**NCAA Track and Field Meet June 12th @ NOC-rain or shine**

<https://www.google.ca/maps/place/Niagara+Olympic+Club+Track/@43.1358343,-79.2584183,15z/data=!4m5!3m4!1s0x0:0x353ff5396499600c!8m2!3d43.1358343!4d-79.2584183>

Guidelines for the meet:

Please read the following rules and guidelines carefully

* Register your athletes on google docs. Your area reps have the link. **All schools and athletes need to be present by 9:30AM.** Deadline to register is by 11:59pm on June 10th, 2019.
* Age groups are as follows: Grade 6, 7 and 8 boys and girls.

### There will be no scheduled lunch hour. There will be a concession stand open.

* Spiked shoes are allowed for events but are discouraged, as most students do not have access to them. No bare feet. If a substitution is to be made please inform the event coordinator of the change before the event date by June 11th.
* There will be no starter blocks for athletes in any race.

### Track events take precedence over field events.

* Field officials are reminded to allow contestants to leave for track events and finish their field events at a later time if necessary.
* Persons in charge of each event should pick up their medals at the score table and give them out after their event is finished. When an event is finished, please send the results to the finish line area ASAP.
* There are washrooms on site. Please keep it clean.
* School areas are asked to help with all races and relays when it comes to organizing your athletes.
* Please remind your students that starting times on the schedule are approximate and that they should be listening to announcements on the various events.
* The meet will start with opening ceremonies at 9:45 (Oh Canada/Prayer/Reminders)
* A medic will be there in attendance. You may wish to bring your own first aid.
* Please park, pick up and drop off at the school - do not park on the grass.
* Those parking on the grass in the small parking lot will be ticketed.
* Questions and concerns can be directed to Chris McLean

Athletes are allowed two field events and one track event or 2 track events and one field event.

4 x 100 is open and does not pertain to above.

There will be medals for the top 3. Note: 4 x 100-1st-3rd Ribbons only.

LIST OF EVENTS

*Parents and Coaches: \*\*Please note that all times are approximate:*

|  |  |  |  |
| --- | --- | --- | --- |
| **Field Event** | **Grade** | **M/F** | **Time** |
| Shot Put | 7 | Female | 10:00am |
| Shot Put | 7 | Male | 10:20am |
| Shot Put | 8 | Female | 10:40am |
| Shot Put | 8 | Male | 11:00am |
| Long Jump | 6 | Female | 10:00am |
| Long Jump | 6 | Male | 10:20am |
| Long Jump | 7 | Female | 10:40am |
| Long Jump | 7 | Male | 11:00am |
| Long Jump | 8 | Female | 11:20am |
| Long Jump | 8 | Male | 11:40am |

|  |  |  |  |
| --- | --- | --- | --- |
| **Track Event** | **Grade** | **M/F** | **Time** |
| 100 M | 6 | Female | 10:00 |
| 100 M | 6 | Male | 10:05 |
| 100 M | 7 | Female | 10:10 |
| 100 M | 7 | Male | 10:15 |
| 100 M | 8 | Female | 10:20 |
| 100 M | 8 | Male | 10:25 |
| 800 M | 6 | Female | 10:30 |
| 800 M | 6 | Male | 10:40 |
| 800 M | 7 | Female | 10:50 |
| 800 M | 7 | Male | 11:00 |
| 800 M | 8 | Female | 11:10 |
| 800 M | 8 | Male | 11:20 |
| 200M | 6 | Female | 11:30 |
| 200M | 6 | Male | 11:35 |
| 200M | 7 | Female | 11:40 |
| 200M | 7 | Male | 11:45 |
| 200M | 8 | Female | 11:50 |
| 200M | 8 | Male | 11:55 |
| 400M | 6 | Female | 12:00 |
| 400M | 6 | Male | 12:10 |
| 400M | 7 | Female | 12:20 |
| 400M | 7 | Male | 12:30 |
| 400M | 8 | Female | 12:40 |
| 400M | 8 | Male | 12:50 |
| 4 X 100m | 6 | Female | 1:00 |
| 4 X 100m | 6 | Male | 1:05 |
| 4 X 100m | 7 | Female | 1:10 |
| 4 X 100m | 7 | Male | 1:15 |
| 4 X 100m | 8 | Female | 1:20 |
| 4 X 100m | 8 | Male | 1:25 |

# **Long Jump Officiating Notes 2019**

* No electronic audio or video devices of any kind in the event area. Jumpers may be assisted or coached in the competition area only by another teammate in the event
* Your time limit is one minute to initiate the attempt; the clock starts when I call you up and step off the runway; there will not be a timing device to display your time

You have a foul if:

* You fail to initiate the attempt within one minute
* The takeoff foot extends beyond the foul line, or you run beyond the foul line extended to the sides
* You make first contact with the ground outside the landing area closer to the takeoff line then the nearest break made in the sand upon landing. During landing you touch the ground outside the landing area nearer to the takeoff than the nearest break in the sand made by the jump
* After jumping and before leaving the landing area, you walk back thru the landing area
* Only three (3) attempts are taken to determine placement and advancement to the Zone Meet.
* W arm-ups -No warm-ups on runway after competition begins
* Calls - The calls will be “Up”, “On Deck”, and “On Hold”.

Additional Information

* Runway markers – Max of 2 marks adjacent to the runway, not on it. No shoes or chalk, max 7x15 cm - No somersaulting technique
* Resolving ties: ties are resolved by the second-best performance of the tying jumpers; if still tied, then by third best performance, and so forth
* A Sports Medical Trainer is on site.

**Shot Put Officiating Notes 2019**

* Competitors take their throw from inside a marked circle 2.135 metres in diameter, with a stop board approximately 10 centimetres high at the front of the circle. The distance thrown is measured from the inside of the circumference of the circle to the nearest mark made in the ground by the falling shot, with distances rounded down to the nearest centimetre.
* Place the zero end of the tape at the mark made by the shot closest to the throwing circle, pull through to the centre of the circle (should be a mark or hole, and read off the measurement where the tape crosses the inside edge of the circumference of the circle or toe board.

The following rules are adhered to for a legal throw:

* Upon calling the athlete's name, they have sixty seconds to commence the throwing motion.
* The athlete may NOT wear gloves.
* The athlete must rest the shot close to the neck, and keep it tight to the neck throughout the motion.
* The shot must be released above the height of the shoulder, using only one hand. The ball is to be put (i.e. pushed), not thrown with an overhead motion. At no time may the shot move behind the plane of the shoulders.
* The athlete may touch the inside surface of the circle or stop board, but must not touch the top or outside of the circle or stop board, or the ground beyond the circle. Limbs may however extend over the lines of the circle in the air.
* The shot must land in the legal sector (34.92°) of the throwing area(Inside of / not including the line
* The athlete must exit the throwing circle from the back half of the circle.

Foul throws occur when an athlete:

* Does not pause within the circle before beginning the throwing motion.
* Does not begin the throwing movement within sixty seconds of having his or her name called.
* Allows the shot to drop below his shoulder or outside the vertical plane of his shoulder during the put.

During the throwing motion, touches, with any part of the body (including shoes):

* The top or ends of the stop board
* The top of the iron ring
* Anywhere outside the circle.
* Throws a shot which either falls outside the throwing sector or touches a sector line on the initial impact.
* Leaves the circle before the shot has landed.
* Does not exit from the rear half of the circle.