

Track and Field Information

Revised April 2024

Divisions – As of June 2024

Division Name & Birth Year	Grade
U10 – (2015/2014)	3/4
U12 – (2013/2012)	5/6
U14 – (2011/2010)	7/8

In the event of a birth/grade discrepancy (ie. A 2011 born grade 6), we default to GRADE for categorization. They would be placed in U12.

ALCDSB Athletics adheres to OFSAA Guidelines surrounding gender identity. Therefore, athletes enter events as their lived gender - ie. If a student was born male, but identifies as female and has been living as a female - they are to compete as a female athlete.

Entries

- “B” Schools may enter:
 - Two (2) athletes per event, per sex, per division
 - One (1) 4 x 100m mixed relay team per division.

- “A” Schools may enter:
 - Four (4) athletes per event, per sex, per division.
 - One (1) 4 x 100m mixed relay team per division.

- Athletes may compete in a total of three events (2 track & 1 field OR 2 field and 1 track)
- 1500m *DOES NOT* count as an event against an athlete’s total events.
- 4 x 100m relay *DOES NOT* count as an event against an athlete’s total events.

Events

Field Event Breakdown

Event	U10	U12	U14
Long Jump	X	X	X
Triple Jump		X	X
Standing Broad	X	X	X
Shot Put			X
Ball Throw	X	X	

Track Event Break Down

Event	U10	U12	U14
100m	X	X	X
200m	X	X	X
400m	X	X	X
800m	XA	X	X
1500m	OPEN		
Mixed Relay	X	X	X

Registration Information

- All registration information must be completed by Tuesday, June 4th 2024 by 3:30pm.
- Registration link was sent out to all athletic reps and administrators. It is also available online at the ALCDSB Athletics West website. It can also be found below:
 - o <https://forms.office.com/r/GDueD4KVFe>
- All registration change forms must be emailed to Charlie Aarts before Tuesday June 4th by 3:30pm.
- All scratches must be reported when the coach checks in upon arrival at MA Sills no later than 9:45 am.
 - o *A **registration change** is the replacement of an athlete with another eligible athlete (must be completed by 3:30 p.m. on June 4).*
 - o *A **scratch** is the removal of an athlete who will not be replaced and must be completed by 9:45 a.m. on day of event.*
 - o *Any athlete who does not show up for an event, or if an athlete shows up who is not 'substituted' prior, the spot will remain closed as a scratch.*
 - o *Athletes injured during the day who miss the event may not be substituted for. They will remain a scratch.*

Information for Coaches

- All participants are to wear school colours while on site.
- Girls start on the Track this year. Boys will be in Field Events.
- There is not much shade so your school may wish to bring a tent for this purpose. Athletes are strongly advised to use sunscreen, wear a hat when not participating and drink water throughout the day to help avoid heat related difficulties.
- Spectators are to remain in the designated spectator area **at all times**.
- No athletes or coaches are allowed in results building or on the inner grass surface.
- All 100m races will be heats and finals.
- 200m and longer races will be finals (best times).
- Relay races will be run as A schools, B schools. St. Gregory will run relay with the A Schools this year.
- Coaches please ensure that your **relay runners know which "leg"** (1st, 2nd, 3rd, 4th) that they will be running.
- **The judge will be looking for proper technique for triple jump.** Please check with your school rep or the OPHEA binder for proper technique. This [link](#) and [video](#) will help. Eventually, Triple Jumps will look like this. All triple jumpers must meet the minimum jump distance of 6 metres.

Important Information for Morning of Event

- Both boys and girls 1500m runners should report to the Finish Line area prior to 'O Canada' to be ready for starting when opening ceremonies are over.
- If you are running the 1500m as well as the 100m, please complete the 1500m first and then report to the Start Line for the 100m.
- The Bantam and Midget 100m Girls are asked to be at the Starting Line area at 10:00 a.m. to help ensure a faster start following the 1500m.

COACHES RESPONSIBILITIES

- All coaches/teachers are expected to help monitor athlete movement in restricted or out-of-bounds areas.
- Try and keep your team together as much as possible when individual members are not competing. Designate an area of the spectators' hill for the use of your team and provide supervision in this area.
- Instruct your athletes to listen to the P.A. System for the following announcements:
 - calling of their events (each upcoming event will be announced three times only).
 - announcing of those eligible for finals in races.
 - announcing of competitors who are absent from one of their events when roll call is taken.
- Coaches please emphasize the following:
 - competitors should get to the proper area without undue delay when their events are called.
 - **DO NOT** cross the infield.
 - competitors should return to the spectators' hill when their event is over.
 - only **participating athletes** will be allowed on the infield area.
 - Please stress to your athletes that times/results cannot be given at the finish line so please refrain from being in the Finish Line area.
 - We will strive to post results as soon as possible, but understand that without sufficient volunteers, this may be difficult to accomplish.
 - Lane infractions will be called for the 100m, 200m, and 400m events. For each of these, a competitor must remain within their own line and not step on the line. Doing so will result in disqualification from the event.
 - The decision of the event judge will be final.
- **Coaches, you are responsible for the garbage in your area.** Please bring bags or use containers provided.
- Paramedic Services will be on site. Any injuries should be directed their way. Remember it is best not to move an injured child.
- In the event that one of your athletes needs to be taken to the hospital, please designate a person ahead of time that would perform this task.