

SUPERIOR SECONDARY SCHOOLS ATHLETIC ASSOCIATION
TRACK & FIELD
PLAYING REGULATIONS
(Serve as the NWOSSAA Playing Regulations)
May 2026

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 to three (2-3) regular season all-comer's meets which will make up the SSSAA season followed by the NWOSSAA Championship. 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.

5. Meet Schedule

A meet schedule will be produced and distribute to participating schools in advance of the 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 run as 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).

For the NWOSSAA Championships, each school is allowed four (4) entrants per track event, three (3) entrants per field event, and one relay team per event. Each student-athlete is allowed three (3) events (including open events) and two (2) relay events. Hurdles will be run as an OFSAA qualifier and will not count towards team points and will not count against an individual's number of events.

The individual events must be in the same age category but can include open category events. A student-athlete may run up a division in relay events.

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

7. Entry Procedures

Entries for NWOSSAA must be entered at trackie.com 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.

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 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.

Events going straight to finals will be run at the schedule time for the finals.

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. Communication will be encouraged between event officials so that athletes can leave the field events just prior to their running event and return immediately after.

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

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.

11. Awards

The NWOSSAA Championship trophies will be awarded to the winning schools for the following: Overall Team, Novice 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 eighth place. Overall individual champion trophies will be awarded to the winner(s) of each category title (i.e. NG, NB, JG, JB, SG, SB).

12. OFSAA Qualifying

All OFSAA entries will be made by the 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 two relays (one age-class and one open).

Each relay team is allowed up to five (5) athletes. Only one team per school is allowed. Three of the four of the student-athletes involved in qualifying for OFSAA must be included in the team forwarded to OFSAA. Only the first place team will be forwarded as a qualifier for OFSAA.

Second place relay teams who can prove that they have a competitive time at the OFSAA level, may apply to the meet director to have their entry forwarded to OFSAA.

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.

13. 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 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.