

EOSSAA TRACK & FIELD PLAYING REGULATIONS

(Revised in December 2011)

PREAMBLE

The EOSSAA Track & Field Playing Regulations shall be in effect for the EOSSAA Track & Field Championship Meet. Amendments to these Playing Regulations may be made by circulating written notice of motion to all EOSSAA member schools at least 7 days prior to the June Annual EOSSAA General Meeting, at which time the motion shall be voted upon. Otherwise, notices of motion presented at the June Annual EOSSAA General Meeting will be subject to approval by the EOSSAA Executive at its next November meeting. This will allow adequate time for EOSSAA member schools to consider the motion.

1. DATE OF THE COMPETITION

The EOSSAA Track & Field Championship Meet shall be held on the Thursday afternoon and Friday of the week preceding the East Regional Meet. There will be no rain date. The EOSSAA Track & Field convenor will mail to all EOSSAA member schools the pertinent meet information regarding time, location, entry fees, etc., at least one month before the date of the EOSSAA Meet.

2. AGE DIVISIONS(as per OFSAA)

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.

3. ENTRIES

a) All entries from league track & field convenors will be due at the host convenor's school by Friday NOON immediately preceding the EOSSAA Championship Meet. Any exceptions to this deadline must be approved, in writing, by the EOSSAA Track & Field convenor. **Each league convenor must send a copy of his/her league's meet results along with the completed EOSSAA entries from the HYTEK MEET MANAGER computer program.(Advancers File).** The penalty for late entries is double entry fee for that league.

b) Each league convenor must submit a cheque or money order for the total league entry fee, plus completed EOSSAA Eligibility Forms from all schools in his/her league, plus completed EOSSAA Meet entries to the EOSSAA Track & Field convenor on or before the entry deadline date.

c) No changes to the entries submitted on the EOSSAA Meet entry forms will be permitted once they have been received by the EOSSAA Track & Field convenor. Athletes who wish to scratch from an event should do so when registering on the EOSSAA Meet entry form.

- d) The EOSSAA Track & Field convenor should set an entry fee so that all meet expenses can be met. All entry fee monies which remain after expenses are paid must be turned over to EOSSAA. The entry fee should include an assessment of \$5.00 per school which pays the honorarium to the EOSSAA Track & Field convenor.
- e) The number of entrants from each league in each individual event will be as follows;
- i) 6-lane track - 3 in all events up to and including 400m.
- 4 in all track events 800m. and longer and all field events
 - ii) 8-lane track - 4 in all events
- f) Relay teams will qualify for EOSSAA as follows;
- i) 6-lane track - top 2 teams from each league
 - ii) 8-lane track - top 2 teams from each league, plus the next 4 fastest times.
- g) An athlete may compete in no more than 3 individual events, plus one age class relay (4 x 100m.) and one Open relay (4 x 400m.)
- h) A school is limited to 4 athletes per event and 1 relay team per age category as well as 1 team in each of the Open relays.
- i) *** SCHOOL TOPS MUST BE WORN BY ALL COMPETITORS IN ALL EVENTS ***
*** RELAY TEAM MEMBERS MUST WEAR IDENTICAL SCHOOL TOPS ***
- j) East Regional and OFSAA Qualifying
- (i) if the East Regional Meet is held on a 6-lane track, the top 4 in each track event and the top 5 in each field event at the EOSSAA Meet will qualify for the East Regional Meet.
 - (ii) if the East Regional Meet is held on an 8-lane track;
 - (1) When EOSSAA is the host association for the East Regional Meet, the top 6 finishers in all events at the EOSSAA Meet will qualify for the East Regional Meet.
 - (2) When COSSAA or NCHSAA host the East Regional Meet, the top 5 finishers in all events at the EOSSAA Meet will qualify for the East Regional Meet.
 - (iii) Regional Meet entries must be completed at the EOSSAA Meet by the coaches of athletes who have qualified.
 - (iv) The top 4 finishers in all events at the East Regional Meet will qualify for the OFSAA Championship Meet.

4. QUALIFYING AND SEEDING

Performances at the league meets will be used for seeding purposes.

(All hand times taken to 1/100ths seconds must be rounded up to account for electronic timing; eg. :23.11 becomes :23.35 for events up to and including 400m and 2:07.32 becomes 2:07.46 for events longer than 400m.)

SIX LANE TRACK

a) Qualifying for Sprint Hurdles, 100m., and 200m. (HEATS and FINALS)

i) There will be 3 heats of 6 runners with the first place finisher in each heat, plus the next 3 fastest times advancing to the FINAL.

ii) Seeding - [numbers] in brackets are the seed times from the league meets with [1] being the fastest and [18] being the slowest.

Heat #1 - [1] [6] [7] [12] [13] [18]

Heat #2 - [2] [5] [8] [11] [14] [17]

Heat #3 - [3] [4] [9] [10] [15] [16]

Once the runners have been seeded into their heats, the lane assignments will be by random draw.

iii) Seeding for the FINAL will be based upon heat times as follows;

[1] [2] and [3] will be assigned lanes 2,3, and 4 by random draw.

[4] [5] and [6] will be assigned lanes 1, 5, and 6 by random draw.

iv) Ties in heat times qualifying for the FINAL will be broken as follows;

(a) better placing in the same heat with identical heat.

(b) better placing in different heats with identical times.

(c) if runners are still tied in times and places, then the qualifiers will be decided by drawing lots.

b) 400m., 300m. Hurdles, 400m. Hurdles (TIMED SECTIONS)

i) These events will be run as TIMED SECTION FINALS. There will be three sections of 6 runners each, with FINAL placings based upon times.

ii) Seeding – [numbers] in brackets are the seed times from the league meets with [1] being the fastest and [18] being the slowest.

Section #1 - [13] [14] [15] [16] [17] [18]

Section #2 - [7] [8] [9] [10] [11] [12]

Section #3 - [1] [2] [3] [4] [5] [6]

Lane assignments for each section will be by random draw.

iii) If a tie in times occurs from different sections, the runners will both be given the same placing.

If a tie occurs in times for the last qualifying position for the East Regional Meet, the runner from the later section will advance to the East Regional Meet. There will be no runoffs in timed section events.

c) 800m. and 1500m. (TIMED SECTIONS)

ii) These events will be run as TIMED SECTION FINALS. There will 2 sections of 12 runners each with final placings based upon times. The procedure for breaking ties will be the same as in the 400m.

ii) Seeding – [numbers] in brackets are the seed times from the league meets with [1] being the fastest and [24] being the slowest.

Section #1 - [13] [14] [15] [16] [17] [18] [19] [20] [21] [22] [23] [24]

Section #2 - [1] [2] [3] [4] [5] [6] [7] [8] [9] [10] [11] [12]

In each 800m TIMED SECTION, there will be three starting boxes. The 1500m TIMED SECTIONS will be run from a curved line start.

In both events, starting positions will be assigned by random draw.

d) Relays (4 x 100m. and 4 x 400m.) (TIMED SECTIONS)

i) These events will also be run as TIMED SECTION FINALS. The procedure for breaking ties will be the same as in the 400m.

ii) The top 2 relay teams from each league will qualify for each EOSSAA relay.

iii) Seeding - [numbers] in brackets are the seed times from the league meets with { 1 } being the fastest and [12] being the slowest.

Section #1 - [7] [8] [9] [10] [11] [12] Section #2 - [1] [2] [3] [4] [5] [6]

Lane assignments for each section will be by random draw.

e) 3000m. and 2000m. Steeplechase (FINALS)

i) Seeding for positions on the starting line will be done by random draw.

ii) The 3000m. will be run from a box start with a one-turn stagger.

EIGHT LANE TRACK

a) Qualifying for Sprint Hurdles, 100m., and 200m. (HEATS and FINALS)

i) There will be 3 heats of 8 runners with the first two place finishers in each heat, plus the next 2 fastest times advancing to the FINAL.

ii) Seeding - [numbers] in brackets are the seed times from the league meets with [1] being the fastest and [24] being the slowest.

Heat #1 - [1] [6] [7] [12] [13] [18] [19] [24]

Heat #2 - [2] [5] [8] [11] [14] [17] [20] [23]

Heat #3 - [3] [4] [9] [10] [15] [16] [21] [22]

Once the runners have been seeded into their heats, the lane assignments will be by random draw.

iii) Seeding for the FINAL will be based upon the heat times as follows;

[1] [2] [3] [4] will be assigned lanes 3, 4, 5, and 6 by random draw.

[5] [6] [7] [8] will be assigned lanes 1, 2, 7, and 8 by random draw.

- iv) Ties in heat times qualifying for the FINAL will broken as follows;
 - (a) better placing in the same heat with identical heat.
 - (b) better placing in different heats with identical times.
 - (c) if runners are still tied in times and places, then the qualifiers will be decided by drawing lots.

b) 400m., 300m. Hurdles, 400m. Hurdles (TIMED SECTIONS)

- i) These events will be run as TIMED SECTION FINALS. There will be three sections of 8 runners each, with FINAL placings based upon times.
- ii) Seeding - [numbers] in brackets are the seed times from the league meets with [1] being the fastest and [24] being the slowest.

Section #1 - [17] [18] [19] [20] [21] [22] [23] [24]

Section #2 - [9] [10] [11] [12] [13] [14] [15] [16]

Section #3 - [1] [2] [3] [4] [5] [6] [7] [8]

Lane assignments for each section will be by random draw.

- iii) If a tie in times occurs from different sections, the runners will both be given the same placing. If a tie occurs in times for the last qualifying position for the East Regional Meet, the runner from the later section will advance to the East Regional Meet. There will be no runoffs in timed section events.

c) 800m. and 1500m. (TIMED SECTIONS)

- i) These events will be run as TIMED SECTION FINALS. There will 2 sections of 12 runners each with final placings based upon times. The procedure for breaking ties will be the same as in the 400m.
- ii) Seeding - [numbers] in brackets are the seed times from the league meets with [1] being the fastest and [24] being the slowest.

Section #1 - [13] [14] [15] [16] [17] [18] [19] [20] [21] [22] [23] [24]

- [1] [2] [3] [4] [5] [6] [7] [8] [9] [10] [11] [12]

Section #2

In each 800m TIMED

SECTION, there will three starting boxes. The 1500m TIMED SECTIONS will run from a curved line start.

In both events, starting positions will be assigned by random draw.

d) Relays (4 x 100m. and 4 x 400m.) (TIMED SECTIONS)

- i) These events will also be run as TIMED SECTION FINALS. The procedure for breaking ties will be the same as in the 400m.
- ii) The top 2 relay teams from each league, plus the next 4 fastest times will qualify for each EOSSAA relay. The EOSSAA Track & Field convenor will inform each league convenor by telephone or fax on Tuesday prior to the EOSSAA Meet as to which relay teams from his/her league have qualified for EOSSAA based upon their times. Each league convenor is then responsible for notifying the teams in his/her league which have qualified for EOSSAA. **No more than four (4) schools from one league may run in a relay event.**

iii Seeding - [numbers] in brackets are the seed times from the league meets with [1] being the fastest and [24] being the slowest.

Section #1 - [9] [10] [11] [12] [13] [14] [15] [16]

Section #2 - [1] [2] [3] [4] [5] [6] [7] [8]

Lane assignments for each section will be by random draw.

e) 3000m. and 2000m. Steeplechase (FINALS)

i) Seeding for positions on the starting line will be done by random draw

ii) The 3000m will be run from a box start with a one-turn stagger.

f) The IAAF false start Rule will NOT be used in EOSSAA competition, however it will be in effect for East Regionals and OFSAA. The following will be the EOSSAA rule: one false start for the field and then each subsequent false start will be charged to the individual resulting in their disqualification.

FIELD EVENTS

All field events will be seeded in reverse order so that the best seed performance jumps/throws last in each round, the second best second last, and so on until the lowest seed performance jumps/throws first in each round.

Opening heights for vertical jumps are to be determined by the lowest qualifier(s) from Association results.

IAAF Rule 140.3 - If a competitor is entered in both a track and a field event, or in more than one field event taking place simultaneously, the judges may allow a competitor to take his/her trials in an order different from that decided upon prior to the start of the competition.

IAAF Rule 142.3 - No competitor is allowed more than one trial recorded in any one round of the competition.

If a competitor (or competitors) move(s) to the end of the order because of conflicting events and has not returned to the event site, the round ends 90 seconds after the last jump/throw was completed, or 2 minutes after the last vault was taken in the pole vault. In the case of the final round, the above conditions would constitute the end of the event.

5. MEET STRUCTURE

EOSSAA will conduct all events which are on the OFSAA schedule. At present, these include;

iii) For Girls and Boys in all three age divisions (Midget, Junior, and Senior);
100m., 200m., 400m., 800m., 1500m., 3000m., 4 x 100m. Relay, High Jump,
Long Jump, and Triple Jump.

ii) For Midget Girls and Junior Girls;

80 m. Hurdles (2'6" height), 300m. Hurdles (2'6" height), Pole Vault

Shot Put (4 kg.), Discus (1 kg.), and Javelin (600 gm.)

iv) For Senior Girls; 100m. Hurdles (2'6" height) (beginning in 1997), 400m. Hurdles (2'6" height) Pole Vault, Shot Put (4 kg.), Discus (1 kg.), and Javelin (600 gm.)

iv) For Midget Boys; 100m. Hurdles (2'9" height), 300m. Hurdles (2'9" height), Pole Vault, Shot Put (4 kg.), Discus (1 kg.), and Javelin (600 gm.)

v) For Junior Boys;
100 m. Hurdles (3'0" height), 300m. Hurdles (2'9" height), Pole Vault, Shot Put (4 kg.), Discus (1 kg.), and Javelin (600 gm.)**

vi) For Senior Boys;
110 m. Hurdles (3'0" height), 400m. Hurdles (3'0" height), Pole Vault, Shot Put (5.4 kg.), Discus (1.616 kg.), and Javelin (800 gm.)**

** - as of 1996, the 800 gm. IAAF "new rules" javelin must be used.

vii) The following "Open" division events;
(a) Girls; 4 x 400m. Relay, 1500m Steeplechase(2'6")
(b) Boys; 4 x 400m. Relay, 2000m. Steeplechase(3'0")

viii) The following events for Physically Challenged students will be contested if there are sufficient entries;
Girls - Ambulatory 100m., Blind 800m., Wheelchair 800m.
Boys - Ambulatory 100m., Blind 1500m., Wheelchair 1500m.

6. FACILITIES

- (a) The EOSSAA Meet site must include, as a minimum;
- i) 6-lane all-weather track with markings for all running events contested at EOSSAA.
 - ii) 2 high jump areas, apart from the track, with all-weather aprons
 - iii) 2 long/triple jump pits with all-weather runways
 - iv) 1 pole vault area with an all-weather runway
- (b) The EOSSAA Meet site should include;
- i) seating area or bleachers to accommodate 800+ athletes, coaches, officials, and spectators.
 - ii) 2 shot put pads with level landing areas
 - iii) 2 discus pads with level landing areas
 - iv) 2 javelin areas with level landing areas

(c) The following equipment is required for the EOSSAA Meet;

- i) Starting Line - starting blocks (twice the number of lanes plus 2 extras), 4 starting pistols, 2 starter's stands, 5 boxes of 50 starting pistol; shells.
- ii) Finish Line, a video camera and player or a phototimer, lap cards, bell, 8 relay batons.
- iii) Hurdles - (10 times the number of lanes plus 6 extras), 4 steeplechase barriers (5 if no water jump is available).
- iv) High Jump - 4 standards, 3 fiberglass cross bars, adequate foam landing pits with covers.
- v) Pole Vault - 2 standards, 2 fiberglass cross bars, adequate foam landing pits with covers.
- vi) Long/Triple Jump - 4 rakes, 2 shovels, 2 leveling boards, plasticene.
- vii) Throwing Events - weigh scale, toe boards for shot put, at least 1 legal implement for each event; shot (4 kg.& 5.4 kg.), discus (1 kg.& 1.616 kg.) javelin (600 gm.& IAAF "new rules" 800 gm.)
- viii) Miscellaneous items - 11 tape measures, 20 clipboards, pens, competitor numbers, safety pins, 6 red/white relay flags, brooms, marking lime, paint, or tape for throwing sectors.

7. RULES AND OFFICIALS

- (a) Rules will be used in the following order of precedence; EOSSAA, then OFSAA, then IAAF.
- (b) Approximately 90 adult officials are required to conduct the EOSSAA Meet. Properly trained student officials may be used as timers and place judges, if necessary).
- (c) Any school or league which does not provide an adult official for its assigned position will not be allowed to compete in the EOSSAA Meet.
- (d) Each league will be assigned to fulfill specific adult officiating positions for the EOSSAA Meet. (These positions were revised in 2007)
 - i) KASSAA - Jury of Appeal (1), Starter, Track Umpires(2), Sr Boys Long Jump, Girls High Jump, Midget Boys Pole Vault, Boys Discus, Senior Boys Triple Jump.
 - ii) Lanark - Head Judge (Throws), Starter's Assistants(2), Track Umpires(2), Junior Boys Pole Vault, Senior Girls Long Jump.
 - iii) LGSSAA - Track Referee, Starter, Track Umpires(2), Boys High Jump, Midget Girls and Midget Boys Triple Jump, Girls and Boys Javelin.
 - iv) Prescott-Russell - Head Judge(Jumps), Starter's Assistant, Track Umpires(2), Junior Girls and Junior Boys Long Jump, Junior Girls and Junior Boys Triple Jump.
 - v) S.D. & G. - Track Referee, Jury of Appeal (1), Starter, Starter's Assistant, Track Umpires(2), Girls Pole Vault, Midget Girls and Midget Boys Long Jump, Girls Shot Put.
 - vi) UOVHSAA - Jury of Appeal (1), Starter, Starter's Assistant, Track Umpires(2), Senior Girls Triple Jump, Senior Boys Pole Vault, Boys Shot Put, Girls Discus.

vii) The host league must also provide; computer crew for entries, results and scoring, 1 Starter's assistant, 1 Announcer, 1 student to assist the Announcer, 1 Equipment Manager, Track Crew for Hurdles and Starting Blocks, 6 Track Umpires (for Wednesday and Thursday), 2 Finish Line message runners, 1 Lap Timer, 1 Throwing Implements Weigh-In Supervisor.

*** Each adult official in field events is responsible for bringing a student officiating crew and the necessary small equipment (clipboards, tape measures, etc.) to the EOSSAA Meet. ***

*** There will be a Track Referee's Meeting with all Track Umpires 15 minutes prior to the scheduled first running event each day. Track events will not begin until all Track Umpires are accounted for and given their assignments for the day. Please note that Track Umpires also serve as Relay Zone Judges. The members of the Jury of Appeal are to be available for the duration of the meet, until dismissed by the Convenor(s).***

(e) Timing- Fully automated timing must be arranged for the meet. A video camera and player or electronic phototimer must be at the main finish line.

8. EOSSAA TRACK & FIELD CONVENOR ROTATION

2010 - Lanark	2011 - LGSSAA	2012 - KASSAA
2013 – Prescott-Russell	2014 – UOVHSAA	2015 - S.D. & G.
2016- Lanark	2017- LGSSAA	2018- KASSAA
2019- Prescott-Russell	2020- UOVHSAA	2021- S.D. & G.

EAST REGIONAL CONVENOR ROTATION

2010 -COSSAA	2011 -NCHSAA	2012 –EOSSAA(LGSSAA)
2013 -COSSAA	2014 -NCHSAA	2015 –EOSSAA(KASSAA)
2016 -COSSAA	2017 -NCHSAA	2018 -EOSSAA(P-R)
2019 -COSSAA	2020 -NCHSAA	2021- EOSSAA(UOVHSAA)
2022 -COSSAA	2023 -NCHSAA	2024 –EOSSAA(SD&G)
2025 -COSSAA	2026 -NCHSAA	2025 –EOSSAA(Lanark)

EOSSAA ORDER OF TRACK EVENTS

2009

Wednesday May 20th, 2009 - Day 1

12:35 p m Track Referee's Meeting (ALL Track Umpires must be present before any track events begin. The hosting league will provide Track Umpires for the Wednesday Events

3:00 pm	Midget-Junior Girls Pole Vault		
4:00 pm	Midget Girls	300m Hurdles 30"	(TIMED SECTIONS)
4:10 pm	Junior Girls	300m Hurdles 30"	(TIMED SECTIONS)
4:20 pm	Senior Girls	400m Hurdles 30"	(TIMED SECTIONS)
4:35 pm	Midget Boys	300m Hurdles 33"	(TIMED SECTIONS)
4:45 pm	Junior Boys	300m Hurdles 33"	(TIMED SECTIONS)
5:00 pm	Senior Boys	400m Hurdles 36"	(TIMED SECTIONS)
5:30 pm	Senior Girls Pole Vault		
5:10 pm	Wheelchair Boys	1500m.	(TIMED SECTIONS)
5:20 pm	Midget Girls	1500m.	(TIMED SECTIONS)
5:35 pm	Midget Boys	1500m	(TIMED SECTIONS)
5:50 pm	Junior Girls	1500m.	(TIMED SECTIONS)
6:05 pm	Junior Boys	1500m.	(TIMED SECTIONS)
6:10 pm	Senior Girls	1500m	(TIMED SECTIONS)
6:20 pm	Senior Boys	1500m	(TIMED SECTIONS)

Thursday May 21st, 2009 - Day 2

9:00 am	Track Referee's Meeting (ALL Track Umpires must be present before any track events may begin)								
9:15 am	Open Girls 1500m. Steeplechase (FINAL)								
9:30 am	Open Boys 2000m. Steeplechase (FINAL)								
9:45 a m	100m Heats	Ambulatory	Boys	Girls					
	100m Heats			MG	JG	SG	MB	JB	SB
10:40 a m	Sprint Hurdles Heats								
	Midget Girls	80m	30"	Junior Girls	80m	30"	Senior Girls	100m	30"
	Midget Boys	100m	33"	Junior Boys	100m	36"	Senior Boys	110m	36"
11:30 am	Midget 3000m. (FINALS)			MG	MB				
12:00 am	400m. (TIMED SECTIONS)			MG	MB	JG	JB	SG	SB
1:15 pm	100m- (FINALS)			MG	MB	JG	JB	SG	SB
1:45 pm	Junior 3000m. (FINALS)			JG	JB				
2:15 pm	Sprint Hurdles (FINALS)			MG	JG	SG	MB	JB	SB
2:45 pm	Wheelchair 800m Girls								
2:55 pm	800m. (TIMED SECTIONS)			MG	MB				
3:15 pm	200m. Heats			MG	MB	JG	JB	SG	SB
4:25 pm	Blind Girls 800m								
4:35 pm	800m. (TIMED SECTIONS)			JG	JB	SG	SB		
5:15 pm	200m. (FINALS)			MG	MB	JG	JB	SG	SB
6:00 pm	Senior 3000m. (FINALS)			SG	SB				
6:30 pm	4 x 100m (Timed Sections)								
	NOTE ORDER			SG	SB	JG	JB	MG	MB
7:20 pm	Open 4 x 400m Relay (Timed sections)				OG	OB			
7:35 pm	Presentation of Team Awards								

**EOSSAA ORDER OF FIELD EVENTS
2009**

Thursday May 21st, 2009

<u>Time</u>	<u>Midget</u>	<u>GIRLS</u>		<u>BOYS</u>		
		<u>Junior</u>	<u>Senior</u>	<u>Midget</u>	<u>Junior</u>	<u>Senior</u>
9:30 am	LJ	TJ	HJ	Shot/PV	Discus	Javelin
11:00 am	Shot	Discus	Javelin	LJ	TJ	HJ-10:30
12:30 pm	HJ	LJ	TJ	Javelin	Shot/PV	Discus
2:00 pm	Javelin	Shot	Discus	HJ-1:30	LJ	TJ
3:30 pm	TJ	HJ	LJ	Discus	Javelin	Shot/PV
5:00 pm	Discus	Javelin	Shot	TJ	HJ-4:30	LJ

LJ = Long Jump

TJ = Triple Jump

HJ = High Jump

PV = Pole Vault

Increments for raising the crossbar will 5cm for all high jumps and 15 cm for all pole vaults. In each case, when 6 or fewer competitors remain in the competition, the increments will be determined by the head official after consulting the athletes involved. The "5 alive" rule will be in effect. Competitors should remain at the pits until clearing each height they choose to attempt.

In the throwing events and horizontal jumps (long and triple jumps), the top 8 competitors and ties after three rounds of competition will be allowed 3 additional trials.