



Athletic Association East **Track & Field Meet Rules and Regulations**

- A Tyke participant may enter any two different events and one relay.
- A Peewee participant may enter any two different events and one relay.
- A Bantam participant may enter any three different events and one relay.
- In the Tyke and Peewee divisions, there is a limit of two children per event per school. One pupil may enter a maximum of two different events and one relay.
*Events for both boys and girls are the same.
- The bantam division limit is three children per event per school. One pupil may enter a maximum of three different events and one relay.
*Events for both boys and girls are the same.

General Meet Rules

The following are not permitted at the meet:

- Competitors in bare or stocking feet
- Use of spiked track shoes
- Use of starting block
- Electronic devices used while competing (iPod, phone etc...)

Important Information

- Transportation is the responsibility of each school.
- Coaches are to list their competitors for all events by order of ability with their run time or distance jumped or distance thrown. (i.e. best to be listed first)
- All teams are to be present and ready to go at 9:00 a.m.
- All competitors are to stay in their designated areas when not competing.
- Competitors should be well supervised. Supervisors should not have coaching duties.
- NO spectators at the field events, only track officials are permitted in the field area.
- It's the coach's responsibility to have his/her competitors ready and present when their event is called.
- Track events take precedence over field events.
- If a participant is called to a field event before he/she has completed another field event, he/she should report to the judge of the new event being called and then return to finish the first field event.
- All participants involved in events are to wear school colours and name. This will assist officials in identifying finalists more effectively.
- Participants and spectators may bring a lunch. Canteen facilities will be available. Each school is responsible for clean-up in their area of the stands. If the bleachers are left a mess, schools may be charged an extra cleaning fee.

Substitutions will be allowed at the track until 9:00 a.m. the day of the meet for the following reasons:

- If student is absent from school that day.
- For disciplinary reasons.
- If student suffers an injury.
- If the alternate in the 1500 metre is to participate
**Coaches do not have to tell the booth if a relay participant has changed.

Track Events

100 and 200 Metre Races

- Participants will be placed in heats prior to the competition; they will be made aware of their heat assignment immediately before their race by the starter. If a participant does not show up for his/her race, he/she will be disqualified.
- Participants will be placed in specific lanes. If during a race a participant leaves his/her lane and impedes a fellow competitor (as identified by an official) he/she will be disqualified.
- The participants with the top eight times in the heats will move on to the final race. Winning a heat does not guarantee a position in the finals.
- Final races will be organized from lane one to eight as follows (number signifying qualifying position) - 7,5,3,1,2,4,6,8

400, 800 and 1500 Metre Races

- The 400, 800 and 1500 metre races count as one event for any competitor.
- The qualifying time must be listed on the entry sheets.
- The Bantams can run the 400, 800, and 1500 metre races
- The Peewees can run the 800 and 1500 metre races
- The Tykes can only run the 1500 metre race

An alternate's name and qualifying time may be listed on the entry form for each of the 1500 metre events. If, due to sickness or injury of an original 1500 metre competitor the alternate is to run, his/her name must also be registered as an official substitution (before the race). No other substitution will be permitted for the 1500 metre events.

Qualifying Times for 400m

Peewee & Bantam Boys 1:20

Peewee & Bantam Girls 1:30

Qualifying Times for 800 m

Peewee & Bantam Boys 2:55

Peewee & Bantam Girls 3:05

Qualifying Times for 1500m

Tyke Boys 8:30

Tyke Girls 9:30

Peewee Boys 7:30

Peewee Girls 8:30

Bantam Boys 6:30

Bantam Girls 8:00

Relays

All Relay Lengths are 4 X 100m for Tyke, Peewee and Bantam

Field Events

The Triple Jump

Overview

The Triple Jump will consist of three jumps. There is no practice jump. Only in special circumstances will there be fewer jumps. If this happens, all participants will be made aware before the beginning of the event.

Rules:

1. On the day of the event, there may be more than one take off line used. This will be explained to competitors before the beginning of competition.
2. Jumpers must take off with no part of their take-off foot over the specified line. If they are over the line, the jump will be identified as a fault.
3. Jumpers take off in the “hop” phase and land on the takeoff leg. They take one step onto the other foot (step phase), then jump.
4. Jumps are measured from the nearest impression made in the landing pit by any part of the jumper’s body.

The Long Jump

Overview

The Long Jump will consist of three jumps. There is no practice jump. Only in special circumstances will there be fewer jumps. If this happens, all participants will be made aware before the beginning of the event.

Rules:

1. On the day of the event there will be only one take off line used. This will be identified to competitors before the beginning of competition.
2. Jumpers must take off with no part of their take-off foot over the specified line. If they are over the line, the jump will be identified as a fault.

The Shot Put

Overview

The Shot Put will consist of three “puts.” Only in special circumstances will there be fewer. If this happens, all participants will be made aware before the beginning of the event.

The Shot Put will weigh 3.6 kg for the **Bantam boys** and 2.72 kg for **Peewee boys, girls & Bantam girls**.

Rules:

1. The thrower must rest the shot between the neck and shoulder, with the shot either touching or remaining in close proximity to the neck until it is released. The thrower must never allowing the shot to drop below this point in the throwing motion.
2. The put must be executed with one hand only.
3. The thrower must begin the throwing motion from a stationary position.
4. The thrower should use either “the glide” or “the spin” technique.
5. When the put is executed, the shot must land within the throwing sector. The athlete can only leave the circle after the judge clears the thrower. The individual must leave from the rear half of the circle to demonstrate control.

The Ball Throw

Overview

The Ball Throw will consist of three throws. Only in special circumstances will there be fewer. If this happens, all participants will be made aware before the beginning of the event.

The Ball Throw will use a **Bantam sized softball (10 inch)**.

Rules:

1. Competitors must wait for the judge to signify the beginning of the attempt. They must stay within the area (they may start at the back of the throwing area) and not cross the specified line.
2. The throw must land in the specified landing area (identified by pylons).
3. Competitors must exit from the back of the throwing area.