



NCAA TRACK AND FIELD INFORMATION 2024

1. WASHROOMS

Washroom facilities are available on site.

2. CLEANUP

Please bring garbage bags for your school and clean up when departing from the venue. It is imperative that we treat the facility with respect and show gratitude for the accommodations the NOC is providing us.

3. INFIELD

Spectators and non-competing athletes are not permitted on the infield.

4. WEATHER

Track and Field will run rain or shine. The only cause for cancellation is severe weather conditions. Athletes must come prepared with proper attire for weather conditions.

5. SPECIAL EVENTS FOR DISABLED ATHLETES

There are several Open events scheduled at SOSSA/OFSAA for disabled athletes. The events are:

- Girls' Ambulatory 100 m and 800 m and shot put
- Boys' Ambulatory 100 m and 800 m and shot put
- Girls' Visually Impaired 100 m and 800 m and shot put
- Boys' Visually Impaired 100 m and 800 m and shot put
- Girls' Intellectual Disability 100 m and 800 m and shot put
- Boys' Intellectual Disability 100 m and 800 m and shot put
- Girls' Wheel Chair 200 m and shot put
- Boys' Wheel Chair 200 m and 400 m and shot put

If you have athletes in the listed disabled events please enter them in their appropriate categories.

6. SUBSTITUTIONS AND ADDITIONS

Once the entry website is closed all entries are officially closed. It is the schools responsibility to double check entries for accuracy. Changes may occur regarding entries based on the convenors discretion.

Changes and/or substitutions must occur by 12:00pm the day before the event. Schools must contact Jenn Benoit at jennifer.benoit@ncdsb.com with changes.

7. SCRATCHES

Scratches are entered athletes who have been declared by their coach as not competing in their event before the beginning of the meet, not the event. Once the meet begins athletes not showing for an event are considered no-shows.

Coaches are requested to scratch athlete's at least 24 hours before the meet begins.

Athletes who have not been scratched and do not show for an event will be considered no-shows and will be ineligible for all competition for the rest of the day, including relays.

An athlete injured during the meet may be advised by coach/staff advisor, in consultation with the medical personnel, to withdraw from certain events. If the convenor and/or referee are contacted before the event, the withdrawal may be ruled a scratch and not a no-show. A substitution for the injured athlete will be allowed before the event(s) begin if the athlete is considered a scratch. If the appropriate person is not contacted before the event begins the athlete will normally be considered a no-show.

8. NO-SHOWS

An athlete is a no-show if they do not show for an event in which they have been entered and have not been scratched.

A no-show athlete is ineligible to compete for the remainder of the meet in any other events, including relays.

If the athlete has earlier qualified to advance to the next meet in other events they are eligible for those events at the next level of competition.

Athletes must check into the event when it is called. Once the competition begins athletes who have not checked in will be considered no-shows.

9. SCHEDULE OF EVENTS

The times of the events indicated on the schedule should be regarded as approximate only. Events may be delayed or moved ahead.

The order of events will not change unless approved by the Jury of Appeal.

Three warning calls will be given for each event with the initial call coming fifteen (15) minutes before the start of the event. The official in charge has authority to start the event after the third call.

10. CONFLICTS BETWEEN TRACK AND FIELD EVENTS

Track events take precedence over field events.

If an athlete has a schedule conflict, he/she must check in with the field event official and advise them that they are involved in a track event. He/she may then go to the track event but must then return immediately to the field event after the completion of the track event.

The athlete(s) in conflict may request to be placed in a certain position in the order of the field event. For example, they may request to be the last competitor in the order.

When such a competitor returns to a throwing or horizontal jumping event he/she begins competing at the present round of competition. If the event has entered the 3 extra rounds for the top eight competitors the competitor must have completed a top eight qualifying jump in the preliminary round to be allowed any of the three extra attempts.

A vertical jump competitor when returning to the event will be considered to have passed any rounds and will rejoin the competition according to the normal rules.

A field event judge should not declare an event completed or begin the 3 extra attempts for the top eight without consulting with the field referee, if field competitors who have checked in are missing at track events.

11. ADVANCEMENT FROM HEATS TO FINALS

If no recent times are available, athletes will be seeded into heats at random. The winner of each heat will advance. The rest of the advancers will be determined by time.

If recent times are available athletes will be seeded into heats based on their times. The heats will be arranged so that, normally, the best performers reach the final. Advancement from the heats to final will be according to the following pattern.

Heats	top two (2) in each heat, plus next four (4) fastest times
or more heats	top finisher in each heat, plus the remainder determined by time

If two competitors tie, according to time, for the last advancement position the competitor finishing higher in a heat will advance. If the tie still exists the times recorded to the 1/1000th will be used as the tie-breaker.

If eight or less competitors register or check-in for an event which has heats scheduled the heats will be collapsed to one and the event will be held as a final at the time the heats are scheduled.

12. LANE ASSIGNMENTS

If recent times are available in sprint events, the fastest four (4) competitors will be seeded at random into the middle four (4) lanes.

800 M STARTS

In the 800 meter an individual lane start or box start will be used, depending on the number of athletes.

In either type of start the competitors will run the first corner in their assigned lane or box.

13. STEEPLECHASE

Open Girls' 2000 M

There are 18 hurdles and 5 water jumps in total. At the start there is one hurdle between the start and the first water jump followed by one hurdle before the finish. Then four complete laps are run with all obstacles in place.

All obstacles are 76 cm. in height.

The water jump is 3.66 m. in length.

Open Boys' 2000 M

There are 18 hurdles and 5 water jumps in total. At the start there is one hurdle between the start and the first water jump followed by one hurdle before the finish. Then four complete laps are run with all obstacles in place.

All obstacles are 91 cm. in height.

The water jump is 3.66 m. in length.

14. HURDLES

Hurdle Event	Distance	Height	Distance Start to 1 st Hurdle	Distance Between Hurdles	Distance From Last to Finish	Number of Hurdles
Novice Girls	80 M	2'6 0.762 M	12 M	8 M	12 M	8
Junior Girls	80 M	2'6 0.762 M	12 M	8 M	12 M	8
Senior Girls	100 M	2'6 0.762 M	13 M	8.5 M	10.5 M	10
Novice Boys	100 M	2'9 0.840 M	13 M	8.5 M	10.5 M	10
Junior Boys	100 M	3' .914 M	13 M	8.5 M	10.5 M	10
Senior Boys	110 M	3' .914 M	13.72 M	9.14 M	14.02 M	10
NOV/JUN Girls	300 M	2'6 0.762 M	50 M	35 M	40 M	7
NOV/JUN Boys	300 M	2'9 0.840 M	50 M	35 M	40 M	7
Senior Girls	400 M	2'6 0.762 M	45 M	35 M	48 M	10
Senior Boys	400 M	3' .914 M	45 M	35 M	48 M	10

15. STARTING HEIGHTS

High Jump

BOYS		GIRLS	
Novice	1.40 M	Novice	1.05 M
Junior	1.45 M	Junior	1.10 M
Senior	1.50 M	Senior	1.15 M

The event official may modify these heights with the approval of the field referee.

Pole Vault:

The starting heights in the pole vault will be determined by the event official. The field referee may be consulted.

16. THROWING EVENT IMPLEMENTS

EVENT	GENDER	AGE CATEGORY	WEIGHT
JAVELIN	GIRLS	ALL	600 g
	BOYS	Novice & JUNIOR	600 g
	BOYS	SENIOR	800 g
SHOT PUT	GIRLS	ALL	4 kg
	BOYS	Novice & JUNIOR	4 kg
	BOYS	SENIOR	5.443 kg
DISCUS	GIRLS	ALL	1 kg
	BOYS	Novice & JUNIOR	1 kg
	BOYS	SENIOR	1.6 kg

17. TIMING/PHOTO FINISH

A Photo/Video Timing System will be used to record and determine times and places at the finish line.

All finishes in sprint events and other races will be reviewed to determine official placements and times.

The official placements will be based on the recorded video finish. Initial placements determined by the finish line crew are only preliminary.

Times are recorded to 1/1000th of a second and official results posted to 1/100th of a second according to OFSAA rules.

If any school wishes to contest the final results an official protest may be requested at a cost of twenty-five dollars (\$25). If the protest is successful the \$25 will be returned.

18. JURY OF APPEAL

The Jury of Appeal will consider any official protests.

Any decision regarding track and field rules they render will be final and may not be appealed to another level.

The Jury of Appeal shall consist of the Meet Convener, Track Referee and Field Referee.

19. PROTESTS

The appropriate referee should be contacted by the coach/staff advisor within 30 minutes of the conclusion of the event. If the coach is not satisfied with the referee's decision an official protest may be initiated.

A completed Protest Form accompanied by a twenty-five (\$25) dollar fee must be submitted to the meet convener within one hour of the conclusion of the event.

20. UNIFORMS

Athletes shall compete in an official school track and field uniform consisting of shorts and tops in official school colors or a "proper uniform".

The following will be accepted as the "proper uniform" for competitors:

Top:

School track top

School crested t-shirt

Plain white t-shirt

Lower Body:

Recognizable athletic shorts or running tights (plain or with school name/identification/logo).

Sweat pants (plain or with school name/identification/logo) may be permitted by the event official if it is cold/rainy.

Following are examples of some of the attire, which will not be permitted:

- cut offs
- Hawaiian shorts or tights
- multicolored paisley type attire unless it is the official school uniform in the official school colors

NOTE FOR RELAYS:

The top for all four (4) competitors on a relay team shall appear identical. Minor differences in tops may be permitted at the discretion of the event official. Distinctly mismatched tops, even if they are official school uniforms, will not be accepted. The four (4) tops may consist of plain white t-shirts. The shorts/tights shall be in an official school color(s) or a neutral color (black or white). In the case of disputes the Track Referee or designate shall rule.

SPIKES/SURFACE

The surface for the track, jumping and javelin runways is rubberized. The surface for throwing events, other than javelin is asphalt/concrete. The longest spikes permitted on the rubberized surface is 7 mm.

21. STARTING BLOCKS

Only the starting blocks supplied will be permitted. The use of starting blocks in the sprints events, up to and including the 400 m., is not mandatory but encouraged to avoid false starts. Athletes must be in a four point stance if they do not use starting blocks in events that run in lanes.

22. FALSE STARTS

The IAAF false start rule will be used at all NCAA/SOSSA/OFSAA competitions. Note the exception from the IAAF rule noted below.

The First False Start will go against the field.

The Second False Start and subsequent false starts will go against the athlete's false starting and result in their disqualification.

NOTE: The track referee will not have the authority to overrule the starter's decision as they can at IAAF sponsored events.

23. COACHING

A reminder to all coaches that coaching of athletes from the infield of the track during races or in the competition area of a field event may lead to the disqualification of a competitor.

Split times may only be given by the designated timer and by no other person or persons during the distance races.

24. TEAM CHAMPIONSHIPS/POINTS

Points at Zone will be awarded according to the following.

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

Team championships will be declared based on accumulated points for Girls' Overall, Boys' Overall and Combined Overall.

25. QUALIFICATION TO FUTURE COMPETITIONS

Top four (4) in all events including relays advance from Zone to SOSSA

Top five (5) in all events including relays advance from SOSSA to Regional

Top four (4) in all events including relays advance from Regional to OFSAA

26. RULES OF COMPETITION

Upon request, detailed rules for each event will be supplied to the event officials by the meet convener before the competitions.

In order to clarify rules of competition the following order of interpretation will be used:

NCAA and SOSSA Rules

OFSAA Rules

IAAF Handbook

Questions and challenges regarding how an event is being conducted by the officials should NOT be directed to the event officials.

Coaches/staff advisors should consult with the appropriate referee or the convener regarding rules and their interpretation during the competition.

Coaches/staff advisors wishing additional information regarding rules before the competition should contact the convener.

27. AWARDS/RIBBONS

Zone ribbons will be awarded to the top three (3) finishers in each event at Zone.

The ribbons in field events will be awarded by the event official at the conclusion of the event.