

**SUPERIOR SECONDARY SCHOOLS ATHLETIC ASSOCIATION
TRACK & FIELD
PLAYING REGULATIONS
(serve as the NWOSSAA Playing Regulations)
April 2015**

1. Season of Play

The SSSAA track and field season will begin March 1st or at the end of the previous season's regular season, whichever is later and will end after the OFSAA championship.

2. Championship Dates

The SSSAA track season will begin approximately the first week in May and will conclude by the week after the May long weekend.

3. Season Format

The schedule will consist of two (2) regular season all-comer's meets which will make up the SSSAA season followed by the NWOSSAA Championship. The normal starting time for the all-comer's meets is 4:00pm. The NWOSSAA Championship is typically the Tuesday and Wednesday in the last week in May.

4. Location

All track events will take place at Fort William Stadium. Field events will take place at Fort William Stadium with throwing events possible at Brunswick Park (adjacent to FW Stadium) and designated school fields.

5. Meet Schedule

A meet schedule will be produced and distribute to participating schools in advance of all all-comer's meets and the NWOSSAA championship indicating times and locations.

6. Roster & Eligibility

Each school is permitted to enter an unlimited number of participants in the all-comer's meets. All events at the all-comer's meets are open category events. A student-athlete must compete in any one event in either all-comer's meet in order to be eligible for NWOSSAA. Exceptions include all freshman student-athletes and all regional competitors (not from within SSSAA).

Entries for NWOSSAA must be forwarded to the designated entry/scoring person by the prescribed deadline prior to the NWOSSAA meet. Entries must be entered online through the appropriate format as per the instructions. There will be no modification of entries after the Monday at 4pm prior to the NWOSSAA meet (except substituting alternates in the place of starters).

Each school is allowed three (3) entrants per event and one (1) relay team per event. A student-athlete may enter a maximum of three (3) individual events plus one (1) relay or a maximum of two (2) individual events and two (2) relays. (A maximum of four (4) events total including relays.) The events must be in the same age category but can include open category events. A student-athlete is considered to be registered for an event regardless of whether they are a starter or an alternate.

One alternate for each event must be designated on the entry form. The person designated being the only eligible substitute for the event. Four alternates for each relay team may also be designated and only those so designated will be eligible for substitution. The results office must be notified of substitutions half an hour prior to the event. Any student-athlete not registered as the starter or alternate for the event who participates will be disqualified.

All eligibility must be submitted through the AELS format one day prior to the first meet. Additional student-athletes may be added to a team through the AELS but must be done so before the student-athlete is able to compete.

7. Entry Procedures

Each student-athlete is assigned a competitor number according to the schools block of numbers. Once each student-athlete has been assigned a number, the coach must use the online database entry program to register their student-athletes. Regional schools must contact Matt Steele (matthew_steele@lakeheadschoools.ca) or Lance Jones (sssaa@ymail.com) via email to receive their number range.

8. Competition Rules

The current IAAF rules with OFSAA modifications will be followed. A head track official and a head field official will be declared to work in conjunction with the Activities Director and the meet convenor to settle any disputes or protests.

Where there are heats (100m, 200m, 400m), the finalists will be selected as follows:

If two heats- First three of each heat plus next two fastest times.

If three heats- First two of each heat plus next two fastest times.

If four heats- Winner of each heat plus next four fastest times.

If a conflict exists between a competitor's track event and field event, the track event takes precedent. The student-athlete must report to the field event first to inform the official that they have a conflict with a track event. The competitor will then compete in the track event and return immediately to compete in the field event.

In high jump, the student-athlete will resume jumping at the height in which the bar is set when they return or they may pass and wait until the bar is raised.

In events involving distance, you will receive only the number of attempts equal to those remaining to be taken by the other competitors. If the event has been completed for less than ten (10) minutes, they will receive one attempt only. Failure to return within the ten (10) minute time limit will mean that only those attempts which they made prior to departure will count.

9. Uniforms & Numbers

Each competitor must wear the competitor number assigned to him/her while competing in the meet. Numbers should be attached to the shirt on the back for all lane designated events and for all field events except for the high jump. Numbers should be worn on the front in all non-lane designated events (i.e. 800m and longer) and for the high jump.

Each competitor must wear an appropriate school singlet or shirt. **Shirts that are not school issued but display the school colour are NOT deemed acceptable.** Appropriate short or tights (school colour or black), as well as appropriate footwear, are strongly encouraged to be worn during the competition. If a competitor chooses to wear spiked shoes, only 5mm spikes or shorter are allowed on the track as longer spikes may damage the surface.

10. Scoring

Points will be assigned to the totals accumulated for each school based on the finish of the top eight individuals in each event, or the top eight teams in each relay event. Points will be awarded as follows:

1st place- 10 points
2nd place- 8 points
3rd place- 6 points
4th place- 5 points
5th place- 4 points
6th place- 3 points
7th place- 2 points
8th place- 1 point

There are tie breaking procedures set out for both track as well as field events so few ties should occur. In the event of a tie that cannot be broken (i.e. high jump), points will be awarded equally to all competitors that are tied as the average of the positions occupied.

9. Awards

The NWOSSAA Championship trophies will be awarded to the winning schools for the following: Overall Team, Midget Overall, Junior Overall, Senior Overall, Girls Overall and Boys Overall.

Individual medals will be awarded to the 1st place finisher in each event. Ribbons will be awarded to eighth place. Overall individual champion trophies will be awarded to the winner of each category title (i.e. MG, MB, JG, JB, SG, SB).

10. OFSAA Qualifying

All OFSAA entries will be made by the Activities Director. The North Region is allowed up to 4 entries per event. We are in the NWOSSAA region and will be required to share spots with NOSSA and NEOAA. The spots are dependent on times or distances. We are guaranteed one athlete per event. Second place is dependent on time/distance. Each individual is allowed up to three (3) events and one relay.

Each relay team is allowed up to five (5) athletes. Only one team per school is allowed.

Any athlete participating in an OFSAA Championship or an OFSAA Qualifying event must have participated as a member of a bona fide high school program during the school season (March to June), in a minimum number of practices as established by OFSAA, at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the school principal.

Students and schools must meet all deadlines set out with respect OFSAA entry. Students traveling as part of the SSSAA group must travel by designated means and must remain with the team at all times.

11. Extreme Weather Policy

In case of inclement weather where a meet day needs to be postponed, a notification will be placed on the SSSAA website (www.sssaa.com) as well as forwarded to all local media outlets. Every effort will be made to make this decision at the earliest possible time (even the night before in extreme weather situations) with a final decision being made by 6:30 am the day of the events.

A postponed meet day will simply push that day to the next day. Example- if May 23rd is rained out then May 24th becomes Day 1 of the competition. If two days are postponed due to weather then Friday, May 25th will become Day 1. Day 2 events will be run the subsequent week starting Monday after school with local high school coaches helping administer events. Regional school student-athletes hoping to qualify for OFSAA will be able to submit times/distances through written application.

If a portion of the competition is postponed due to weather, that time will be made up during the subsequent meet day or at a later date to be determined.

Rain alone will not necessarily cause the cancellation of events. Schools should make all necessary arrangements to attend and only cancel based on an official announcement as described above.

Coaches of participating schools are asked to make arrangements with supply teachers to listen to announcements in the case where meet days may be postponed and supply coverage will not be required.