



Thames Valley Regional Athletics

RULES OF PLAY: TRACK AND FIELD (Trial 2017)

1.0 Organization of Competition

In reference to schedule 5, Organization of Competitive Groupings, Seasons and Practice Restrictions, TVRA Track & Field will be contested as one(1) conference:

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 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 practical, prior to 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 prior to any competition, including exhibition meets. The deadline for eligibility sheets is **Tuesday, April 18, 2017!**
- 2.3 Conference entries must be submitted to the Conference convenor no later than four (4) days prior to the Conference Championship.
- 2.4 A student may only play on one team of the same sport (team or individual) during a school year.
- 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 June), in a minimum of sixteen (16) practices and one (1) exhibition meet.**



Thames Valley Regional Athletics

- 2.6 Conference meet results and entries to WOSSAA are to use compatible computer programs (Hy-Tek Meet Manager).
- 2.7 **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 prior 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.
- 3.4 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 Conflict of Track & Field Events
- 3.8.1 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.
- 3.8.2 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.
- 3.8.3 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.
- 3.8.4 After the last competitor has completed their attempt, a round is deemed to be over.
- 3.8.5 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.



Thames Valley Regional Athletics

4.0 Uniforms and Equipment

- 4.1 All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colour and logo. No sport 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 shirt. For 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 D – 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 ten (10) finishers from TVRA shall advance to WOSSAA.
- 7.2 In events where athletes compete in preliminary rounds in order 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.



Thames Valley Regional Athletics

8.2 Team Awards:

TVRA Central Track and Field Midget Boys Champions
TVRA Central Track and Field Junior Boys Champions
TVRA Central Track and Field Senior Boys Champions
TVRA Central Track and Field Overall Boys Team Champions (9x12 plaque)
TVRA Central Track and Field Midget Girls Champions
TVRA Central Track and Field Junior Girls Champions
TVRA Central Track and Field Senior Girls Champions
TVRA Central Track and Field Overall Girls Team Champions (9x12 plaque)
TVRA Tri-County Track and Field Midget Boys Champions
TVRA Tri-County Track and Field Junior Boys Champions
TVRA Tri-County Track and Field Senior Boys Champions
TVRA Tri-County Track and Field Overall Boys Team Champions (9x12 plq)
TVRA Tri-County Track and Field Midget Girls Champions
TVRA Tri-County Track and Field Junior Girls Champions
TVRA Tri-County Track and Field Senior Girls Champions
TVRA Tri-County Track and Field Overall Girls Team Champions (9x12 plq)

Individual Awards:

The Bob Gage Award will be presented to the top graduating male and female track and field athletes in both Tri-County and Central. 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



Thames Valley Regional Athletics

APPENDIX A – LIST OF EVENTS

Girls' Events - Midget, Junior, Senior:

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

Boys' Events - Midget, Junior, Senior:

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



Thames Valley Regional Athletics

Para Division & Physical and Intellectual Disabilities

Chart # 1 - Classifications

Key : T = Track Events; F = Field Events

Athletes with A Visual Impairment T/F 11 – Blind

T/F 12 – Very Limited Vision

T/F 13 – Limited Vision

Athletes with an Intellectual Impairment

T/F 20 – IQ at or below 75

Athletes with Cerebral Palsy

F 32; F 33; T/F 34 – Wheelchair Athletes

T/F 35 ; T/F 36; T/F 37; T/F 38 – Ambulatory Athletes

Athletes with an amputation & les

Autres F 40 & F 41 – Dwarfs

T/F 42; T/F 43; T/F 44 – Leg

Amputees T/F 45; T/F 46; T/F 47 –

Arm Amputees

Athletes in a wheelchair

T/F 51; T/F 52 – Quadriplegic

Chart # 2 — Para Track & Field

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
200m	Wheelchair	T/F 34 & 51 -- 54
800m	Visually Impaired	T/F 11,12,13
800m	Ambulatory	T/F 35 – 38 & 40- 46
800m	Intellectually Impaired	T/F 20

Where there are sufficient numbers in Para Track Events, there will be heats to finals.

Note: In visually impaired events, there will be an allowance for an athlete who requires a guide (thus two lanes).



Thames Valley Regional Athletics

APPENDIX B – PROPOSED MEET SCHEDULE

TVRA Track and Field Schedule

Day One Events

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.

Track Events

Field Events

9:00 am	Open Boys Steeplechase (2 heats)	9:00 am	Midget Girls Long Jump Midget Boys Shot Put Senior Boys Triple Jump
9:20 am	Midget Girls 80m Hurdles Heats Junior Girls 80m Hurdles Heats Senior Girls 100m Hurdles Heats Midget Boys 100m Hurdles Heats Junior Boys 100m Hurdles Heats Senior Boys 110m Hurdles Heats		Junior Boys Discus Senior Girls High Jump Senior Boys Javelin Midget and Junior Boys pole vault
10:00 am	Midget Girls 100m Heats Junior Girls 100m Heats Senior Girls 100m Heats Midget Boys 100m Heats Junior Boys 100m Heats Senior Boys 100m Heats	11:00 am	Midget Girls Shot Put Midget Boys Long Jump Junior Girls Discus Junior Boys Triple Jump Senior Girls Javelin Senior Boys High Jump Midget, Junior, and Senior Girls pole vault
11:00 am	Open Girls Steeplechase (1 or 2 heats)		
11:20 am	Midget Girls 400m Timed Finals Junior Girls 400m Timed Finals Senior Girls 400m Timed Finals Midget Boys 400m Timed Finals Junior Boys 400m Timed Finals Senior Boys 400m Timed Finals Wheelchair Girls 400m Wheelchair Boys 400m		
12:15 pm	Track Lunch Break		



Thames Valley Regional Athletics

TVRA Central Track and Field Schedule (con't)

Day One Events

Track		Field	
1:00 pm	Senior Boys 110m Hurdle Finals Junior Boys 100m Hurdle Finals Midget Boys 100m Hurdle Finals Senior Girls 100m Hurdle Finals Junior Girls 80m Hurdle Finals Midget Girls 80m Hurdle Finals	1:30 pm	Midget Girls High Jump Midget Boys Javelin Junior Girls Long Jump Junior Boys Shot Put Senior Girls Triple Jump Senior Boys Discus Senior Boys pole vault
1:30 pm	100m Semi-Finals (where necessary – if over 24 entries) Same order as the heats		
2:15 pm	Midget Boys 1500m Timed Finals Junior Boys 1500m Timed Finals Senior Boys 1500m Timed Finals		
3:00 pm	Midget Girls 100m Finals Junior Girls 100m Finals Senior Girls 100m Finals Midget Boys 100m Finals Junior Boys 100m Finals Senior Boys 100m Finals Girls Visually Impaired, Intellectual Disability and Ambulatory 100m Timed Finals Boys Visually Impaired, Intellectual Disability and Ambulatory 100m Timed Finals		
3:30 pm	Midget Girls 1500m Timed Finals Junior Girls 1500m Timed Finals Senior Girls 1500m Timed Finals		
4:15 pm	Midget Girls 4 x 100m Relay, Timed Finals Junior Girls 4 x 100m Relay, Timed Finals Senior Girls 4 x 100m Relay, Timed Finals Midget Boys 4 x 100m Relay, Timed Finals Junior Boys 4 x 100m Relay, Timed Finals Senior Boys 4 x 100m Relay, Timed Finals		



Thames Valley Regional Athletics

TVRA Central Track and Field Schedule (con't)

Day Two Events

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. All 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.

Track	Field
9:00 am Midget Girls 300m Hurdles, Timed Finals Junior Girls 300m Hurdles, Timed Finals Senior Girls 400m Hurdles, Timed Finals Midget Boys 300m Hurdles, Timed Finals Junior Boys 300m Hurdles, Timed Finals Senior Boys 400m Hurdles, Timed Finals	9:00 am Midget Girls Javelin Midget Boys High Jump Junior Girls Shot Put Junior Boys Long Jump Senior Girls Discus Junior Girls Triple Jump
10:00 am Midget Girls 200m Heats Junior Girls 200m Heats Senior Girls 200m Heats Midget Boys 200m Heats Junior Boys 200m Heats Senior Boys 200m Heats	11:00 am Midget Girls Triple Jump Midget Boys Discus Junior Girls High Jump Junior Boys Javelin Senior Girls Long Jump Senior Boys Shot Put
11:15 am Midget Boys 800m Timed Finals Junior Boys 800m Timed Finals Senior Boys 800m Timed Finals Visually Impaired, Ambulatory Boys 800m Intellectual Impairment Boys 800m Midget Girls 800m Timed Finals Junior Girls 800m Timed Finals Senior Girls 800m Timed Finals Visually Impaired, Ambulatory Girls 800m Intellectual Impairment Girls 800m	
12:00 pm 200m Semi-Finals if required (for more than 24 entries)	
12:15 pm Track Lunch Break	



Thames Valley Regional Athletics

TVRA Central Track and Field Schedule (con't)

Day Two Events

Track		Field	
1:00 pm	Midget Boys 3000m Timed Finals Junior Boys 3000m Timed Finals Senior Boys 3000m Timed Finals	1:30 pm	Midget Girls Discus Midget Boys Triple Jump Junior Girls Javelin Junior Boys High Jump Senior Girls Shot Put Senior Boys Long Jump
1:45 pm	Midget Girls 200m Finals Junior Girls 200m Finals Senior Girls 200m Finals Wheelchair Girls 200m Finals Midget Boys 200m Finals Junior Boys 200m Finals Senior Boys 200m Finals Wheelchair Boys 200m Finals		
2:15 pm	Senior Girls 3000m Timed Finals Junior Girls 3000m Timed Finals Midget Girls 3000m Timed Finals		
3:00 pm	Open Boys 4x 400m Relay Timed Finals Open Girls 4 x 400m Relay Timed Finals		
4:00 pm	Awards Presentation		



Thames Valley Regional Athletics

APPENDIX C – EVENT SPECIFICATIONS

Seeding

Ranking and Composition of Heats

- a) Seeding will be done in order 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.



Thames Valley Regional Athletics

APPENDIX C – EVENT SPECIFICATIONS (con't)

- 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.

- 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:
- in the first round (heats) the lane order shall be drawn by lot.
 - 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.



Thames Valley Regional Athletics

APPENDIX C – EVENT SPECIFICATIONS (con't)

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
Midget	1.25 m	1.60m	1.40 m	2.15m
Junior	1.30 m	1.60m	1.55 m	2.55 m
Senior	1.35 m	1.85 m	1.60 m	2.85 m

Height Increments (following IAAF procedures)

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



Thames Valley Regional Athletics

APPENDIX D – School Responsibilities

Responsibility	Number of Helpers needed	School	
Awards	3 students	Lucas/Beal	
Starting Blocks	2 students	Medway_ Couto	
		DAY 1	DAY 2
Long Jump	2 Adults, 2 students	Montcalm Westminster	EESS
Triple Jump	2 Adults, 2 students	MTS Clarke Road	Central
High Jump	1 Adult, 2 helpers	JP II	WCI
Shot Put	2 Adults, 1 student	Laurier SAB	CECI
Discus	2 Adults, 1 student	Banting LDSS	Glendale Parkside
Javelin	2 Adults, 1 student	South CCH	SDCI
Pole vault	2 Adults, 2 students	Oakridge, STA CASS LDSS	
Hurdles	2 Adults, 12 students	Medway -	
Steeplechase	2 Adults, 8 helpers	Medway	
Marshalling	1 Adult	LDCSS –Wassing, Parkside	
Starting Line Helper	1 Adult	Saunders - Moores	
Food and Refreshments	1 Adult	Medway - Laurie Farquharson	
Computer Entries	1 adult, 2 helpers	RMC – Franco Ielapi	
Announcer	1 adult	Todd Mackay	
Finish Line all day	1 adult	Central HPSS	
Finish line for Distance Races	3 schools, 2 adults per school	1. Oakridge 2. Beal 3. Msgr. Bruyere	
Relay Exchange Zones	6 schools, 2 adults per school	Zone One 1. Saunders / South 2. Parkside/ CCH Zone Two 1. LDSS / STA 2. Banting Zone Three 1. Medway / Oakridge 2. LDCSS	
Split caller for Distance Races	1 adult	Beal , Msgr. Bruyere	