

UOVHSAA County Track and Field Meet 2022

Location: Terry Fox Athletic Centre, Mooney's Bay in Ottawa

Date: Monday, May 9, 2022

Entry Deadline: **Deadline WEDNESDAY, MAY 4th AT 10:00am.** We will use the Trackie system again to register for the county meet. Trackie is open for registration. You should have received an email from Connor Dobson with registration information (or follow the link to the UOVHSAA registration page: <http://www.trackiereg.com/uovhsaa2022>)

Entry fees:

Now (or ASAP): \$100 per school to cover the cost of the rental of Terry Fox Facility and Lions' timing payable to MACKENZIE COMMUNITY SCHOOL Attention: Charles Sims

On May 9: \$2.50 per athlete per event
 \$5.00 per relay team

Entry fees must be paid on the day of the meet at the registration table in the field house. Cheques must be made payable to Valour JK-12 School. If paying cash, no change will be available: exact amount only please. Schools will pay for all athletes registered at the deadline. When the Ottawa Lions send your final team entries with events listed, there should be a calculation of what each school owes; if not, please calculate your entries as per the above amounts.

Registration:

1. All entries are due on **WEDNESDAY, MAY 4TH @ 10:00am.**
A late entry fee of \$50.00 per school will apply if your school has to be contacted for entries. Please follow all instructions provided by the Ottawa Lions.
2. *Please verify entries carefully before sending them.* Ask students to verify their event entries.
3. Please ensure athletes are capable of doing the event before signing them up (hurdles, steeplechase, triple jump and throwing events especially).
4. *Errors, omissions, changes or scratches must be made by 12 noon on THURSDAY, MAY 5thTH* to the Ottawa Lions. Be prepared to pay for athletes registered in events after this deadline.
5. **THERE WILL BE NO CHANGES OR ADDITIONS ON THE DAY OF THE MEET!!!**

Entry Information:

1. Please follow entry instructions carefully. *Changes are not possible the day of the meet.*
2. An athlete may enter **three (3)** individual age class events, plus **one (1)** age class relay and **one (1)** open relay.
3. An athlete may legally compete in higher age class relay events as long as he/she competes in **only one** age class relay.
4. A school may enter **four (4)** athletes in each age class event.
5. A school may enter **one (1)** relay team per age class event.
6. A school may enter **four (4)** athletes in each individual open event.
7. A school may enter **one (1)** relay team per open relay event.
8. The following are the events offered to Para-athletes at EOSSAA. These events will run as a timed final in the schedule (see schedule).
 - 100m - Ambulatory (as per IPC Classification * minus 1, 2, 4 athletes with intellectual disability), Intellectual Disability, Visually Impaired,
 - 200m – Wheelchair
 - 400m – Wheelchair
 - 800m - Ambulatory (as per IPC Classification * minus 1, 2, 4 athletes with intellectual disability), Visually Impaired

*** We will also add a 50 m race to the schedule again this year for the Para-athletes (Ambulatory, Intellectual Disability & Visually Impaired). You will be able to register your athletes for this event using Trackie. There is no “official” OFSAA event # for this race, but the Ottawa Lions will take the entries directly and seed the athletes in a heat/race. There is no EOSSAA Advancement for the 50 m race.

9. **Note:** Pole Vault will not be contested at the UOVHSAA meet this year.

Please note: Athletes who finish in the **top 4 in a track or a field event will be eligible to advance to EOSSAA.** The top 2 relays in each age class will advance to EOSSAA and sometimes the 3rd and 4th relay teams are eligible as “fastest losers”. Please be prepared to pay for these last-minute advancers at EOSSAA.

Age classification:

- Novice - born in 2007 or later; may compete in the Novice category one year only in Grade 9
- Junior - born in 2006 (or Grade 10 born in 2001 having competed as a Novice last year)
- Senior - born in 2005, 2004, 2003

Forms:

The following forms must be scanned and shared in the UOVHSAA T& F Convening (2022 Folder, Meet Forms, Rules of Behaviour, Liability, Eligibility) **before** coaches will receive their packages at the County Meet (these will be forwarded digitally to EOSSAA and will go on to OFSAA). **Athletes will not be eligible** to compete if these forms are not handed in at the **start** of the day. Please keep copies of your forms for your records.

- 1) EOSSAA Track and Field AELS form ****only the AELS form will be accepted ****
PLEASE REGISTER ALL YOUR ATHLETES ON **ONE** AELS, NOT 6 AELS FORMS.
- 2) EOSSAA/OFSAA Rules of Behaviour (MAKE SURE NAMES ARE LEGIBLE)
- 3) EOSSAA/OFSAA Practice Form (minimum of 16 practices for each athlete by the time you submit your forms – as these forms are forwarded to OFSAA)
- 4) OFSAA Track and Field Supervision Form
- 5) EOSSAA/OFSAA Photo Release
- 6) **Liability forms – 1 per participant required (must be part of our package for EOSSAA - PLEASE MAKE SURE NAMES ARE LEGIBLE)**

Please note: Please fax all forms to **Jade Faught** at Opeongo High School (613-649-2633) by **WEDNESDAY, MAY 4th AT 10:00 AM** to make registration quicker and easier for all involved. Due to the number of liability forms involved please **scan and submit to the shared folder UOVHSAA T & F Convening (2022 Folder, Meet Forms, Rules of Behaviour, Liability, Eligibility)**, coaches will just be required bring the AELS form to the UOVHSAA meet and submit in the trailer; along with your cheque made payable to VALOUR JK-12 School.

Uniforms:

1. All athletes must wear appropriate school uniforms (either school issued t-shirts in official school colours or school designated track tops in school colours). An athlete may be disqualified if a uniform is deemed inappropriate. Coaches, please ensure all athletes are wearing school uniforms as these rules are strictly enforced at EOSSAA, East Regionals and OFSAA.
2. All members of a relay team must be wearing **identical** school tops in official school colours. Failure to do so will result in disqualification.
3. Each athlete is required to wear his/her number for all events. ***ALL TRACK ATHLETES ARE ASKED TO WEAR THEIR NUMBER OF THE FRONT***, as requested by the Ottawa Lions.
4. Athlete numbers will be assigned during registration. Numbers and pins will be in your registration package.

Code of Conduct:

1. Tents – outside the fence area only.
2. No footballs, soccer balls or frisbees in the inner fence or competition area.
3. No javelin practice in the inner fence area (designated javelin area only).
4. Athletes and coaches must stay out of the infield unless there for an event or in an official capacity.
5. Athletes and coaches are responsible for cleaning up their team site at the end of the day. Athletes and coaches must also help clean up the competition area, tent area and stands at the end of the day. Garbage bags are provided in your registration package. **Please ensure that we remain in good standing with the facility staff.**
6. The code of behaviour for EOSSAA and OFSAA will be in effect. Athletes will sign the EOSSAA code of behaviour form before the meet and must adhere to it.
7. The jury of appeal will disqualify athletes for abusive language or conduct disturbing the meet. Please ensure all athletes are aware of the conditions of the code of behaviour.
8. Pyramid spikes only please for jumping, javelin and track events. Please avoid Christmas tree spikes as they tear up the surface. Event officials will be asked to check spikes and they do so again at EOSSAA.
9. Coaches should bring an adequate first aid kit and any emergency information required for their team. We are attempting to have the St. John Ambulance on site for the day.

Field Events:

1. In field events, each competitor will have three trials; the top eight competitors will have three additional trials. The three additional trials will be done in descending order (8th goes first, 1st goes last).
2. Track events take precedence over field events. If an athlete must leave for another event, the athlete must inform the official. A competitor may be excused to go to another event. He/she can take a throw/jump out of turn in that round, either before or upon returning.

IAAF Rule 142.3 – No competitor is allowed more than one trial recorded in any one round of the competition

If a competitor is entered in both a track and a field event, or in more than one field event taking place simultaneously, the judges will allow a competitor to take his/her trials in an order different from that decided upon prior to the start of the competition. An athlete should **never** complete multiple throws/jumps: these are unfair to the other athletes.

If an athlete misses a round of throwing/jumping, they are not allowed to throw/jump in that round. They are also not allowed to complete two throws/jumps in one round. If a competitor does not return to the site, the round ends 90 second after the last throw was completed. At the

end of each round, call the name of each athlete who has not “thrown”/jump, wait 1 ½ minutes, then declare the throw a “pass”. Do the same for each athlete who had to leave for another event.

3. Shot put and discus circles are cement.
4. The javelin runway is polyurethane (like the track).
5. The long and triple jump runways are polyurethane with boards at certain distances. Appropriate additional “boards” will be added as necessary for triple jump events (6m, 7m, 8m and 9m for girls and 10m for boys). Please ensure athletes are capable of reaching the pit safely if entering them in triple jump.
6. A weigh-in station will be provided for throwing implements. The weigh-in station will be open from **9:00 – 11:00**. All implements must be weighed in by an official before being used in competition. The weigh-in station will be at the field house. Please make your athletes aware of weigh-in times. Only implements that have weighed in and marked with a sticker will be eligible for competition.
7. Javelin practice in the javelin area **only**.

Track events:

1. Track events take precedence over field events.
2. The track is polyurethane. Training flats or 6mm spikes are recommended. Please note that only 6mm pyramid spikes (or training flats) are allowed at EOSSAA, East Regionals and OFSAA.
3. Races up to and including the 400 metres will be run in lanes. Do not allow athletes to scratch heats except in the case of illness or injury.
4. Schools must provide their own batons for relays.
5. Electronic timing will be used for results this year.
6. Runners must report to the starter’s assistant (at the event start line) when the event is called. Athletes and coaches must know where events start.
7. Starting blocks will be provided for all sprint events.
8. To conserve time, the 3000m races may be combined if numbers allow (i.e. the boys and girls in the same age class run together). We may decide to combine 1500m races if numbers are small in some categories. The final decision will be discussed at the coaches meeting at 9:30 in the trailer.
9. Acceleration zones for relays should be marked with adhesive tape - athletes must not scratch the track with spikes.

Tie breaking procedures for track events:

1. Ties in heat time qualifying for the final will be broken as follows (in this order):
 - A. Better placing in the same heat with identical times.
 - B. Better placing in different heats with identical times.
 - C. If runners are still tied in times and places, then qualification will be determined by drawing lots.

2. Ties in timed finals: If a tie occurs in times from different sections, the runners will be given the same placing. If a tie occurs for 4th place, the runner with the better placing in his/her section will advance to EOSSAA. There will be no runoffs.

Protests: A protest must be submitted in writing to the Convenor or Designate by a teacher or designated teacher from the school protesting a decision, together with a \$50.00 fee (refundable if protest is upheld) within thirty (30) minutes of the result being announced and/or posted, except as provided within specific sport governing regulations, of the conclusion of the event in which the incident under protest occurred. Decisions of the Jury of Appeal shall be final.

EOSSAA Entries:

A printed list of all EOSSAA qualifiers per school will be available to the coaches (more information to follow via timing crew), but should be available prior to you leaving the meet. Coaches are responsible for checking the list carefully and must follow the Ottawa Lions timing crew instructions for scratches . . . scratches are to be made throughout the day as soon as you know that an athlete will not be competing at EOSSAA. Please complete the scratch card in your school package and bring to the trailer to Jade Faught. When scratches are made, other athletes may be eligible to compete and will appear on a school's print-out; ***therefore all scratches must be made prior to you leaving so that all coaches are aware of those 5th and possible 6th place athletes who have now qualified. Scratches will not be accepted by text or email after you have left the Terry Fox Facility.*** EOSSAA fees must be paid for all registered athletes and relay teams on their print-out with a cheque payable to "Valour JK-12 School". Schools/coaches will be invoiced for all EOSSAA entries once final lists are confirmed. The Ottawa Lions timing crew should be able to list each school's EOSSAA fees on their print-out.

Awards:

1. Ribbons will be awarded to the top 6 finishers in each event.
2. For all field events, athletes will be given their ribbons at the completion of the event by the event official.
3. For all track events, athletes will be given their ribbons at the awards table after the event results have been posted.
4. Medals will be awarded to age class champions (points won in relays will not be used to determine these champions, but points in Open individual categories will contribute).
5. Trophies will be awarded to boys' aggregate, girls' aggregate and overall team champions. Does anyone know where these trophies might be? I don't recall them being at last year's meet.

*****COACHES MEETING: 9:30 IN THE REGISTRATION TRAILER*****

FIELD EVENT SCHEDULE **Note time change to adjust for travel time to Ottawa**

TIME	BOYS	GIRLS
Weigh-in: 9:00 – 11:00		
10:00	Midget shot put	Midget long jump
	Junior discus	Junior triple jump
	Senior javelin	Senior high jump
11:15	Midget long jump	Midget shot put
	Junior triple jump	Junior discus
	Senior high jump	Senior javelin
12:30	Midget javelin	Midget high jump
	Junior shot put	Junior long jump
	Senior discus	Senior triple jump
2:00	Midget high jump	Midget javelin
	Junior long jump	Junior shot put
	Senior triple jump	Senior discus
3:15	Midget discus	Midget triple jump
	Junior javelin	Junior high jump

	Senior shot put	Senior long jump
4:30	Midget triple jump	Midget discus
	Junior high jump	Junior javelin
	Senior long jump	Senior shot put

UOVHSAA TRACK EVENT SCHEDULE

Note change in start times to allow for travel and timing

- 10:00 Open Girls 2000m Steeplechase FINAL
10:10 Open Boys 2000m Steeplechase FINAL
10:20 Girls and Boys 400m (TIMED SECTIONS – MG, MB, JG, JB, SG, SB, Wheelchair)
10:50 Midget and Junior Girls 80m Hurdles HEATS (or Final if 1 section)
11:00 Senior Girls, Midget and Junior Boys 100m Hurdle HEATS (or Final if 1 section)
11:10 Senior Boys 110m Hurdles HEATS (or Final if 1 section)
11:20 Girls and Boys 100m HEATS (MG, MB, JG, JB, SG, SB)
12:00 Para-Athletes Girls and Boys 50m FINALS
12:15 Girls and Boys 1500m FINALS (MG, MB, JG, JB, SG, SB) **see note in info**
12:55 Girls and Boys Hurdles FINALS (as required)
- 1:15 Girls and Boys 100m FINALS (MG, MB, JG, JB, SG, SB)
1:35 Para-Athletes Girls and Boys 100m FINALS
1:50 Midget and Junior Girls 300m Hurdles FINALS (TIMED SECTIONS)
Senior Girls 400m Hurdles FINALS (TIMED SECTIONS)
Midget and Junior Boys 300m Hurdles FINALS (TIMED SECTIONS)
Senior Boys 400m Hurdles FINALS (TIMED SECTIONS)
- 2:25 Girls and Boys 200m HEATS (MG, MB, JG, JB, SG, SB)
3:05 Girls and Boys 800m FINALS (MG, MB, JG, JB, SG, SB, Para-Athletes)
3:45 ALL GIRLS 3000m FINALS
4:05 Girls and Boys 200m FINALS (MG, MB, JG, JB, SG, SB, Wheelchair)
4:35 MIDGET BOYS AND JUNIOR BOYS 3000m FINALS
4:55 4 X 100m relay FINALS (TIMED SECTIONS)
(Note Order: SG, SB, JG, JB, MG, MB)
5:25 SENIOR BOYS 3000M FINALS
5:45 Open Girls and Open Boys 4 x 400 relay FINALS (TIMED SECTIONS)
6:15 Presentation of Awards (TBD)

NOTE:

Para-Athletes 50 m & 100 m (Ambulatory, Intellectually Disabled, Visually Impaired)

Para-Athletes 200 m & 400 m (Wheelchair)

Para-Athletes 800 m (Ambulatory, Visually Impaired)

Once we know the final numbers in the 3000 events, we may have to adjust the 3000 schedule, but this will be discussed at the coaches meeting.

Chart # 2 – Para Track & Field Race Divisions Classification – (Chart # 1)

100m Visually Impaired T/F 11, 12, & 13

100m Intellectually Impaired T/F 20

100m Ambulatory T/F 35 – 38 & 40 - 47

Race Division Classification– (Chart # 1)

200m Wheelchair T/F 34 & 51 - 54 (see OFSAA note below)

Race Division Classification (Chart # 1)

400m Wheelchair T/F 34 & 51 - 54 (see OFSAA note below)

Race Division Classification- (Chart # 1)

800m Visually Impaired T/F 11, 12, 13

800m Ambulatory T/F 35 – 38 & 40- 46.

Chart # 1 - Classifications Key : T = Track Events; F = Field Events

Athletes with a Visual Impairment

T/F 11 – Blind

T/F 12 – Very Limited Vision

T/F 13 – Limited Vision

Athletes with an Intellectual Impairment

T/F 20 – IQ at or below 75

Athletes with Cerebral Palsy

F 32; F 33; T/F 34 – Wheelchair Athletes

T/F 35; T/F 36; T/F 37; T/F 38 –Ambulatory Athletes

V-3 Athletes with an amputation

F 40 & F 41 – Dwarfs

T/F 42; T/F 43; T/F 44 – Leg Amputees

T/F 45; T/F 46; T/F 47 –Arm Amputees

Athletes in a wheelchair (see note below)

T/F 51; T/F 52 – Quadriplegic

T/F 53; T/F 54 – Paraplegic

F 55; F56; F 57; F58 – Seated Throwing (various disabilities)

****Note:** At OFSAA, wheelchair athletes must use a 3-wheel chair (see OFSAA regulations) and a helmet.

FURTHER REMINDERS FOR COACHES

1. Coaches Meeting at 9:30 a.m. in the trailer. Refreshments will be provided. At least one school coach and **ALL OFFICIALS** are asked to attend.
2. The Terry Fox Athletic Facility does **NOT** have any shot puts or discus that we can use. ***Please bring your own throwing implements (shots, discus and javelin to be on the safe side) and ensure that your athletes are aware of the weigh in times. Remind your athletes that once an implement has been used in a competition, the implement must remain at the competition site until the event is over (i.e. if your athlete does not make the top 8, he/she cannot leave with their throwing implement until the competition is over).***
3. The Terry Fox Facility does **NOT** have any pole vault pits; the pole vault competition will NOT take place this year 2022
4. The Terry Fox Facility will **NOT** allow us to run High Jump in the rain due to safety reasons. At the 2016 meet, a few of the high jump events were combined due to a rain delay in the morning. In the event of an all-day rain, please know the “personal best” of your high jump athletes, in the event that high jump is cancelled for the day, so that we can determine the EOSSAA Advancers in each category.
5. The Ottawa Lions Timing Crew is asking that **all track athletes wear** their number on the **FRONT** of their singlet.
6. The 50 m race for the Para-Athletes was added again this year. There will be no EOSSAA Advancers from this race; it’s just another opportunity for these students to compete. If you would like to register an athlete in this event, you will be able to do so using Trackie; the Ottawa Lions will look after the seeding of these athletes into heats/races.
7. ***Nomination Forms for the Deb Walden Track & Field Award and the Larry Reynolds Award have been attached to the registration email. Please return these forms by Friday, May 6th at 12 noon to Shannon Pinkerton (pinkertons@rcdsb.on.ca) so this year’s organizing committee can determine this year’s winners.***
8. ***Officials*** – please ensure that your officials are comfortable officiating their event and are familiar with the rules (Track events take precedence over field events. If an athlete must leave for another event, the athlete must inform the official. The official can allow the athlete to jump or throw out of rotation. At the end of the rotation, if the athlete has not returned, the athlete will miss the jump or throw for that rotation but will be eligible for the next rotation; the top eight competitors will have three additional trials. The three additional trials will be done in descending order (8th goes first, 1st goes last) and re-seed again for the final round; tie-breaking procedures; what is a fault?)

9. Officials must bring their own tape measure, clip board, pencils and a plastic bag to cover the clip board in the event of rain. Officials should also bring extra paper . . . in case some “dry paper” is needed to record results; so you are not writing on “sand paper”. Extra paper will also be provided in your field envelope.
10. Officials are to ensure that their helpers are dressed appropriately for the weather. Rubber boots are recommended for those helpers who are responsible for raking the jumping pits in the rain to ensure that they are level. UOVHSAA T-shirts **will be** provided for those students who are runners and members of the hurdle crew and starting blocks crew – so that they are visible on the track (and in the inner field). UOVHSAA t-shirts **will not be** provided for student helpers at the jumping and throwing competitions.
11. Make sure your athletes can do the events and are aware of how to “fault” a throw if they do not wish for it to be measured; i.e. by stepping out of the front of the discus circle.
12. **Scratches for EOSSAA:** it is imperative that you scratch individuals from EOSSAA events as soon as you know that an athlete does not wish to go (or cannot go due to a previous commitment). There will be scratch cards in your school envelope. Please take your scratch card to the trailer and submit it. This will be the easiest way to ensure that the 5th (or in some cases the 6th) competitor appears on the EOSSAA Advancers list for each school when they receive their print-out from the Lions prior to leaving. The Ottawa Lions needs to know who you are scratching before you leave. **No emails or texts about scratched athletes will be accepted. Be prepared to pay for the athletes listed on the EOSSAA Advancers list.** Coaches are encouraged to have a conversation with their athletes about going to EOSSAA and if an athlete does not want to compete/or cannot go – this should be information the coach knows prior to leaving Ottawa.
13. The Ottawa Lions have said they are able to calculate both fees for UOVHSAA & EOSSAA, so schools should receive these amounts on their print-outs. Each school’s EOSSAA cheque will need to be given to Shannon Pinkerton (cheques payable to Valour JK-12 High School). Shannon and Candice will pay for our EOSSAA fees with one cheque from UOVHSAA.
14. **Liability Forms** – please verify that forms have both a parent & student signature and that the **printed name of the student is legible.**
15. **AELS – please list your athletes on one school AELS – co-ed track & field,** not 6 individual forms (MG, MB, etc.) – this will ensure that all names are listed alphabetically and will make things easier to cross-reference liability forms. Only list your athletes on the AELS, not your helpers.
16. Remind your athletes who have qualified for a final (and are a member of a relay team); if the athlete misses the final, he/she is ineligible to run in the relay.

