

WCSSAA & DISTRICT 8

TRACK and FIELD

MAXI MEET

TRACK WARS

INFORMATION 2018

JACOB HESPELER SECONDARY SCHOOL

SITE CONVENOR: Jim Woolley, WRDSB

Thursday April 26 – Maxi Meet #1, 3:00 pm to 8:00 pm

Thursday May 3 – Track Wars, 9:00 am to 4:30 pm

Thursday May 10 – Maxi Meet #2, 3:00 pm to 8:00 pm

OFFICIATING RESPONSIBILITIES

Each school will be responsible for a certain officiating duty at **each maxi-meet and Track Wars**. Schools are reminded that there must be a minimum of one TEACHER per assigned field event (plus student helpers that you bring). The numbers in parentheses indicates the total number of officials you require to run the event successfully. Please bring all the EQUIPMENT needed to run the event such as clipboards, result sheets, pens/pencils, tape measures, and so on. The meet convenor will provide you with crossbars and rakes. Please try to ensure that the same officials are used for both maxi meets, Track Wars and WCSSAA/District 8.

FIELD EVENTS - If you are in charge of a field event, then please note the following points carefully for the **maxi-meets** only.

- 1) Measurements - Officials are asked to **give an approximate measure of ALL attempts** even if they are faults. This way all athletes will have an idea of how well they are performing.
- 2) Open Field Events - Please keep your field event open for the entire time as athletes will be able to complete their attempts at any time during the hour and thirty minutes (***exceptions*** - high jump and pole vault).
- 3) **It is imperative that you are at your event 30 minutes before so that athletes can check in and warm up. The events are to START at the listed times.**

SCHOOL RESPONSIBILITIES - SEE Next Page

Part of your officiating responsibility includes returning the equipment from the event to the storage facility. (rakes, shovels, HJ standards, etc) This really helps with clean up at the end of the meet.

<u>SCHOOL</u>	<u>RESPONSIBILITY</u>
SJAM/JHSS	Pole Vault (2 Adults + 2 Student Helpers)
RCSS	Boys Triple Jump (2 Adults + 2 Student Helpers)
SBCSS	Girls Triple Jump (2 Adults + 2 Student Helpers)
ECI	Boys Long Jump (2 Adults + 2 Student Helpers)
EDSS	Girls Long Jump (2 Adults + 2 Student Helpers)
RMC/SMHS/PRDG	Boys High Jump (2 Adults + 2 Student Helpers)
WCHS/KOIN/SDCSS	Girls High Jump (2 Adults + 2 Student Helpers)
GPSS	Boys Discus (2 Adults + 2 Student Helpers)
BCI	Girls Discus (2 Adults + 2 Student Helpers)
FHCI	Boys Shot Put (2 Adults + 2 Student Helpers)
KCI	Girls Shot Put (2 Adults + 2 Student Helpers)
WCI	Boys Javelin (2 Adults + 2 Student Helpers)
PHS	Girls Javelin (2 Adults + 2 Student Helpers)
MDCSS	Start Line Blocks and Starter Assistance (2 Adults + 2 Students)
CHCI	Hurdles (2 Adults + 4 Student Helpers)
SSS	Steeplechase Barriers (2 Adults + 4 Student Helpers)
GCI	Finish Line Distance Races (2 Adults + 2 Student Helpers) 800m, 1500m, Steeple races, 3000m & 4 x 400m relay
HHSS	Relay Exchanges 4x 100/4 x 400 etc. (3 Adults + 3 Students)
GRCI/WODSS	Finish Line (Timing & Computers) (2 Adults)

Introduction

Please read this information package carefully to ensure that you and your school coaches are aware of the schedule, responsibilities, etc. associated with the maxi-meets. Questions with regard to maxi-meets should be directed to Jim Woolley (GRCI 519-576-5100 ext. 5510).

Information relating to Track Wars can be found at www.galasso.ca and questions can be also directed to Jim Woolley at GRCI. **Please note that the entry fee for Track Wars for WCSSAA & District 8 schools is only \$5.00/athlete to a maximum of \$200.** This is a 50% reduction compared to the cost for schools outside our area.

General Information

1) MAXI-MEET DATES and LOCATIONS

Maxi-Meet # 1 - Thursday, April 26, 2018 at Jacob Hespeler SS, Cambridge
Track Wars – Thursday May 3, 2018 at Jacob Hespeler SS, Cambridge
Maxi-Meet # 2 - Thursday, May 10, 2018 at Jacob Hespeler SS, Cambridge

2) START TIME

3:00 p.m. for Maxi Meets and 9 am for Track Wars

3) ENTRY PROCEDURE

All athletes will check in with the official running the event **10 minutes** before the event is to start. The same entry procedure will be used at both maxi-meets.

400m and Intermediate Hurdles Maxi Meet times are used for seeding the WCSSAA timed final. Athletes in the 400m and Intermediate Hurdles will fill out their stickers and hand them to the marshall at the start of their race.

4) FIELD EVENTS

Athletes must report to the assigned area and check in with the teacher in charge of the field event. Some field events will operate in their age groups for the first hour and a half followed by an open site for the last half hour. **This change will give athletes more of a chance to get in a good number of attempts, as well as knowing who is in their age category.**

5) TRACK EVENTS

Track events are listed in the order that they will be run with approximate times indicated. We will run ahead of schedule if possible. Athletes need to report to the "clerk-of-the-course" (starter's assistant) when called.

6) FIELD EVENTS CONFLICTING WITH TRACK EVENTS

Athletes entering field events must register when their event is scheduled to start or before. Once registered, they may go to a track event and run that event and then return to the field event. All athletes entered in field events should be allowed three measured throws and/or jumps.

7) MEASUREMENT OF FIELD EVENTS

Officials will organize athletes as they show up to the event. All attempts will be measured. Faults will be called. Athletes will be given their results verbally.

8) OFFICIALS AND HELPERS - see school responsibilities on separate page in this booklet

Ensure that your school has the appropriate number of officials to run your event accurately and efficiently. Make sure the officials know the track and/or field rules as well as the "rules" peculiar to our maxi-meets (read this booklet carefully) and bring the necessary equipment. Please note that competitor's will be given their results verbally and each school is responsible for recording their own results.

9) CANCELLATION OF MAXI-MEETS

In such cases, the WCSSAA & District 8 convenor, Jim Woolley, will contact the schools by about 12:00 p.m. It is very unlikely that a maxi-meet would be postponed and rescheduled.

10) SCHOOLS NOT ATTENDING MAXI-MEETS

Schools that have entered the sport of track and field through due process of WCSSAA and District 8 must attend all maxi-meets and Track Wars and provide the assigned officials. If circumstances arise that prevent a school from attending, then it is expected that the school will let the track and field convenor know at least one week in advance if possible.

11) REMINDER OF PARTICIPATION RULE

An athlete must compete in at least one maxi-meet or Track Wars of this current season in order to be eligible for the WCSSAA and District 8 meet.

12) SCHOOL UNIFORM REQUIREMENT - ELIGIBILITY

In order for an athlete to compete in a maxi-meet or Track Wars, he/she MUST compete in his/her school uniform the same as at WCSSAA/District 8, CWOSSA, Regionals and OFSAA. An athlete will not be allowed to compete if he/she is not in his/her school uniform.

13) Acquiring a seed time for 400m and Intermediate Hurdles at WCSSAA/District 8

Regulation 8.10 now reads:

Seed times for the 400m and Intermediate Hurdles will be based on an athletes' best performance at a maxi-meet or an OFSAA sanctioned track and field meet provided an official result from the meet is submitted with the WCSSAA/District 8 entries. An athlete entered in the 400m or Intermediate Hurdles without a verified seed time will be assigned a NO TIME and placed in the slower section.

Event Changes (started in 2009)

Some field events will operate in their age groups for the first hour and a half followed by an open site for the last half hour. **3:00, 3:30, 4:00 & 4:30** in the 1st round, **5:00, 5:30, 6:00 & 6:30** in the 2nd round.

As always the officials can insert any athletes into a time slot as needed to give the athletes a chance to compete.

Note Regarding High Jump:

- ***For the boys after 1.5 hours the bar will be raised to 1.7 m and in the girls competition it will be raised to 1.45m. Also, athletes that make 2 consecutive misses at the Maxi meets will be eliminated from the competition compared to the usual 3 attempts.***

ORDER OF EVENTS: Maxi-Meet # 1

Thursday, April 26, 2018 - Jacob Hespeler, Cambridge

TRACK

3:00 p.m.	Sprint Hurdles	- all age classes
4:00 p.m.	800 m	- all age classes
4:40 p.m.	400 m	- all age classes
5:45 p.m.	3000 m	- all girls' age classes
6:00 p.m.	100 m	- all age classes
7:15 p.m.	3000 m	- all boys' age classes

FIELD

3:00 p.m.	Pole Vault Long Jump Shot Put Discus	- all BOYS' age classes - M, J, S, Open - Boys - M, J, S, Open - Boys - S, M, J, Open - Boys
3:00 p.m.	High Jump Triple Jump Javelin	- all GIRLS' age classes * see previous page - M, J, S, Open - Girls - M, J, S, Open - Girls
5:00 p.m.	Triple Jump Javelin High Jump	- M, J, S, Open - Boys - M, J, S, Open - Boys - all BOYS' age classes * see previous page
5:00 p.m.	Pole Vault Long Jump Shot Put Discus	- all GIRLS' age classes - M, J, S, Open - Girls - M, J, S, Open - Girls - S, M, J, Open - Girls

ORDER OF EVENTS: Maxi-Meet # 2

Thursday, May 10, 2018 - Jacob Hespeler, Cambridge

TRACK

3:00 p.m.	Intermediate Hurdles	- all age classes
4:00 p.m.	1500 m Steeplechase	- open girls
4:15 p.m.	2000 m Steeplechase	- open boys
4:30 p.m.	200 m	- all age classes
5:30 p.m.	1500 m	- all girls' age classes
6:15 p.m.	1500 m	- all boys' age classes
7:00 p.m.	4x100 m relay	- all age classes

FIELD

3:00 p.m.	Triple Jump Javelin High Jump	- M, J, S, Open - Boys - M, J, S, Open - Boys - all BOYS' age classes * see previous page
3:00 p.m.	Pole Vault Long Jump Shot Put Discus	- all GIRLS' age classes - M, J, S, Open - Girls - M, J, S, Open - Girls - S, M, J, Open - Girls
5:00 p.m.	Pole Vault Long Jump Shot Put Discus	- all BOYS' age classes - M, J, S, Open - Boys - M, J, S, Open - Boys - S, M, J, Open - Boys
5:00 p.m.	Triple Jump Javelin High Jump	- M, J, S, Open - Girls - M, J, S, Open - Girls - all GIRLS' age classes * see previous page