

## LCIAA TRACK & FIELD GUIDELINES (13/05/10)

### 1. Date of Competition

The **Lanark County Track and Field Championships** shall be held on the **Wednesday** and **Thursday** of the **second week of May**. The rain date for the pre-meet held on Wednesday shall be Friday. The track and field convener will mail the pertinent meet information, to the member schools of the association, **at least three weeks before the date of the meet**.

### 2. AGE DIVISIONS(as per OFSAA)

Senior:the individual=s birth certificate indicates that he/she has not reached his/her 19<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held.

Junior:the individual=s birth certificate indicates that he/she has not reached his/her 15<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held.

Midget:the individual=s birth certificate indicates that he/she has not reached his/her 14<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in grade 9.

### 3. Entries

- a) All entries from the school conveners will be due at the host entry chairperson's school **by the Friday immediately preceding the L.C.I.A.A. meet**. Any exceptions to this deadline must be approved, **in writing**, by the L.C.I.A.A. track and field convener.
- b) No changes in the entries, submitted on the entry forms, will be permitted after 4 pm the day before L.C.I.A.A. competition begins.
- c) Entry fees will be determined by the convener and will include L.C.I.A.A. and E.O.S.S.A.A. together.
- d) The number of entries in each individual event will be **four entries from each school in all categories**.
- e) An athlete may compete in **no more** than three individual events, plus one age class relay (4 x 100 metres) and one open relay (4 x 400 metres).
- f) **E.O.S.S.A.A. qualifying** (if EOSSAA is held at a)
  - (i) 6 lane track - all six leagues - 3 track entries each  
- 4 field entries each
  - (ii) 8 lane track - all six leagues - 4 entries in all events
- g) **E.O.S.S.A.A. qualifying - relay teams** (if EOSSAA is held at a)
  - (i) 6 lane track - top 2 teams from each league qualify
  - (ii) 8 lane track - top 2 teams from each league plus next 4 fastest times

**RELAY TEAM MEMBERS MUST WEAR IDENTICAL SCHOOL TOPS**

- h) **East Regional Qualifying from the E.O.S.S.A.A. Meet:** (for information purposes only)
  - (i) **If E.R. is on a 6 lane track** - the top 4 in each track event and the top 5 in each field event at E.O.S.S.A.A. will qualify for the E.R. meet.
  - (ii) **If E.R. is on an 8 lane track:**
    - (a) When E.O.S.S.A.A. is the host association for the E.R. meet, the top 6 finishers in all E.O.S.S.A.A. events will qualify for the E.R. meet.
    - (b) When the E.R. meet is convened by another association, then the top 5 finishers in all E.O.S.S.A.A. events will qualify.
  - (iii) Regional entries must be completed at the E.O.S.S.A.A. meet by the coaches of athletes who have qualified and must be submitted to the E.O.S.S.A.A. representative with the appropriate entry fees for the E.R. meet.
  - (iv) The top 4 finishers in all events at the E.R. meet will qualify for the O.F.S.A.A. championships.

4. **Lane Placement, Qualifying and Seeding:** (please note: All times taken to 1/100th seconds must be rounded up, e.g.: 23.11 becomes 23.2)

Performances at Pre-LCIAA Meets or time trials should be used for seeding purposes.

**SCRATCH RULE-Once the meet begins, any athlete who scratches from a final after qualifying in the heats of the 100m, 200m or sprint hurdles, will be ineligible to compete in any further events during that day of competition.**

- a) **Lane Placement for Sprint Hurdles, 100m, 200m.**

Heats: The runners are to be placed in lanes by random draw (done by the Clerk of the Course).

Finals: The three runners with the best times in the heats will be assigned to lanes 3, 4, and 5 by random draw. The remaining three runners will be assigned to lanes 1, 2, and 6 also by random draw (done by the Track Recorder at the time of seeding the Final).

- b) **Seeding for the Sprint Hurdles, 100m, and 200m.**

Runners will be assigned heats using the following format based upon submitted "seed times" from Pre-LCIAA Meets or time trials with '1' being the fastest and '21' being the slowest.

**WHERE:**

(i). 4 Heats are necessary:

	Seed Number					
Heat One:	1	8	9	16	17	24
Heat Two:	2	7	10	15	18	23
Heat Three:	3	6	11	14	19	22
Heat Four:	4	5	12	13	20	21

(ii). 3 Heats are necessary:

	Seed Number:					
Heat One:	1	6	7	12	13	18
Heat Two:	2	5	8	11	14	17
Heat Three:	3	4	9	10	15	16

(iii). 2 Heats are necessary (Semi-Final):

	Seed Number:					
Heat One:	1	4	5	8	9	12
Heat Two:	2	3	6	7	10	11

c) **Qualifying for Sprint Hurdles, 100m, 200m (note exception for 200m)**

**WHERE:**

(i). 4 Heats are necessary the top two (2) in each heat plus the next 4 fastest times will advance to the Semi-Finals **except in the case of the 200m.** where the winner (1st) of each heat plus the next two (2) fastest times will advance directly to a Final.

(ii). 3 Heats are necessary the winner (1st) in each heat plus the next 3 fastest times will advance to the Final.

(iii). 2 Heats (Semi-Finals) are necessary the top two (2) in each heat plus the next 2 fastest times will advance to the Final.

d) **Ties** in heat times qualifying for the final will be broken as follows:

- (1) better placing in the same heat with identical times;
- (2) better placing in different heats with identical times;
- (3) if the runners are tied in times and places, then the qualifiers will be decided by drawing lots.

e) **400m, 400m hurdles and 300m hurdles:** These events will be run as timed-section finals. There could be up to four (4) sections of 5 or 6 runners in each event, with the Final Placings based on times.

f) **Lane Placement:** In timed-sections, the runners shall be placed by random draw by the Clerk of the Course.

- g) **Seeding:** The six fastest runners based upon seed times submitted shall be placed in the last section. (Note: This section, the last one must have six (6) or all entries if there are less than six (6) total entries). The next six fastest runners shall be placed in the next to last section. The next six fastest runners shall be placed in the previous section. Any remaining runners will be placed in the first section.

	<b>Seed Number:</b>						
<b>Section One:</b>	19	20	21	22	23	24	Slowest Section
<b>Section Two:</b>	13	14	15	16	17	18	
<b>Section Three:</b>	7	8	9	10	11	12	
<b>Section Four:</b>	1	2	3	4	5	6	Fastest Section

- h) **Ties:** If a tie occurs in times from different sections, the runners will both be given the same placing. (Please note that if a tie occurs for the third place time, the runner in the later section will advance to E.O.S.S.A.A., or in the case of an 8 lane track, 4th place). If the runners are still tied in times and places, then the qualifiers will be decided by drawing lots. There will be **NO RUNOFFS**.

i) **Relays - 4 x 100m and 4 x 400m**

- (i) These events will also run as timed-section finals.
- (ii) Each school may enter **ONE** relay team in each relay race.
- (iii) Seeding - the relay teams shall be randomly placed in lanes as drawn by the Clerk of the Course.

If there are **more than six (6)** teams:

SECTION 1 - SLOWEST 3 TEAMS  
SECTION 2 - FASTEST 4 TEAMS

j) **800m 1500m, 3000m, Open 2000m Steeplechase**

The runners will be placed on the start line based upon a random draw for position.

k) **Field Events**

- (I) The order in which the competitors take their trials shall be seeded from the lowest ranked to the best ranked. The top 8 competitors after the preliminary round will qualify for 3 additional trials and will perform their trials in the original order.

(ii) **Ties in Vertical Jumping Events** - If this occurs in the final qualifying position for the E.O.S.S.A.A. meet, the following tie-breaking procedure will take place. The competitors involved in the tie will break the tie with a jump-off **immediately after the conclusion of the event**. Heights attained during this tie-breaking process shall not be reflected in the final results of the competition.

- l) **COMPETITORS IN BOTH TRACK AND FIELD EVENTS MUST COMPETE IN THEIR SCHOOL UNIFORMS ONLY. RELAY TEAM MEMBERS MUST WEAR IDENTICAL TOPS. SCHOOL, ASSOCIATION, AND O.F.S.A.A. LOGOS ARE THE ONLY ACCEPTABLE INSIGNIA ALLOWED DURING**

COMPETITION. FAILURE TO ABIDE BY THIS REGULATION WILL RESULT IN DISQUALIFICATION.

## 5. Meet Structure

- a) The L.C.I.A.A. meet will conduct all events which are on the E.O.S.S.A.A. schedule. At present, these include:
- (i) **For girls and boys in all three divisions (midget, junior, senior)**  
100m, 200m, 400m, 800m, 1500m, 3000m, 4 x 100m relay,  
high jump, long jump, triple jump
  - (ii) **For midget and junior girls**  
80m hurdles (2'6" height), shot put (4 kg), discus (1 kg), javelin (600 gm), pole  
vault (combined midget-junior)
  - (iii) **For senior girls**  
100m hurdles (2'6" height), shot put (4 kg), discus (1 kg), javelin (600 gm), pole  
vault
  - (iv) **For midget boys**  
100m hurdles (2'9" height), shot put (4 kg), discus (1 kg), javelin (600 gm)
  - (v) **For junior boys**  
100m hurdles (3'0"), shot put (4 kg), discus (1 kg), javelin (600 gm)
  - (vi) **For senior boys**  
110m hurdles (3'0"), shot put (5.4 kg), discus (1.6 kg), javelin (800 gm)
  - (vi) **For all three boys divisions (Midget, Junior, Senior)**  
pole vault
  - (vii) **For midget and junior**  
Girls - 300m hurdles (2'6" height)  
Boys - 300m hurdles (2'9" height)
  - (viii) **The following senior division events**  
Girls - 400m hurdles (2'6" height)  
Boys - 400m hurdles (3'0" height)
  - (ix) **The following "open" events**

Girls - 4 x 400m relay, 1500m steeplechase(2'6")  
Boys - 4 x 400m relay, 2000m steeplechase(3'0")

**6. Point System for Boys and Girls**

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

**7. Awards**

The school organizing the meet is to order the individual championship medals for the various levels (6) from the league convener.

In case of ties in individual championships, a duplicate award will be made.

Schools holding trophies must bring these to the meet.

The convener must also purchase ribbons to cover six places in each event.

**1st - red, 2nd - blue, 3rd - white, 4th - green, 5th - yellow, 6th - purple**

Medals may be awarded to competitors who set new records. (This is left to the discretion of the conveners.)

**8. Convener Rotation**

2006 and 2007- SJCHS	2008 and 2009- NDCHS
2010 and 2011-AlmonteDHS	2012 and 2013-CPHS
2014 and 2015-SFDCI	2016 and 2017-PDCI
rotation begins again	

**9. GENERAL CONDUCT**

Athletes/coaches are to follow E.O.S.S.A.A./E.R./O.F.S.A.A. guidelines regarding conduct and attire.

\*\*\*SCHOOL TOPS MUST BE WORN BY ALL COMPETITORS IN ALL EVENTS\*\*\*

\*\*\*MEMBERS OF RELAY TEAMS MUST WEAR IDENTICAL SCHOOL TOPS\*\*\*

\*\*HATS MAY NOT BE WORN IN COMPETITION EXCEPT FOR LONG DISTANCE RUNNERS\*\*

\*\*DISQUALIFICATION OF THE RELAY TEAM IF BATONS ARE THROWN AT THE END\*\*