CWOSSA

TRACK & FIELD

CHAMPIONSHIPS

2019

JACOB HESPELER SECONDARY SCHOOL
CAMBRIDGE, ONTARIO

WEDNESDAY MAY 22 AT 1:00 PM
THURSDAY MAY 23 AT 10:00 AM

HOSTED BY: DISTRICTS 6, 8, 11

CONVENOR:	**JIM WOOLLEY, WRDSB**
MEET INFORMATION & WEB SITE:	**MICHAEL GALASSO, GRCI**
ENTRIES AND RESULTS:	**JEFF ANDERSON**
	MICHAEL GALASSO, GRCI
	GARY WILSON, WODSS
	SCOTT CURTIS, GRCI
OFFICIALS:	**CHUCK THOMPSON, CHCI**
	DARCY MINTZ, HHSS
COMMITTEE	**FRANK WITTMANN, SMDSS**
	BRIAN HENRY, WRDSB

1. AGE CLASSIFICATIONS

Senior: the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st 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 15th birthday by January 1st 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 14th birthday by January 1st 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.

2. ELIGIBLITY

Each athlete's date of birth must be checked from official school records and then certified by the principal. Organizers will assume that this has been done for all entries from districts. All athletes must also meet eligibility requirements as stated in CWOSSA and OFSAA constitutions.

All coaches must complete and submit CWOSSA Eligibility forms that must be dropped off when you pick up your package of numbers. The packages are available when you enter into the facility at JHSS. The forms can be found at the CWOSSA website at www.cwossa.ca On the CWOSSA website, go under championships, select track and field and then select forms.

All athletes must meet eligibility requirements as stated in CWOSSA and OFSAA constitutions and bylaws.

- Athletes must participate in a district championship.
- Any athlete participating in an OFSAA qualifying event must have participated as a member of a bona fide high school program during the school season (April to June), in a minimum number of practices (sixteen (16), 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.
- For a competitor to be advanced as a relay competitor they must be registered in an event at their district meet.
- Relay athletes must be registered in the database in order to be on a relay team. Schools do not have to declare who is running or who is an alternate but the athlete must appear on the roster with or without an event.

3. ENTRIES

Competitors may enter 3 individual events. A competitor who competes in the relay event in his/her own age class may also compete in the open 1600m relay, but may not complete in an additional age class relay. If a competitor does not compete in a relay event in her/her own age class, he/she may compete in a relay event in a higher age class

4. PLEASE NOTE THE FOLLOWING

Unsportsmanlike conduct by any competitor or coach shall result in the disqualification of the competitor. Examples: throwing the relay baton, abusive language and so on.

The infield will be out of bounds for everyone except for competitors in the javelin and high jump event.

5. ENTRIES BY DISTRICTS

District 1 & 7	4 entries/event/age/sex and 4 relay teams per relay event
District 5	2 entries/event/age/sex and 2 relay teams per relay event
District 9	2 entries/event/age/sex and 2 relay teams per relay event
District 4 & 10	4 entries/event/age/sex and 4 relay teams per relay event
District 6 & 11	4 entries/event/age/sex and 4 relay teams per relay event
District 8	2 entries/event/age/sex and 2 relay teams per relay event

When a district does not use their maximum number of entries for an event/age/gender in the POLE VAULT, the CWOSSA meet convenor will allow those entries to be offered to athletes with the highest mark in other districts who have previously not qualified based on the total number of entries allotted to that district. The number of total entries may not exceed 18. Athletes will be notified after district scratches are processed and will appear on the CWOSSA performance list. Only the original District qualifiers can score points in the event.

6. ENTRIES & NUMBERS

Entries will be done through the district convenor. Numbers for your athletes will be picked up at the meet. Numbers will be assigned to each athlete. Athletes must wear the assigned number on the:

i. Front for all track events due to the use of photo-timing system
ii. Front or back for field event

7. ENTRY DEADLINE Sunday, May 19, 2019 at 6:00 pm

Entries are due no later than 6:00 pm in Hy Tek MM format with all of the current scratches, substitutions and relay names completed. A late entry fee will be charged to your District if the entries are late. If you have any problems email Mike Galasso and Jeff Anderson at kwtimers@galasso.ca. The District convenor or designate are the only ones who can submit entries. District convenors are asked to email Mike & Jeff so that they are aware of who your District convenor is this year and who will be submitting the entries on behalf of your District. Please email the Hy Tek Advancer File with the scratches already done and the Relay names included as well as a Hy Tek Backup of the meet.

The entry fee will be $6.00 /competitor/event. Relay entry fee will be $25.00/team. Convenors of each District are asked to submit one cheque for all the entries in their district. Please do not have schools bring individual cheques as this slows down dramatically the picking up of the numbers prior to the meet. Cheques should be made payable to WODSS - CWOSSA Track and Field 2019.

8. EVENTS

All regular events will be contested. (See attached schedule)

9. SCORING

Team scoring and individual scoring 10, 8, 6, 4, 2, and 1.
Relays will count towards team scoring, but not individual points.
Open girls and boys 2000m Steeplechase will count towards combined school scores and towards individual points. Open 4 x 400 relay counts toward overall school score only.

10. SEEDING

Runners are placed in heats or sections on the basis of seeds (best time), submitted with the entry, so that the best runners will meet in the final. Competitors entered with no seed times will be considered to be the slowest in the race

For races with heats advancing to a final, the entrants will be sorted from the fastest to the slowest on the basis of their seed times. The fastest runners are placed in different heats. Once thus seeded, lane assignments for the first round heats will be assigned at random and the order of running the heats will be at random. For lane assignments from Heats to Final, the top 4 seeds (four fastest times in heats) will be placed in lanes 3, 4, 5, 6 by random draw with the remaining four athletes in the final placed randomly in lanes 1, 2, 7, 8.

In the case of timed finals (relays, 400m, 300m and 400m hurdles), the top seeds will be placed in the final section. Lanes will be drawn with the fastest seeds randomly places in lanes 3,4,5,6.

The 800m races will be run using a box start (two sections). Runners will be assigned to boxes on the basis of their times so that the faster runners are not together in the same box. Runners must stay within their "lane" or "box" until they reach the marked cut-in spot at the beginning of the back straight.

For the 1500m and longer races, all runners will start from a curved line. The starting positions on the line will be drawn at random.

11. QUALIFYING FOR FINALS

From Heats to Finals:

1. The top two finishers in the three heats plus the next two fastest times will advance to the final.

2. In the event that the 8th position and the 9th position have the same times, then the athlete with the better place of finish in his/her heat will advance to the final.

3. In the event that the 8th and 9th positions have the same time and place of finish, then the decision is up to the track referee.

Field Events

The order for competition will be random. Competitors in throws and horizontal jumps will receive 3 trials. The top 8, and ties for eighth will receive 3 additional trials. Competitors in vertical jumps may begin at any height at or above the opening height. Three consecutive failures end an individual's competitions.

12. STARTS

The 100m, 200m, 400m, and all hurdle races will be run in lanes

A box start will be used for the 800m race. Runners must stay in their boxes around the first curve until they reach the beginning of the back straight.

Curved starting lines will be used for the 1500m, 2000m SC, and 3000m races.

For the 4 x 400m relay, the first runners must stay in lanes all the way around the track. The second runners must stay in their lanes until they reach the cones marking the beginning of the back straight when they may cut in.

The start for the 300m hurdles will be near the 1500m-start line.

The finish line is common for all races.

13. EQUIPMENT

Throwing implements will not be provided.

If throwers have their own equipment, the Technical Official must approve it. Implement weigh in will occur near the officials trailer near the finish line. Such implements may be used by all competitors in the competition.

Pole vaulters must supply their own poles. A competitor may use another vaulter's pole only with the pole owner's permission.

14. STARTING HEIGHTS (VERTICAL JUMPS)

Age Category	High Jump	Pole Vault
Midget Girls	1.30m	
Junior Girls	1.35m	1.60m
Senior Girls	1.35m	1.85m
Midget Boys	1.50m	2.45m
Junior Boys	1.60m	2.75m
Senior Boys	1.65m	2.80m

Increments are 5 cm in high jump, 20 cm in pole vault. With six or fewer competitors left, the increments will be 3 cm for high jump and 10 cm for pole vault. Any changes to these increments must be approved by the Field Official.

15. CONFLICTS

If a competitor is entered in both a track and field event, or in more than one field event taking place simultaneously, the judges may allow the competitor to take his/her trials in an order different from that decided upon prior to the start of competition.

In a field event, no competitor is allowed to have more than one trial recorded in any one round of the competition.

In pole vault and high jump, any trial(s) so missed in any round will be recorded as a pass. (i.e. did not jump). If the bar has been raised, then it is not lowered for the returning athlete.

If a competitor is absent for a round and has not returned prior to the beginning of the next round, he/she may receive only his/her attempt in the round of competition in progress at the time of return.

16. TIME FOR FIELD EVENTS

In all field events, the one-minute rule will be used. With 2 or 3 competitors left, three minutes will be used in the pole vault and two minutes in the high jump. With one competitor left, six minutes will be used in the pole vault and five minutes in the high jump.

17. RULES

Order of rule interpretation will be:

1. Rules in this package,
2. CWOSSA rules,
3. OFSAA rules,
4. IAAF rules.

18. AWARDS

In each event, first place will receive a CWOSSA medallion. Second through sixth will receive CWOSSA ribbons. The chief judge at the event will award ribbons for field events. Ribbons for track events can be picked up at the awards area once results have been posted.

Individual age class champions receive a CWOSSA medallion.

CWOSSA plaques are awarded to schools that have the highest total points in:

An age class division (6 plaques)
Overall Boys' and Girls' (2 plaques)
Overall school (1 plaque)

SCHOOLS WINNING PLAQUES LAST YEAR ARE ASKED TO BRING THEM TO THE MEET AND LEAVE THEM WITH THE CONVENOR IN THE OFFICIALS AREA LOCATED IN THE TRAILOR NEAD THE FINISH LINE.

19. FACILITIES

The track is an 8 lane all-weather surface. Maximum spike length allowable on the track is 6mm. Javelin, High Jump, Long Jump, Triple Jump and Pole Vault all have the same surface as the track. Discus and shot put will be from concrete circles.

No unauthorized individuals will be allowed on the track or the infield at any time. Please remind your athletes and fellow coaches of this and the potential danger (Javelin in the infield).

20. CHECK-IN PROCEDURES

All track athletes are required to check in at the marshalling area when their event is called. The marshalling area will be adjacent to the starting line for each track event. Please ensure that athletes marshal on the outside of the track for all track events. All field athletes check in at the competition area when their event is called.

21. WASHROOM FACILITIES

Washroom facilities are available in the far corner of the parking lot and several port-a-potties will be on site. There are no change rooms available. Please note the school is out of bounds. Unauthorized entry will result in disqualification from the meet. In the event of thunder, athletes and coaches will be directed to the JHSS gym.

22. PROTESTS

Protests must be made not later than 30 minutes after the result has been officially posted. Protests must be made in writing and given to the meet director who will take the protest to the appropriate Referee (track or field). The decision of the Referee may be appealed to the Jury of Appeal. This appeal must be in writing and a $25.00 deposit must be received. The decision of the Jury is final. Successful protests will have their fee returned.

23. UNIFORMS

All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colours and logos. Failure to do so may result in disqualification. Relay team members must wear identical tops during the relay competition

No sport club insignia on uniforms or equipment shall be permitted in the competitive area. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs

Sponsorship recognition is permitted to be visible but must conform to the placement guidelines outlined in By-Law 6. Section 2(h) of the OFSAA By-laws. This criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies.

24. POST ENTRIES

Post entries will not be allowed in any event.

25. FIRST AID

A qualified person will be available to handle any medical problems and injuries.

26. OFSAA WEST REGIONAL

OFSAA West Regionals will be held on Friday May 31st and Saturday June 1 at Jacob Hespeler Secondary School in Cambridge. Information for this meet will be posted by the Regional Convenor as it becomes available.

A Regional entry desk will be set up at CWOSSA. It is the responsibility of each school to check before they leave the meet to ensure that all of their athletes are entered in the Regional Championships. *Relay names are confirmed at this time as well.* Scratches are due by Friday May 24th at 3 pm. Those advancing by this procedure will be notified on Monday May 27th at the latest.

Anticipated Regional Entry fees are $10.00 per athlete per event and $25.00 per relay team. This fee includes your entry to OFSAA if you have qualifying athletes.

The **top 6 (SIX)** from CWOSSA will advance to the regional championship in each event. This is up one from last year as CWOSSA is hosting OFSAA West this year.

CWOSSA 2019 Track Schedule

Please Note: All track and field events will start no earlier than the start time indicated, events may move forward within that time block.

Day 1 – Wednesday

1:00 pm	Open Girls	2000 m Steeplechase	Final
	Open Boys	2000 m Steeplechase	Final
1:30	Midget Girls	80 m Hurdles	Semi-Finals
	Junior Girls	80 m Hurdles	Semi-Finals
	Senior Girls	100 m Hurdles	Semi-Finals
	Midget Boys	100 m Hurdles	Semi-Finals
	Junior Boys	100 m Hurdles	Semi-Finals
	Senior Boys	110 m Hurdles	Semi-Finals
2:20	Midget Girls	100 m	Semi-Finals
	Midget Boys	100 m	Semi-Finals
	Junior Girls	100 m	Semi-Finals
	Junior Boys	100 m	Semi-Finals
	Senior Girls	100 m	Semi-Finals
	Senior Boys	100 m	Semi-Finals
3:00	Midget Girls	400 m	Timed Final
	Midget Boys	400 m	Timed Final
	Junior Girls	400 m	Timed Final
	Junior Boys	400 m	Timed Final
	Senior Girls	400 m	Timed Final
	Senior Boys	400 m	Timed Final

**********TRACK BREAK**********

4:20	Midget Girls	80 m Hurdles	Final
	Junior Girls	80 m Hurdles	Final
	Senior Girls	100 m Hurdles	Final
	Midget Boys	100 m Hurdles	Final
	Junior Boys	100 m Hurdles	Final
	Senior Boys	110 m Hurdles	Final
4:50	AmbG & AmbB	100 m	Final
	IDG & IDB	100 m	Final
	VIG & VIB	100 m	Final
	Midget Girls	100 m	Final
	Midget Boys	100 m	Final
	Junior Girls	100 m	Final

	Junior Boys	100 m	Final
	Senior Girls	100 m	Final
	Senior Boys	100 m	Final
5:20	Midget Girls	1500 m	Final
	Midget Boys	1500 m	Final
	Junior Girls	1500 m	Final
	Junior Boys	1500 m	Final
	Senior Girls	1500 m	Final
	Senior Boys	1500 m	Final
6:15	Midget Girls	4 x 100 Relay	Timed Final
	Midget Boys	4 x 100 Relay	Timed Final
	Junior Girls	4 x 100 Relay	Timed Final
	Junior Boys	4 x 100 Relay	Timed Final
	Senior Girls	4 x 100 Relay	Timed Final
	Senior Boys	4 x 100 Relay	Timed Final

Day 2 – Thursday – Please note change in order to reflect the schedule at Regionals

10:00 am	**Senior Girls**	**200 m**	**Semi-Finals**
	Senior Boys	**200 m**	**Semi-Finals**
	Junior Girls	**200 m**	**Semi-Finals**
	Junior Boys	**200 m**	**Semi-Finals**
	Midget Girls	**200 m**	**Semi-Finals**
	Midget Boys	**200 m**	**Semi-Finals**
10:45	Senior Girls	3000 m	Final
	Senior Boys	3000 m	Final
11:15	**Senior Boys**	**400 m Hurdles**	**Timed Final**
	Senior Girls	**400 m Hurdles**	**Timed Final**
	Junior Girls	**300 m Hurdles**	**Timed Final**
	Midget Girls	**300 m Hurdles**	**Timed Final**
	Junior Boys	**300 m Hurdles**	**Timed Final**
	Midget Boys	**300 m Hurdles**	**Timed Final**

**********TRACK BREAK**********

1:15	Junior Girls	3000 m	Final
	Junior Boys	3000 m	Final
1:45	**Senior Girls**	**800 m**	**Final**
	Senior Boys	**800 m**	**Final**
	Junior Girls	**800 m**	**Final**
	Junior Boys	**800 m**	**Final**
	Midget Girls	**800 m**	**Final**

	Midget Boys	**800 m**	**Final**
	AmbG & AmbB	800 m	Final
	IDG & IDB	800 m	Final
	VIG & VIB	800 m	Final
2:30	**Senior Girls**	**200 m**	**Final**
	Senior Boys	**200 m**	**Final**
	Junior Girls	**200 m**	**Final**
	Junior Boys	**200 m**	**Final**
	Midget Girls	**200 m**	**Final**
	Midget Boys	**200 m**	**Final**
	WCG & WCB	**200 m**	**Final**
3:00	Midget Girls	3000 m	Final
	Midget Boys	3000 m	Final
3:30	Open Girls	4 x 400 Relay	Timed Final
	Open Boys	4 x 400 Relay	Timed Final

CWOSSA 2019 Field Schedule
Day 1 – Wednesday

1:00 pm	Midget Girls	Long Jump
	Senior Girls	High Jump
	Midget Boys	Pole Vault
	Midget Boys	Shot Put
	Junior Boys	Discus
	Senior Boys	Javelin
	Senior Boys	**Triple Jump**
2:30	Midget Girls	Shot Put
	Junior Girls	Discus
	Senior Girls	Javelin
	Midget Boys	Long Jump
	Junior Boys	Triple Jump
	Senior Boys	High Jump
3:00	Junior Boys	Pole Vault
4:30	Midget Girls	High Jump
	Junior Girls	Long Jump
	Senior Girls	Triple Jump
	Midget Boys	Javelin
	Junior Boys	Shot Put
	Senior Boys	Discus
5:00	Midget & Junior Girls	Pole Vault

Day 2 – Thursday

10:00 am	Midget Girls	Javelin
	Junior Girls	Shot Put
	Amb/WC	Shot Put
	Junior Girls	**Triple Jump**
	Senior Girls	Discus
	Senior Girls	Pole Vault
	Midget Boys	High Jump
	Junior Boys	Long Jump
11:30	Midget Girls	Triple Jump
	Junior Girls	High Jump
	Senior Girls	Long Jump
	Midget Boys	Discus
	Junior Boys	Javelin
	Senior Boys	Shot Put
12:00	Senior Boys	Pole Vault
1:30	Midget Girls	Discus
	Junior Girls	Javelin
	Senior Girls	Shot Put
	Midget Boys	Triple Jump
	Junior Boys	High Jump
	Senior Boys	Long Jump