

MESAA

Invitational Track & Field Meet

Logistics

Thursday, June 7, 2018

Convener: Paul Sarazin - Palmer Rapids Public School
Ph. 758-2202

REGISTRATION: All Entry Forms must be received no later than Thursday, May 31, 2018.

ENTRE FEE: The cost is \$0.50 per student per event, plus \$0.50 per school per relay team. Money should be forwarded as soon as possible. Send cheques to Palmer Rapids Public School, c/o 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 and also the relay; Therefore, one student can possibly participate in a total of 4 events. When filling out the Entry Forms please 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 Thursday, 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:

PEEWEE - Born in 2007 or 2008 or later

BANTAM - Born in 2005 or 2006 or later

MIDGET - Born in 2003 or 2004 or later

1. Each athlete may compete in a maximum of 3 individual events and one relay.
2. a) An athlete must compete in his/her age category except if he/she wishes to compete in the 4x100m relay in a higher age category, yet still compete fully in his/her actual division.
b) Should an athlete compete in a higher division in an event, other than the relay, he/she must compete in that same division for all other events.

FACILITY USE: Students are permitted in the cafeteria and the washrooms. The rest of the school is off limits. The M.E.S.A.A. committee has agreed to hire an adult in charge of monitoring washrooms. This person will be on duty from 9:40 a.m. to 2:15 p.m. In discussions with the Killaloe staff it has been decided that only two students will be allowed in the washroom at one time. Two passes will be given for the girl's and boy's washrooms. Inform students to make it quick. Please keep yard clean and use trash cans.

NOTE 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 she/he 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 to run the event. Please be familiar with the rules and tie breaking procedures listed further in this guide. The school is also responsible to select someone to hand out ribbons to the top three finishers in all divisions at the event. Ribbons and score sheets with athlete's names will be handed to you on the day of the Meet. Please ensure that these sheets are returned to Paul Sarazin after the completion of your event. It is important that officials at each event keep clear records of the top 4 finishers in order to compute scores to determine the winners of the medallions - see AWARDS.

MESAA will adhere to Ontario Safety Guidelines (OSG) for Physical Education

Note As an official, if a competitor is wearing jewelry, a hat, or any other inappropriate clothing when s/he is about to perform an event, please ask her/him to remove/change it. With your discretion, if the individual is not compliant or persists to oppose your authority you may disqualify them from your event. This 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 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 area, respect all barriers ...

Note M.E.S.A.A. doesn't allow jewelry to be worn while participating in Track & 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 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.

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 3 heats are needed then the top 2 finishers advance to the finals, if 2 heats are needed then the top 3 finishers advance to the finals. Disqualification occurs if a runner leaves their predetermined lane, interferes with other runners, or commits 2 false starts. The 800 metre will be run as a Final.

NOTE: Running lanes are 1 metre wide

OSG - Spikes of any kind must not be worn

Relays

The relays will include a 20 metre exchange zone only. A relay team will be disqualified if any exchange takes place outside the exchange zone or a runner leaves their predetermined lane. North schools will compete in one heat while South schools will compete in the other, whenever possible. The top 2 finishers of each heat will advance to the Final. Only one relay team from each division and gender can compete from each school.

OSG - Use plastic or aluminum relay batons

FIELD EVENTS

Tie-Breaking Procedure

If a tie occurs in the Shot Put, Ball Throw, Vertical Jump, Standing Long Jump, Running Long Jump, and Triple Jump the 2nd best attempt shall be compared between the tied competitors.

Running Long Jump / Standing Long Jump / Triple Jump:

Each competitor shall be allowed three trials, 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 - it shall be counted as a failure.

Vertical Jump:

Before the event, each athlete will be measured from foot to fingertip on the right side if they are right handed or left side if they are left handed. Their corresponding foot, hip, and chest must be touching the wall. Legs, arms and torso must be straight. This will be known as '**Vertical Height**'. They must touch the measuring tool with the hand that was measured. Athletes will jump from a standing position as high vertically as they can and directly below the measuring tool. They will tap the measuring tool with their fingers. The difference between their individual 'vertical height' and their 'jumping height' is recorded. Each athlete will get three attempts and the greatest height will be considered for placings. If ties occur the sum of all 3 heights will be considered.

OSG - No spikes of any kind, no bare feet. Have a rake and shovel or spade on sight but clear of jumping area with rake prongs downward. Pit width minimum is 1.8 m and long enough to accommodate longest jumper. There must be a minimum of .5 m between takeoff board and front edge of pit. Pit should have a minimum of 30 cm of sand.

Ball Throw:

A regular Softball will be used. Each competitor shall be allowed three trials, with the longest throw counted as the final score, except in the event of a tie (see Tie - Breaking Procedures.).

OSG - 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 the toe line.

Shot Put:

The weight of the shot put is as follows:

Bantam Girls ... 6 lbs / 2.7 kg

Bantam Boys ... 6 lbs / 2.7 kg

Midget Girls 6 lbs /2.7 kg

Midget Boys 8 lbs /3.6 kg

Each competitor shall be allowed three trials, with the longest throw counted as the final score, except in the event of a tie (see Tie - Breaking Procedures.). Measurement of each throw shall be made from the nearest mark made by the fall of the implement to the centre of the circle, or to a point on the circumference that is in line with the fall of the implement and the centre of the circle. Each competitor must enter and exit the circle from the back. If he/she steps outside the front of the circle the throw is disqualified. The throw must land within the inner edges of lines marking a 45 degree sector.

OSG - Have a towel or rag to dry shots 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 the toe line. All shots must be: transported safely to and from throwing area.

OSG - IT IS EVERYONES 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.

Students finishing in the top three positions in the Field events and the finals of the Track events, will receive ribbons. Each member of the top three relay teams will also 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. The relays will not count for points.

SCORING

Each participant finishing in fourth position or higher will receive points for every event they enter, except the 4x100m relay. Determine the points each competitor receives for each event according to Position.

Position

1 st place 20 pts

2nd place 15 pts

3rd place 10 pts

4th place 7 pts

Points for Levels of Difficulty: will also be added to the 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 his/her events and therefore ranks higher in the Levels of Difficulty.

Calculation of Levels of Difficulty to be added to competitors score.

Discipline Rating

Determine the points each competitor receives from all events combined according to the discipline rating. Disciplines are listed below.

Competitor enters events in:

all three disciplines 3 pts

any two disciplines 2 pts

one discipline 1 pt

Difficulty Rating

Determine the points each competitor receives per event according to the difficulty value.

Discipline Event Difficulty Value

Run

75m dash	0.1
100m dash	0.2
200m dash	0.3
400m	0.4
800m	0.5

Throw

Ball Throw	0.4
Shot Put	0.5

Jump

Standing Long Jump	0.2
Vertical Jump	0.4
Running Long Jump	0.6
Triple Jump	0.9

FINAL SCORE

Determine each competitor's final score by calculating the sum of the POSITION, DISCIPLINE RATING, and DIFFICULTY VALUE.

Thanks to all the volunteers