**ZONE 13 TRACK AND FIELD**

1) Two to three weeks in advance of the meet, all entries must be sent in electronic format to the Convenor using the DIRECT ATHLETICS program.

2) Prepare for track meet:

a) Each school should have an envelope with:

- rules

- track schedule for the day

- Rural Provincial track schedule if available

- list of standards for Rural Provincials

- sheet with list of students intending to go to Rural Provincials

b) One envelope for each event (track, discus, shot put, javelin, high jump, long jump, triple jump)

- event sheets

- rules for their event

c) Get volunteers from your school to help out with the event.

d) Get coaches and teachers from other schools to help officiate the events.

e) List of supplies needed for the track meet.

EVENTS

100m; 200m; 400m; 800m;1500m; 3000m;

4x100m; 4x400m; Medley (800,200,200,400)

Shot put; Discus; Javelin

Long Jump; Triple Jump; High Jump

Multi Event (100m,800m,shot put, long jump)

RULES

Heat Advancement: the fastest times to fill all available lanes will qualify for the finals. Timed finals may be run in any race that has less than 6 competitors

Track events take precedence, athletes must check in at field events and return as soon as possible after track event

Individual competitors may compete in a maximum of 4 events, one of which must be a relay

A school may enter 4 competitors per event except in relays - 2 teams per gender per relay only

Point system is as follows:

Relay 1st-10 2nd-8 3rd-7 4th-6 5th-5 6th-4 7th-3 8th-2

Individual 1st-8 2nd-7 3rd-6 4th-5 5th-4 6th-3 7th-2 8th-1

There are 2 classifications for boys and girls:

Junior - under 16 years of age as of Aug. 31, of current year

Senior - over 16 years of age as of Aug. 31, of current year

Field events will run over a specified time period with each competitor allowed 3 three throws or jumps to determine the winner. No competitors will be allowed to throw or jump after the time is completed. High jump will run in the gym if weather is poor.

Implement weights please refer to the MHSAA handbook

Two false starts result in a disqualification.

Any school that has hurdle times to include for provincials, please ensure that you hand them in to the zone Convenor. (Needs clarification)

Athletes need to bring their own starting blocks for sprints if they desire to use them.

Schedule is a guideline and depending on numbers may run ahead or behind.

Zone 13 is allowed to enter their top 3 finishers per event plus any

others that meet the rural standard.

SAMPLE TRACK SCHEDULE

TIME EVENT CATEGORY

10:00 am 100 M HEATS - ALL CLASSES

10:30 400 M TIMED FINALS

11:00 3000 M ALL CLASSES

11:30 200 M HEATS -ALL CLASSES

12:00 800 M ALL CLASSES

12:30 100 M FINALS

1:00 4 X 400 M RELAY TIMED FINALS

1:30 200 M FINALS

2:00 1500 M ALL CLASSES

2:30 4X 100 M RELAY ALL CLASSES

2:30 MEDLEY RELAY ALL CLASSES

RUNNING ORDER:

JUNIOR GIRLS

SENIOR GIRLS

JUNIOR BOYS

SENIOR BOYS

SPECIAL OLYMPICS (if applicable)

NOTE: \* Any track event with less than 2 heats will be a final

\* Schedule times are a guideline, athletes must be prepared to run earlier, or later, if the situation arises.

FIELD SCHEDULE

