdles			10 Hurdles: Ht.: 0.762m 45m to 1 st , 35m	10 Hurdles: Ht.: 0.838m 45m to 1 st , 35m
High Jump (Start Ht.)	1.30m	1.50m	1.35m	1.55m
Shot Put	3.0 Kg.	4.0 Kg.	4.0 Kg.	5 Kg.
Discus	1.0 Kg.	1.0 Kg.	1.0 Kg.	1.5 Kg.
Javelin	500 g.	700 g.	600 g.	800 g.