

# MESAA

## Invitational Track & Field Meet

### Logistics

Thursday, June 8, 2023

Rain date: June 12

Convener: Paul Sarain - Palmer Rapids Public School  
Phone: 613 758-2202

REGISTRATION: All Entry Forms must be received no later than Wednesday, May 31st, 2023.

ENTRY FEE: The cost is 50 cents per student per event. Money should be forwarded as soon as possible. Send checks to Palmer Rapids Public School, care of Paul Sarazin, and payable to MESAA. Medals are purchased ahead of time and money is needed as soon as possible to pay the bill.

ENTRY FORMS: Each School may enter a maximum of two students in each scheduled event. A student may participate in no more than 3 different events. When filling out the entry forms please type or print clearly and ensure student eligibility. In order to prepare the score sheets for the Meet, have the entry forms delivered or emailed to Palmer Rapids Public School no later than Wednesday, May 31. If any changes must be made please inform the appropriate official about any scratches or Replacements as soon as possible.

#### DIVISIONS:

Students and coaches should determine age groups as follows:

U10 - Born in 2012 or 2013 or later

U12 - Born in 2010 or 2011 or later

U14 - Born in 2008 or 2009 or later

There will be a separate boys and girls division in each of these categories.

- Each athlete may compete in a maximum of three individual events.
- Should an athlete compete in a higher division in one event, he or she must compete in that same division for all other events.
- *MESAA supports the participation of student-athletes in sport in accordance with their lived gender identity. Students have the right to participate in any division that is in alignment with their gender identity. Students who identify as non-binary are eligible to participate in 1 division of their choice.*

FACILITIES USE: Students are permitted in a cafeteria and the washrooms, the rest of the school is off limits. The MESAA committee has agreed to hire an adult in charge of monitoring

washrooms. This person will be on duty from 10:30 until 1:45 p.m. Only two students will be allowed in the washroom at one time. Two passes will be given for the girls and boys washrooms. Inform students to make it quick. Please keep the yard clean and use trash cans.

**CONTINGENCY PLAN:** A contingency plan has been set in case a storm passes over the area while the meet is in progress. Students will proceed to their respective buses. If your bus is not available, direct your students to the school cafeteria. Please have someone phone for your bus, and board it immediately when it arrives. Find out from your bus driver where they can be contacted during the day.

**OFFICIALS:** We appreciate the efforts of all parents and teachers from the participating schools. Each school is responsible for the gathering and return of the necessary equipment to run their assigned event, and the selection of an official and helper to run the event. Please be familiar with the rules and tie breaking procedures listed further in this guide. The school is also responsible for selecting someone to hand out ribbons to the top three finishers and all divisions at the event. Ribbons and score sheets, with athletes names, will be handed out to you on the day of the Meet. Please ensure that these sheets are returned to Paul Sarazin the completion of your event. It is important that officials at each event keep clear records of the top four finishers in order to compute scores to determine the winners of the medallions.

**OSG:** MESAA will adhere to the Ontario Safety Guidelines (OSG) for physical education. As an official, if a competitor is wearing jewelry, a hat or any other inappropriate clothing when she is about to perform an event please ask them to remove or change it. With your discretion, if the individual is not compliant or persists to oppose your authority you may disqualify them from your event. It should not take time away from running your event. Coaches are notified of these same rules in the next blurb and should have relayed the information to the athletes.

**COACHES:** Schools are reminded to discuss track etiquette with athletes prior to the Meet. Be aware of runners on track, don't crowd finish line areas or events, respect all barriers... MESAA doesn't allow jewelry to be worn when participating in track and field events for obvious safety reasons. Jewelry is any accessory except for elastics or scrunchies that tie back hair. This also includes wearing baseball caps or any type of hat. Competitors may be disqualified from an event after a warning. Please ensure this is discussed with athletes prior to the meet.

**LUNCH:** Students can bring their own lunches and lots of water. Remind students to use the available green bags to discard their garbage. The canteen in the cafeteria of the school will be open if students wish to purchase food and/or refreshments. Look below or wait for more details to come. We do not want any energy drinks at the school. Sports drinks are permitted.

**OSG - IT IS EVERYONE'S DUTY TO ENSURE THAT SPECTATORS AND ATHLETES RESPECT BOUNDARIES AND DESIGNATED EVENT AREAS. SAFETY IS OF UTMOST IMPORTANCE. DO WHAT IS NECESSARY SO THAT EACH PERSON GOES HOME INJURY FREE.**

High school students not involved in the Meet are not welcomed unless accompanied by their parents and they are there to watch a family member.

## EVENTS per DIVISION

The table below indicates what events each division will take part in.

	U10 Girls	U10 Boys	U12 Girls	U12 Boys	U14 Girls	U14 Boys
75m run	✓	✓				
100m run	✓	✓	✓	✓	✓	✓
200m run	✓	✓	✓	✓	✓	✓
400m run	✓	✓	✓	✓	✓	✓
800m run			✓	✓	✓	✓
Standing Long Jump	✓	✓				
Running Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump			✓	✓	✓	✓
Ball Throw	✓	✓	✓	✓	✓	✓

## TRACK EVENTS

### Heats and Finals

In the 75, 100, 200, and 400 metre races, Heats will be run to determine finalists for each event. If three Heats are needed then the top 2 finishers advance to the finals, if two Heats are needed then the top 3 finishers advance to the finals. Disqualification occurs if a runner leaves they're predetermined lane and gains an advantage or interferes with other runners. The 800 metre will be run as a Final. There will be a mass start and runners do not have to stay in their lanes.

Runners are to avoid contact with others at the start when gaining position.

All running lanes are 1 metre wide.

OSG - Spikes of any kind must not be worn.

### **75, 100, 200 and 400 metre (approx. 332m)**

The runner shall:

- be still at the start
- not leave before the sound of the whistle
- not interfere with another runner

The runners are encouraged to run past the finish line.

### **800 metre (Approx. 664m)**

The runner shall:

- be still at the start
- not leave before the sound of the whistle
- not interfere with another runner

The runners are encouraged to run past the finish line. There will not be any lanes to follow but runners must stay on the Track.

## **FIELD EVENTS**

### **\*NEW\***

All field events normally would have 3 attempts per athlete. Because of time constraints this year, the number of attempts will be reduced to 2 attempts. At the discretion of the official at each event, a third attempt can be given to determine the top 4 in the standings if there are ties, keeping in mind fairness.

**TIE BREAKING PROCEDURES** If a tie occurs and the Ball Throw, Standing Long Jump, Running Long Jump, and Triple Jump the following procedures should be applied in order.

1. Time permitting, a third attempt can be attempted by the tied competitors. That score can only break the tie between the tied competitors and not be compared to the rest of the field.
2. The second best attempt shall be compared between the tied competitors.
3. The athletes remain tied and will each get the same ribbon.  
Go to the Track table for additional ribbons.

OSG - No spikes of any kind, no bare feet.

OSG - Jumping events. Have a rake and shovel or spayed on site, but clear of the jumping area with rake prongs facing downward. The pit with minimum is 1.8 m and long enough to accommodate the longest jumper. There must be a minimum of 0.5 m between the takeoff board (or line) and front edge of the pit. Pit should have a minimum of 30 cm of sand.

OSG - Throwing events. Have a towel or rag to dry balls if necessary. Only one specified throwing direction, completely free of traffic. Students waiting a turn must be in a marked off area a minimum of 4 m behind..

## Triple Jump

Each competitor shall be allowed 2 attempts with the longest jump counted as the final score, except in the event of a tie (See tie breaking procedures). If a competitor touches the ground beyond the takeoff line or an extension of that line with any part of the body whether running up without jumping or in the act of jumping, the jump shall be considered as an attempt but the distance will not be recorded, instead an "f" shall be recorded to indicate that the attempt was made. The measurement will be from the take off point to the part of the body that touches the sand closest to the take off point.

Implements:

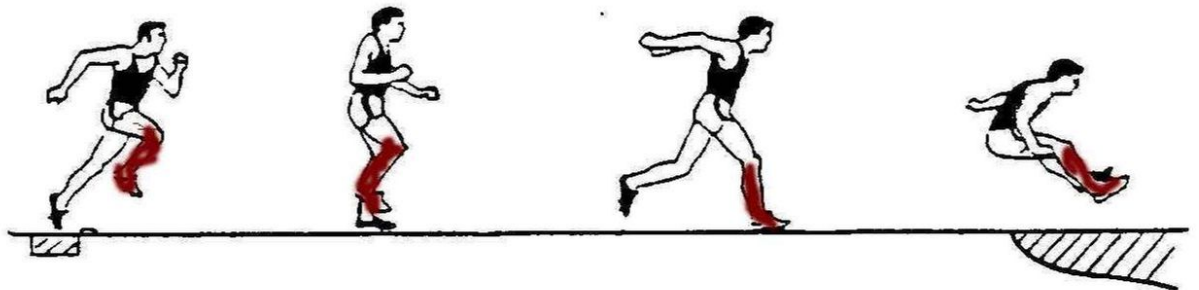
- Sandy Pit
- Take-Off board or line
- Rake
- Measuring Tape

The jumper shall:

- Start the jump with one foot
- Not surpass the inner edge of the take-off board or line with any part of the foot or body.
- Follow the proper Hop, Step, Jump sequence.

The distance of the approach is at the jumper's discretion.

### Sequence for Triple Jump



**HOP** must take off and land on same foot

**STEP** must land on opposite foot

**JUMP** must land in the landing area

## Running Long Jump

Each competitor shall be allowed 2 attempts with the longest jump counted as the final score, except in the event of a tie (See tie breaking procedures). If a competitor touches the ground beyond the takeoff line or an extension of that line with any part of the body whether running up without jumping or in the act of jumping, the jump shall be considered as an attempt but the distance will not be recorded, instead an "f" shall be recorded to indicate that the attempt was made. The measurement will be from the take off point to the part of the body that touches the sand closest to the take off point.

Implements:

- Sandy Pit
- Take-Off board or line
- Rake
- Measuring Tape

The jumper shall:

- Not surpass the inner edge of the takeoff board or line with any part of the foot or body.

The distance of the approach is at the jumper's discretion.

## Standing Long Jump

Each competitor shall be allowed 2 attempts with the longest jump counted as the final score, except in the event of a tie (See tie breaking procedures). If a competitor touches the ground beyond the takeoff line or an extension of that line with any part of the foot in the act of jumping, the jump shall be considered as an attempt but the distance will not be recorded, instead an "f" shall be recorded to indicate that the attempt was made. The measurement will be from the take off point to the part of the body that touches the sand closest to the take off point.

Implements:

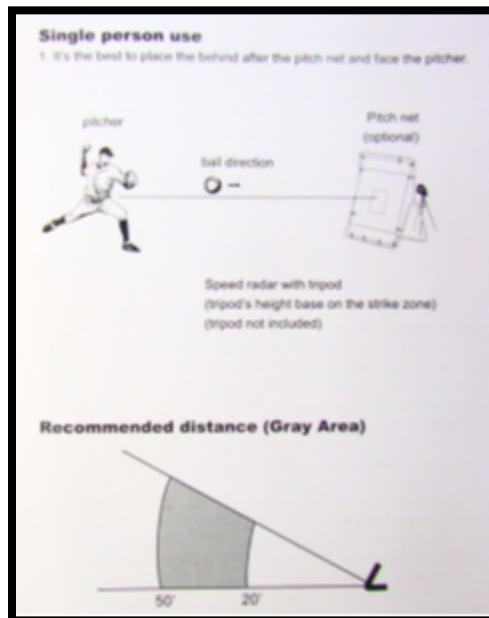
- Sandy Pit
- Take-Off board or line
- Rake
- Measuring Tape

The jumper shall:

- start jump with two feet on the board or behind the line
- not surpass the inner edge of the take-off board or line with any part of the feet.

## Ball Throw

Each competitor shall be allowed 2 attempts with the longest jump counted as the final score, except in the event of a tie (See tie breaking procedures). If a competitor's throw is way off target and no radar gun doesn't read the speed, the throw will be recorded as an "f" to indicate that the attempt was made.



Implements:

- Speed Gun
- Target
- Board or base
- Ball hockey balls
- Towel to wipe balls

The thrower shall:

- throw with one hand
- in the direction of a target on the backstop.
- From a distance of 7 metres
- have one foot on a board at all times until the ball leaves the hand.  
(Look at baseball pitchers for guidance)

## AWARDS

Students finishing in the top three positions in the Field events and the finals of the Track events, will receive ribbons. They will be presented immediately following the completion of each event by an official at that particular event. Gold, Silver, and Bronze medallions will be forwarded to the top three athletes of each division. To determine these recipients, those athletes placing in the top 4 positions will receive points for an aggregate score. If ties can't be broken (after following tie-breaking procedures) then tied athletes will receive the same ribbons.

## SCORING

### FINAL SCORE

Determine each competitor's final score by calculating the sum of the POSITION, DISCIPLINE RATING, and DIFFICULTY VALUE. The 3 top athletes in each division will receive a medal based on the highest scores.

**Position:** Each participant finishing in fourth position or higher will receive points for every event they enter. Determine the points each competitor receives for each event according to Position.

<i>Position</i>	<i>Points</i>
1st Place	20 points
2nd Place	15 points
3rd Place	10 points
4th Place	7 points

Calculation of Levels of Difficulty to be added to competitors' scores.

This is done in order to break any ties that might occur in the final standings. Athletes will be given a higher ranking if they have diversity in the type of events they entered. Example: Athlete 'A' enters only track events while Athlete 'B' enters in track and field events. Athlete 'B' would require more training and have more difficulty placing first in all their events. Each event is given points depending on the level of difficulty to master it.



**Discipline Rating:** This involves separating events into Run, Jump, and Throw. If an athlete competes in all 3 disciplines they receive more points.

<i>Discipline Rating</i>	
<i>Disciplines</i>	<i>Points</i>
3	3 points
2	2 points
1	1 point

**Difficulty Value:** Determine the points each competitor receives per event according to the difficulty value.

<i>Discipline Value</i>	
<i>Event</i>	<i>Difficulty Value</i>
Running Disciplines	
75m	0.1
100m	0.2
200m	0.3
400m	0.5
800m	0.6
Jumping Disciplines	
Standing Long Jump	0.3
Running Long Jump	0.6
Triple Jump	0.9
Throwing Discipline	
Ball Throw	0.5

Thanks to all the volunteers

