

## Policy XXIII – Track & Field Playdowns

(Revised May 11, 2022)

### 1. Eligibility

- a) Students must meet all eligibility requirements as set out in the HCAA Bylaws and Policy.

Eligible students must be in grades 6 to 12. Grade 5 and lower are not eligible to take part.

- b) Age categories (reflects SHSAA policy):

Senior – 16 or older as of August 31<sup>st</sup> of (the start of) the current school year.

Junior – under 16 as of August 31<sup>st</sup> of (the start of) the current school year.

Intermediate – under 15 as of August 31<sup>st</sup> of (the start of) the current school year

Bantam – under 14 as of August 31<sup>st</sup> of (the start of) the current school year

Pee Wee – under 13 as of August 31<sup>st</sup> of (the start of) the current school year

- c) A student may compete in one of the above categories only. This includes each subsequent meet (exception – an athlete may move UP categories for relays yet still compete in the lower category in individual events. This is NOT permissible, however, at Provincials).
- d) Athletes are limited to 4 individual events (unless entering the quadathlon), plus one 4x100 relay plus the 4x400. Athletes in the quadathlon may not enter into any individual events but may still take part in one 4x100 relay plus the 4x400.
- e) Athletes may compete in an age category ONE HIGHER than their age dictates, but must stay in that category the entire season, and cannot compete in a relay in a category below.
- f) By SHSAA policy, grade 8 (or younger) students are NOT eligible to advance to Provincials. Contact the SHSAA for information on possible exceptions.

### 2. Sponsored Events, Rules, & Guidelines

- a) HCAA track and field shall have the same individual and relay events as the SHSAA in each age group:
- hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 4x100 relay, 4x400 relay (one open age race per gender)
  - long jump, triple jump, high jump, pole vault, shot put, discus, javelin
- b) An open bantam “**quadathlon**” (100m, 800m, long jump, shot put) will be offered to both boys and girls. Bantams and PeeWees are eligible to enter. Each of the events will be scored using scoring tables.

An open junior “**quadathlon**” (100m, 800m, long jump, shot put) will be offered to both boys and girls. Juniors, and Intermediates are eligible to enter. Each of the events will be scored using scoring tables.

An open senior “**quadathlon**” (100m, 800m, long jump, shot put) will be offered to both boys and girls. Seniors are eligible to enter (a Junior or Intermediate could move up). Each of the events will be scored using scoring tables.

- c) The Pre-District and District 3000m event will be combined into one, with results counting toward both Pre-District and District results (for District results, however, only the top three representing each quadrant in any one event are eligible for ranking, points, and ribbons in the District results). The 3000m event will be held on a separate day after Pre-Districts and before the District Championship when possible.
- d) The Pre-District and District pole vault event will be combined into one, with results counting toward both Pre-District and District results (for District results, however, only the top three representing each quadrant in any one event are eligible for ranking, points, and ribbons in the District results). The pole vault event will be held on a separate day (likely at a practice session and possibly indoors) to ensure proper equipment is available for use.
- e) Students entered in pole vault must have prior qualified instruction upon being entered into the event.
- f) Competitors must dress in clothing appropriate for track and field (shorts/sweats, appropriate top, **no hat**).
- g) Any **jewelry** which may impede an athlete (e.g. excessively loose chains) or cause danger to the athlete (e.g. earrings in the high jump or pole vault pit) must be removed during competition.
- h) For all events, athletes must wear footwear, and the footwear must have a flexible sole (e.g. no heels or cowboy boots) and must be a type of footwear that secures to the feet with little chance of coming off during competition (e.g. no sandals or flip-flops).
- i) Weight of throwing implements shall be as follows:

The **SHOT PUT** will be:

3kg for PeeWee Boys

4kg for Bantam Boys and Intermediate Boys

12lb for Junior Boys and Senior Boys

3kg for PeeWee Girls, Bantam Girls, and Intermediate Girls

4 kg for Junior Girls and Senior Girls

The **JAVELIN** will be 600g (EXCEPT Jr. & Sr. Boys who throw 800g)

The **DISCUS** will be 1.0kg (EXCEPT Jr. & Sr. Boys who throw 1.6kg)

**NOTE:** All competitors in the javelin and discus events will throw the official javelin and discus supplied by the HCAA at each Pre-District meet and the District Championship meet.

j) Hurdle Placement:

100m hurdles (SB,JB,MB)	13m to 1 <sup>st</sup> hurdle	8.5m between hurdles	(10 hurdles)
80m hurdles (SG,JG,BB)	12m to 1 <sup>st</sup> hurdle	8.0m between hurdles	(8 hurdles)
80m hurdles (MG,BG,PG,PB)	12m to 1 <sup>st</sup> hurdle	7.5m between hurdles	(8 hurdles)

k) Hurdle height is 30” for all categories except Jr. boys (33”) and Sr. boys (36”).

### 3. Pre-Districts

- a) Three Pre-District meets will be held each year. This may be adjusted in any given year if deemed necessary.
- b) The boundaries for each of the Pre-Districts will be drawn by the Horizon SD ASA, with consideration to geography and an attempt to distribute the numbers of participants as equitably as possible through all host sites.
- c) Host sites for Pre-Districts will be bid on (or assigned, as the number of schools with a reasonable track facility are limited). Bids will be solicited and compiled by the Horizon SD ASA, and if any decisions need to be made, will be passed on to the HCAA hosting bids committee.
- d) There will be five age categories at each Pre-District meet (Pee Wee to Senior).
- e) Schools will be allowed THREE entries per event per category at Pre-Districts.
- f) See 1. d) above for the number of events any one athlete may enter.
- g) The top four individual finishers from each Pre-District event will advance to the District Meet.
- h) Each Pre-District will be scheduled on a weekday in the week preceding Districts where possible.
- i) Advancement to final round:
  - the 100m and 200m will be run as heats and final (where number of entries exceed the number of lanes); first in each heat and next best times advance to final
  - the hurdles and 400m will be run as timed section finals
  - the 800m, 1500m, and 3000m will be run as finals
  - the top six (6) after the initial three attempts in long jump, triple jump, shot, discus, and javelin will be entitled to an extra three (3) attempts EXCEPT in Pee Wee and Bantam, and all quadathlon long jump and shot put, where each competitor gets three attempts in total.
- j) The Pre-District pole vault and 3000m events will be combined with the District pole vault and 3000m events respectively (section 2 c and 2 d), and will be held on a day separate from the main Pre-District and District meets. The 3000m event will be held after Pre-Districts and before the District Championship where possible.

k) Relays:

In the Pee Wee and Bantam 4x100m relay, the top two **school teams** will advance to the District Championship.

In the Intermediate, Junior, and Senior 4x100m relay, each Pre-District commissioner will compile (or determine a method of compiling) 4x100m relay teams and the coach in each category to compete at the District Championship. These will NOT be school teams, as each team will be made up of runners from a number of schools.

- l) At each Pre-District, the school accumulating the most points may be acknowledged, but no award will be presented.
- m) The Pre-District aggregate medals shall be distributed at the District meet and the recipients acknowledged over the PA system.
- n) All known scratches and changes must be phoned or e-mailed by 3:30 the day before the meet. On the day of the meet, only changes due to error will be made (at the discretion of the commissioner); replacements for scratched athletes will not be allowed if not requested by 3:30 the day before the meet. A reminder that the COACH, and not the athlete, should be reporting scratches, and this should be done PRIOR TO the calling of the event.
- o) A technical committee shall be formed by the commissioner prior to the competition (as per HCAA Policy VII: Duties of Commissioners) to deal expeditiously with protests or disciplinary issues.

#### 4. Districts

- a) There will be five age categories at the District meet (Pee Wee to Senior).
- b) Four entries per event per category will have advanced from each Pre-District, notwithstanding the combined pole vault and 3000m events (2 c, 2 d, 3 j).
- c) Advancement to final round:
  - i. The 100m and 200m will be run as 2 heats of 6 and a final; top 2 in each heat and next 2 best times advance to final (6 lanes). For the final, the two fastest qualifying times shall be assigned the innermost two lanes; the two slowest qualifying times shall be assigned the two outside lanes.
  - ii. The hurdles and 400m will be run as timed section finals (2 heats of 6). Heat One will include the six slowest qualifying times from Pre-Districts and Heat Two will include the six fastest qualifying times from Pre-Districts. In each heat, the two fastest qualifying times shall be assigned the innermost two lanes; the two slowest qualifying times shall be assigned the two outside lanes.
  - iii. The 800m, 1500m, and 3000m will be run as finals. Runners will be lined up using a waterfall start with pre-district seed times placing the athletes in the following order (from inside to outside): 6-5-1-2-3-4-7-8-9-10-11-12.

- iv. The top six after the initial three attempts in long jump, triple jump, shot, discus, and javelin will be entitled to an extra three attempts in ALL age categories EXCEPT in Pee Wee and Bantam and all quadathlon long jump and shot put, where each competitor gets three attempts in total.
- d) In the **VERTICAL JUMPS** (pole vault and high jump), we will **NOT LOWER THE BAR** for an athlete who missed a round. Vertical jumps judges will be asked to change the order of jumpers or wait a reasonable time for an athlete to return, but if staying on schedule becomes an issue, they will move to the next height and the returning athlete will have to simply join in at that height.
- e) The pole vault event and 3000m events for Districts and shall be held on a separate day from the main meet (2 c, 2 d, 3 j).
- f) The top two finishers in each Intermediate, Junior, and Senior event, including the Junior and Senior quadathlons, advance to the Provincial Championship.
- g) The quadrant accumulating the most points may be acknowledged, but no award will be presented.
- h) Relays:

There will be no 4x400m relays at the District meet.

The Pee Wee and Bantam 4 x 100m relays will be made up of the top two **school teams** advancing out of each Pre-District. Teams will be seeded based on their seed times with the top two seeds getting the two innermost lanes and the last two seeds getting the outside lanes.

The Intermediate, Junior, and Senior 4 x 100m relays will consist of one team compiled from each Pre-District meet (see 3.k).

#### PROVINCIAL RELAY TEAMS:

The HCAA Executive shall appoint a two-person Provincials relays committee. This committee will be responsible for relay team selection for Provincials.

The coach of the athlete winning the 100m will become the coach of that age category's 4x100m relay team for Provincials. It can be recommended by this coach or by the Provincials relay committee that the Provincials relays committee find another capable person to co-coach with this coach (mentoring) or, if needed or wanted, replace them completely.

The coach of the athlete winning the SENIOR 400m will become the coach of that gender's 4x400m relay team for Provincials. It can be recommended by this coach or by the Provincials relay committee that the Provincials relays committee find another capable person to co-coach with this coach (mentoring) or, if needed or wanted, replace them completely.

The Provincials relays committee's responsibilities:

- Create a preliminary list of the proposed team members and alternate(s), at their discretion (and possibly in consultation with other coaches), based on who they feel will make the best competitive team for provincials. In the 4x100, this won't necessarily be the top 4 from the 100m as sometimes athletes not in the 100m are the better choices. In the 400m, this will usually be the four best 400m times at Districts across all three age groups plus the next two best times as alternates. NOTE: For the 4x100m, it is not uncommon to enlist a relay team member that is not competing in any other event at Provincials.
- Contact the school coach of each proposed team member to a) ensure that runner is willing and available b) ensure that runner is a good and reliable choice and c) ensure that runner is willing and able to attend BOTH practices at Provincials (Friday ~3:30 p.m. and Saturday 8:00 a.m.). For the 4x400, a single practice is acceptable.
- Contact the coach of each relay team to ensure they are capable, willing, and able to commit to coaching that relay team. The relay committee shall solicit and assign another relay coach to co-coach or to take over as needed or requested.
- Finalize the names of the coach(es) and athletes, including alternates, for each relay team and distribute.

The Provincials relay coach's responsibilities:

- Find an acceptable means of communicating clearly with all athletes on their relay team
  - For the 4x100, conduct two meaningful practices at the Provincial meet - Friday ~3:30 p.m. and Saturday 8:00 a.m. For the 4x400, a single meaningful practice is sufficient.
- i) The 1<sup>st</sup> and 2<sup>nd</sup> place finishers in Intermediate, Junior, and Senior events will obtain their ribbons from the booth, as they need to confirm their entries at Provincials and obtain a uniform for Provincials. Acceptance of the Provincial jersey represents a commitment. If an athlete knows they cannot or will not compete at Provincials, they should inform the booth AND the third place finisher, so the third place finisher can take that spot at Provincials. Athletes failing to fulfill their commitment at Provincials for reasons considered unacceptable shall be sanctioned by the HCAA.
- j) All known scratches and changes must be phoned or e-mailed by 3:30 the day before the meet. On the day of the meet, only changes due to error will be made (at the discretion of the commissioner); replacements for scratched athletes will not be allowed if not requested by 3:30 the day before the meet. A reminder that the COACH, and not the athlete, should be reporting scratches, and this should be done PRIOR TO the calling of the event.
- k) A PHYSIOTHERAPIST may be hired by the HCAA for the duration of the meet to assist athletes with ice, taping, first aid, or whatever else may be of concern (within reason). NOTE: tape and supplies for injuries occurring PRIOR to the meet will be charged directly to the athlete.
- l) A technical committee shall be formed by the commissioner prior to the competition (as per HCAA Policy VII: Duties of Commissioners) to deal expeditiously with protests or disciplinary issues.

## 5. Points and Awards

- a) Points will be awarded for the top 12 places (14-12-10-9-8-7-6-5-4-3-2-1)
  - b) Pre-District Awards:
    - Ribbons will be awarded to the top 3 finishers for each event
    - Medals will be awarded to the aggregate winners in each of the 10 categories
- District Awards:
- Ribbons will be awarded to the top 6 finishers for each event
  - Medals will be awarded to the aggregate winners in each of the 10 categories

## 6. Financial

- a) Transportation, supervision, and accommodation arrangements/bookings/costs for Pre-Districts, Districts, and Provincials are the responsibility of the individual school and its coach. Refer to your Board or Band policy to determine which costs can be recovered through Board or Band funding. **EXCEPTION:** The Horizon SD ASA may coordinate the booking of a block of rooms for all coaches and athletes attending Provincial Track, depending on the location of the event.
- b) Any **school** whose athlete fails to return their HCAA cross country singlet will be subject to a \$50 replacement and inconvenience fee per singlet.