

PLAYING REGULATION – GHAC TRACK and FIELD

1.AGES: All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.

2.Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.

3.Events:

- a) All events will be offered that are offered at the OFSAA Track meet of that year, with the exception of Pole Vault. This will be offered if entries dictate.
- b) All hurdles and all 400M events should be added to the time schedules as heats, unless the number of competitors is the same as or less than the lanes available. In that instance, the race will be run as a timed final.

Discuss Weights: All girls events plus midget and junior boys – 1KG
Senior boys – 1.613KG

Javelin Weights: All girls events plus midget and junior boys – 600g
Senior boys – 800g

Shot Put Weights: Midget and junior girls – 3kg, senior girls 4kg
Midget and junior boys –4kg, Senior boys – 5.443kg

Hurdle Information:

	Height of Hurdle	# of hurdles used	Distance to 1 st Hurdle	Distance between hurdles	Last hurdle to end
80M midget/junior girls	30"	8	12M	8M	12M
100M senior girls	30"	10	13M	8.5M	10.5M
Midget/junior boys	33"/36"	10	13M	8.5M	10.5M
110M senior boys	36"	10	15 YDS	10 YDS	15 YDS
300M midget/junior girls	30"	8	50M	35M	40M
300M					

midget/junior boys	33"	8	50M	35M	40M
400M senior boys	36"	10	45M	35M	40M
400M senior girls	30"	10	45M	35M	40M

4. Entries:

- a) No entries will be accepted the day of the meet. Coaches bear the sole responsibility of the accuracy and completeness of their entries. Substitutions will still be recognized up to fifteen (15) minutes before the specific event.
- b) Individual schools are allowed three (3) entries per event and one (1) entry per relay.
- c) Any competitor may enter three (3) events plus one (1) age class relay and one (1) open relay.
- d) An athlete may compete in the individual Track and Field event in his/her own age classification and then move up to a higher classification for a relay providing he/she does not compete in the relay(s) in his/her own classification.

5. Rule Book: The CFTA Rule Book will be used to cover all technicalities not covered in the GHAC Regulations.

6. Officials: To be of the highest calibre possible.

7. Uniforms: All competitors in the GHAC meets shall wear a presentable school uniform or physical education uniform. A violation of this will disqualify the offender from entry into any events. It should be noted that uniform specifications for GHAC relay events are that of identical tops.

8. Starting Time: As per the meet schedule distributed prior to the meet.

9. South Regional/OFSAA Representation: The top 5 finishers in each event advance to the South Regional Meet. The top 4 finishers for the South Regional Meet advance to the OFSAA Championships.

10. General Regulations:

- a) The order of events are to be circulated prior to the meet.
- b) **Calling Events:** All events will be called 3 times;
1st call: 10 minutes prior to start of event

2nd call: 5 minutes prior to start of event

3rd call: 1 minute prior to start of event

- c) **Reporting of Contestants:** It is the competitors responsibility to report to the official in charge of the event immediately after the first call. This should be done before the start of the event if he/she is competing in another event at the same time.
- d) **Order of Precedence:** In the event that competitors are entered in events that are being conducted at the same time, track events will take precedence over the Pole Vault and High Jump, which in turn, will take precedence over all other field events.
- e) All measurements shall be made with a certified steel or fiberglass tape.
- f) Distance or height shall be recorded to the nearest 0.5cm below the distance achieved or covered, and if 35M shall be recorded to the nearest CM below the distance covered. (fractions of less than 0.5cm must be ignored. In jumping for height, all measurements shall be length of the perpendicular between the ground and the lowest part of the upper side of the bar.
- g) Scoring:
 - 1) 1st place – 10 points
 - 2) 2nd place – 8 points
 - 3) 3rd place – 6 points
 - 4) 4th place – 4 points
 - 5) 5th place – 2 points
 - 6) 6th place – 1 point

In open events, the points won count for an individual championship in the class in which the competition belongs. The competitors placing in these events will be awarded the number of points awarded for their place in the event. (eg- a junior competitor placing 2nd in the Open 3000M run would be awarded only the points awarded for his place in the event, even though he was the best of his class in the event.

- h) The decision as to whether the meet shall be called off due to weather conditions, etc... will be made by the co-ordinators and the convenor by 10:30am on the day of the meet or at anytime during the day when lightning is present. If postponed, the convenors will reschedule the championship as soon as possible.
- i) **Jury of Appeal:** Shall consist of three (3) individuals (GHAC convenor, HWCAA convenor, HSSAA convenor) to handle disputes regarding; meet structure and procedure, rules and officials, uniforms, equipment, scoring. Disputes must be written

in writing within 30 minutes of the conclusion of the event in which the incident occurred.

- j) All schools competing at GHAC must be prepared to contribute to the officiating at the meet at the convenors discretion.