

HWIAC TRACK & FIELD MEET
Thursday, May 14, 2015
Mohawk Sports Park
(Mohawk Rd. and Upper Kenilworth)

Eligibility list and entry deadline: Monday, May 11th @ 4 pm
Website:New** <http://www.hwdsb.on.ca/athletics/wp-content/themes/athletics/track/login.asp>
Login and Password are available on my.hwdsb.on.ca

1. RULES

In order to clarify rules of competition, the following order of interpretation will be used:

OFSAA Rules
IAAF handbook

2. ENTRIES

Each school may enter up to three(3) competitors per event and, one (1) relay team per age/gender group plus 5 wildcard entries with a max. of 5 entries per event and no wildcard relay teams.

Individuals may enter up to three (3) events plus one (1) 4 x 1 relay and one (1) 4 x 4 relay.

Top five (5) in each event advance to SOSSA. Top five (5) in each event advance from SOSSA to Regionals. Top four (4) in each event advance from Regionals to OFSAA

3. ELIGIBILITY

Competition shall be conducted in three (3) age classifications:

SENIOR: the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held **(1995 or later – maximum 5 years of eligibility)**

JUNIOR: the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held **(1999 or later)**

MIDGET: the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held **(2000 or later, grade nine only)**

Eligibility lists are due to the Athletics Office by Monday, May 11, 2015.
This is in addition to entries.

Athletes who scratch from a final event after qualifying in a heat shall be ineligible to compete for the remainder of the day in any other events including relays.

4. FORMAT

100m	<ul style="list-style-type: none"> • To be run as heats to finals. • Process of advancing: 100's -- eight fastest to a final
200 m	<ul style="list-style-type: none"> • To be run as timed sections
PLEASE NOTE: If scratches in the 100 m, 100 m and sprint hurdles reduce to 8, those events will run as a final at the scheduled time of the heats.	
400 m	<ul style="list-style-type: none"> • To be run as timed sections.
800 m	<ul style="list-style-type: none"> • To be run from a box start. • To be run as timed sections.
1500 m	<ul style="list-style-type: none"> • To be run from a line start. • With 23 competitors or less -- to be run as a final. • With 24 or more -- to be run in timed sections.
3000 m	<ul style="list-style-type: none"> • To be run from a line start, or as one section depending on entry numbers.
SPRINT HURDLES	<ul style="list-style-type: none"> • To be run as timed sections.
DISTANCE HURDLES	<ul style="list-style-type: none"> • To be run as timed sections.
STEEPLECHASE	<ul style="list-style-type: none"> • To be run either as a final or as timed sections. • With 25 or less, to be run as a final. • With 26 or more, to be run as timed sections.
4 x 100 m RELAY	<ul style="list-style-type: none"> • To be run as timed sections.
4 x 400 m RELAY	<ul style="list-style-type: none"> • To be run in lanes.
JAVELIN	<ul style="list-style-type: none"> • Will be run on a grass field.

5. ENTRY PROCEDURE AND COMPETITOR NUMBERS

- A. Competitors must be entered according to the specified entry procedure. Please refer to "Entry Procedure For Secondary Track and Field".
- B. Track competitors must wear the appropriate number assigned to the competitor.
- C. Competitors not wearing a properly assigned competitor number shall be denied the privilege of competing.
- D. The meet will run according to an order of events (copy attached).

6. GENERAL INFORMATION

1. Track event times are guidelines only - track and field events may run up to 30 minutes ahead of schedule
2. All competitors are required to wear proper track and field attire, as specified in the OFSAA Track and Field Playing Regulations.
3. Heats will be seeded according to seed times.
4. A relay team will be disqualified for throwing a baton at the conclusion of the race.
5. Pacing by a teammate will disqualify the runner.
6. Coaches are not to be on the infield or at the field event areas.
7. Teams must have a coach present before they will be allowed to participate.
8. Spectators are to remain off the track and infield at all times.
9. Runners must come back to the finish line in their lanes after finishing race until told by the officials to leave.
10. Batons: (legal size) - The baton shall be a smooth hollow tube, circular in section, made of wood or metal or of any other rigid material in one piece, the length of which shall not be more than 300 mm and not less than 280 mm. The circumference shall be 120 to 130 mm and it shall not weigh less than 50 grams.

7. STARTING HEIGHTS/DISTANCES

GIRLS' HIGH JUMP --	MIDGET:	JUNIOR:	SENIOR:
Starting Height --	1.25 m	1.30 m	1.30 m
Increase --	5 cm	5 cm	5 cm
BOYS HIGH JUMP --	MIDGET:	JUNIOR:	SENIOR:
Starting Height --	1.40 m	1.50 m	1.50 m
Increase --	5 cm	5 cm	5 cm

**HAMILTON-WENTWORTH SCHOOLS
TRACK AND FIELD MEET
ORDER OF FIELD EVENTS – Thursday, May 14th**

#	TIME	NAME OF EVENT	#	TIME	NAME OF EVENT
21 26 55 60 81 94	9:00 a.m.	Midget Girls Long Jump Midget Boys Shot Put Junior Girls Triple Jump Junior Boys Discus Senior Girls High Jump Senior Boys Javelin	29 18 57 54 91 88	1:00 p.m.	Midget Girls Javelin Midget Boys High Jump Junior Girls Shot Put Junior Boys Long Jump Senior Girls Discus Senior Boys Triple Jump
25 22 59 56 93 82	10:15 a.m.	Midget Girls Shot Put Midget Boys Long Jump Junior Girls Discus Junior Boys Triple Jump Senior Girls Javelin Senior Boys High Jump	23 28 49 62 85 90	2:15 p.m.	Midget Girls Triple Jump Midget Boys Discus Junior Girls High Jump Junior Boys Javelin Senior Girls Long Jump Senior Boys Shot Put
17 30 53 58 87 92	11:30 p.m.	Midget Girls High Jump Midget Boys Javelin Junior Girls Long Jump Junior Boys Shot Put Senior Girls Triple Jump Senior Boys Discus	27 24 61 50 89 86	3:30 p.m.	Midget Girls Discus Midget Boys Triple Jump Junior Girls Javelin Junior Boys High Jump Senior Girls Shot Put Senior Boys Long Jump

**FIELD STANDARDS --
TRIALS WILL ONLY BE RECORDED IF THEY EQUAL OR SURPASS THESE STANDARDS.**

BOYS --	MIDGET	JUNIOR	SENIOR
DISCUS	23.00 m 1kg	23.00 m 1kg	23.00 m 1.6kg
JAVELIN	25.00 m 600g	25.00 m 600g	25.00 m 800g
LONG JUMP	4.60 m	4.75 m	4.75 m
SHOT PUT	9.50 m 4kg	9.50 m 4kg	9.50 m 5.4kg – 12 lb
TRIPLE JUMP	9.50 m	10.00 m	10.00 m
GIRLS --	MIDGET	JUNIOR	SENIOR
DISCUS	14.00 m 1kg	14.00 m 1kg	14.00 m 1kg
JAVELIN	14.00 m 600g	14.00 m 600g	14.00 m 600g
LONG JUMP	3.75 m	3.75 m	3.75 m
SHOT PUT	6.00 m 4kg	6.00 m 4kg	6.00 m 4kg
TRIPLE JUMP	6.00 m	7.00 m	7.00 m

INCREMENTS

HIGH JUMP

INCREMENT -- 5 cm for all age groups.

TRACK EVENT SCHEDULE

******Thursday, May 14, 2015**

Times are approximate. Track Events will run ahead of schedule whenever possible.

Top 5 in all events will qualify for SOSSA.

Refers to the computer event number

#	TIME	EVENT	DESCRIPTION
97	9:00 a.m.	Open Girls 1500 M Steeplechase	Final
98		Open Boys 2000 M Steeplechase*	
13	9:15 a.m.	Midget Girls 80 M Hurdles (30")	Timed Sections
45		Junior Girls 80 M Hurdles (30")	
77		Senior Girls 100 M Hurdles (30")	
14		Midget Boys 100 M Hurdles (33")	
46		Junior Boys 100 M Hurdles (36")	
78		Senior Boys 110 M Hurdles (36")	
1	9:45 a.m.	Midget Girls 100 M	Semi-Final
33		Junior Girls 100 M	
65		Senior Girls 100 M	
2		Midget Boys 100 M	
34		Junior Boys 100 M	
66		Senior Boys 100 M	
9	10:45 a.m.	Midget Girls 1500 M	Final
41		Junior Girls 1500 M	
73		Senior Girls 1500 M	
10		Midget Boys 1500 M	
42		Junior Boys 1500 M	
74		Senior Boys 1500 M	
106		Blind Male 1500 M	
108		Wheelchair Male 1500 M	
5	11:30 a.m.	Midget Girls 400 M	Final Timed Sections (slow-fast)
37		Junior Girls 400 M	
69		Senior Girls 400 M	
6		Midget Boys 400 M	
38		Junior Boys 400 M	
70		Senior Boys 400 M	
1	12:00	Midget Girls 100 M	Final
33		Junior Girls 100 M	
65		Senior Girls 100 M	
2		Midget Boys 100 M	
34		Junior Boys 100 M	
66		Senior Boys 100 M	
103		Ambulatory Female 100 M	
104		Ambulatory Male 100 M	

15 47 79 16 48 80	12:30 p.m.	Midget Girls 300 M Hurdles (30") Junior Girls 300 M Hurdles (30") Senior Girls 400 M Hurdles (30") Midget Boys 300 M Hurdles (33") Junior Boys 300 M Hurdles (33") Senior Boys 400 M Hurdles (36")	Final Timed Sections (slow-fast)
7 39 71 8 40 72 105 107	1:15 p.m.	Midget Girls 800 M Junior Girls 800 M Senior Girls 800 M Midget Boys 800 M Junior Boys 800 M Senior Boys 800 M Blind Female 800 M Wheelchair Female 800 M	Final Timed Sections (Box Starts)
3 35 67 4 36 68	1:45 p.m.	Midget Girls 200 M Junior Girls 200 M Senior Girls 200 M Midget Boys 200 M Junior Boys 200 M Senior Boys 200 M	Final Timed Sections (slow-fast)
11 43 75 12 44 76	2:45 p.m.	Midget Girls 3000 M) Junior Girls 3000 M) Senior Girls 3000 M) Midget Boys 3000 M Junior Boys 3000 M Senior Boys 3000 M	Final will be run together
96 95 64 63 32 31	3:30 p.m.	Senior Boys 400 M Relay Senior Girls 400 M Relay Junior Boys 400 M Relay Junior Girls 400 M Relay Midget Boys 400 M Relay Midget Girls 400 M Relay	Final
100 99	4:15 p.m.	Open Boys 1600 M Relay Open Girls 1600 M Relay	Final

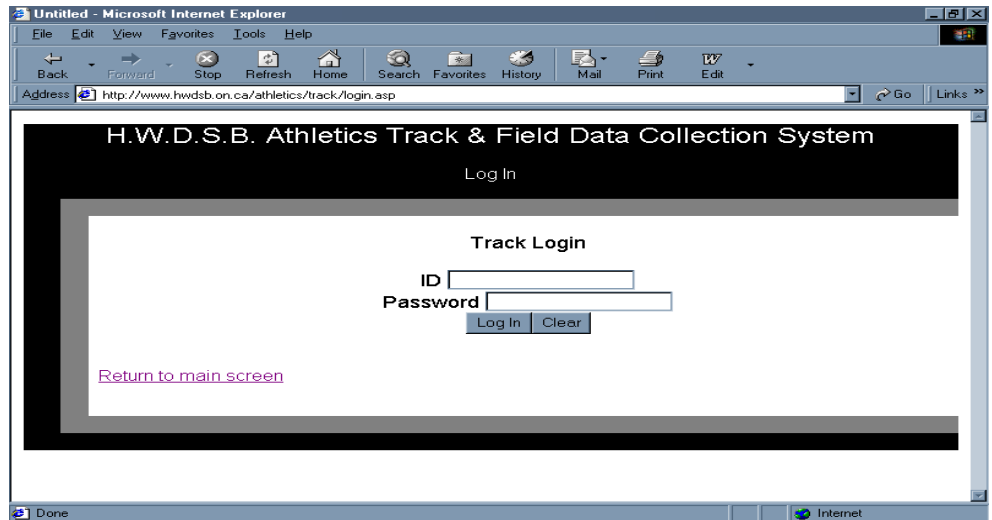
TRACK STANDARDS

BOYS (All Categories): - 3000 m (11:00.00)
- 1500 m (5:15.00)
- 800 m (2:30.00)

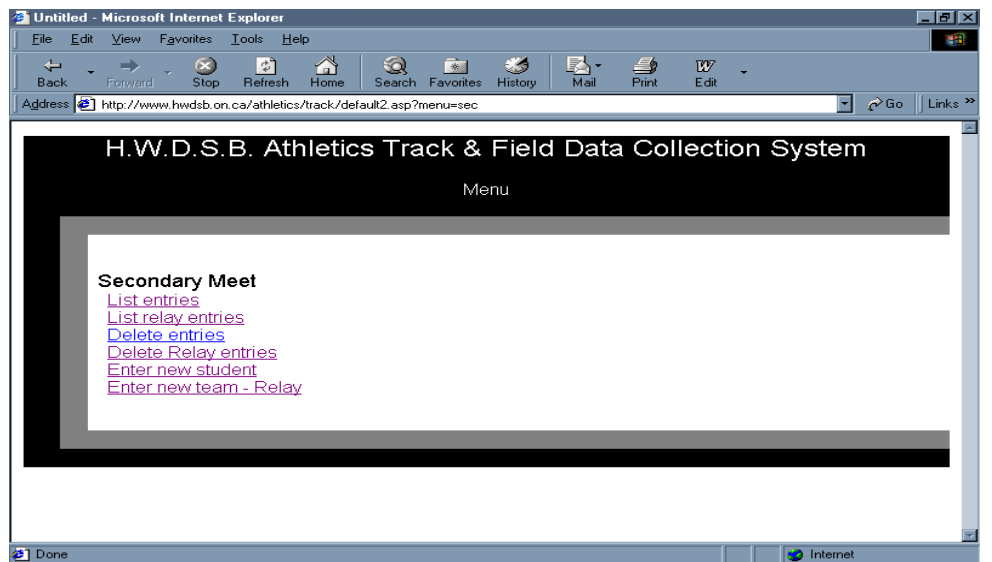
GIRLS (All Categories): - 3000 m (15:00.00)
- 1500 m (6:15.00)
- 800 m (3:10.00)

**ENTRY PROCEDURE FOR
SECONDARY TRACK AND FIELD
Thursday, May 14, 2015
Entry Deadline: Monday, May 11 @ 4 pm**

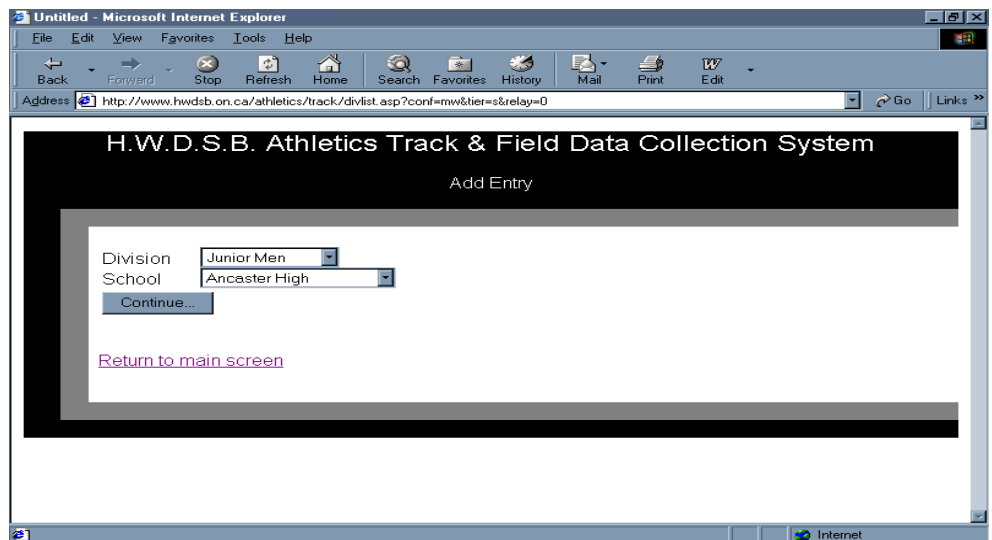
1. Access Track and Field login at:
<http://www.hwdsb.on.ca/athletics/wp-content/themes/athletics/track/login.asp>
2. The ID for the website is available on First Class
PLEASE PROTECT THESE ACCESS WORDS.
3. Click "Log In".



4. Choose "Enter new student" for individual entries and "Enter new team-Relay" for relay entries.

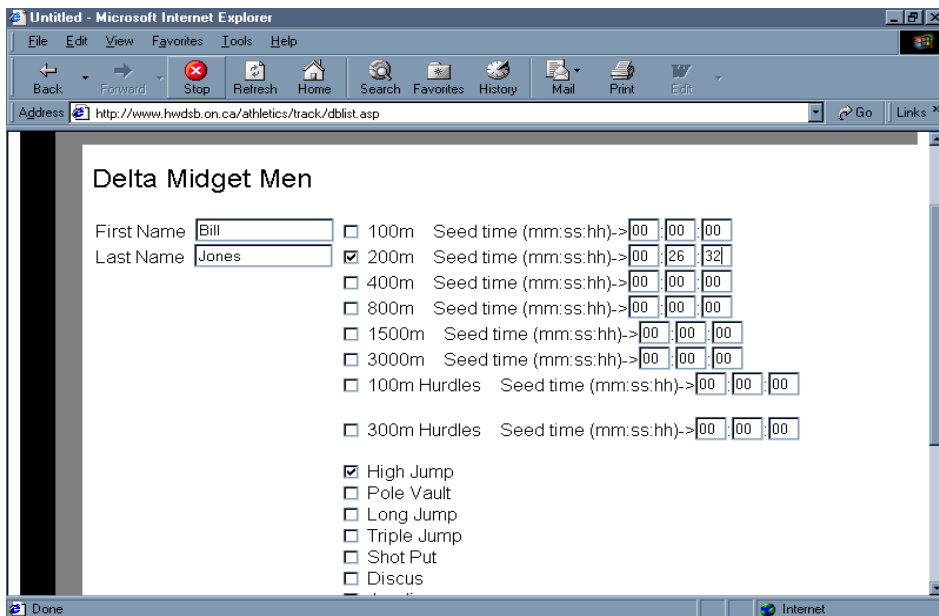


5. Choose division and your school from pull down menus. You should complete all individual entries for this division before returning to this screen for the next division you wish to work with.

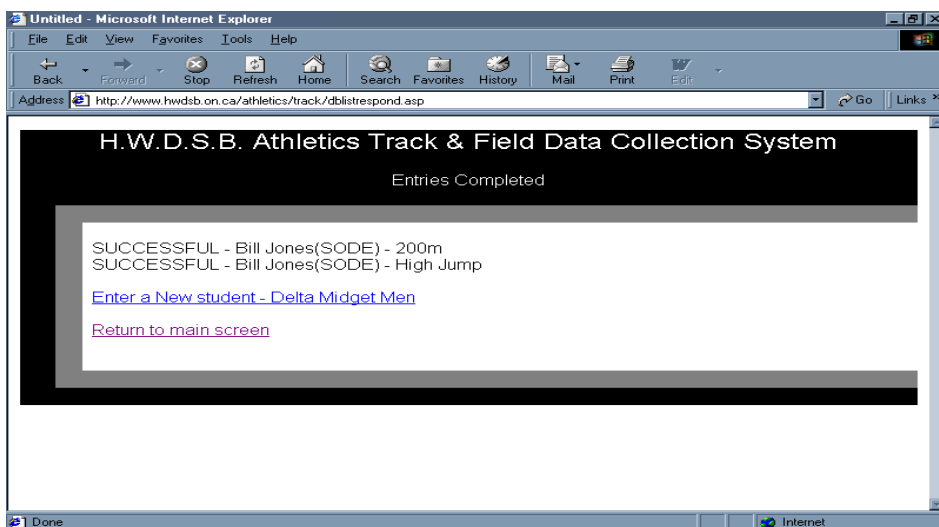


6. Once student name is entered (note proper use of upper/lower case) click on all events that this student will be competing in. You may enter seed times if you wish. Click on **“Save Student”** button.

7. Note that relays are not entered on this screen but will be entered separately.



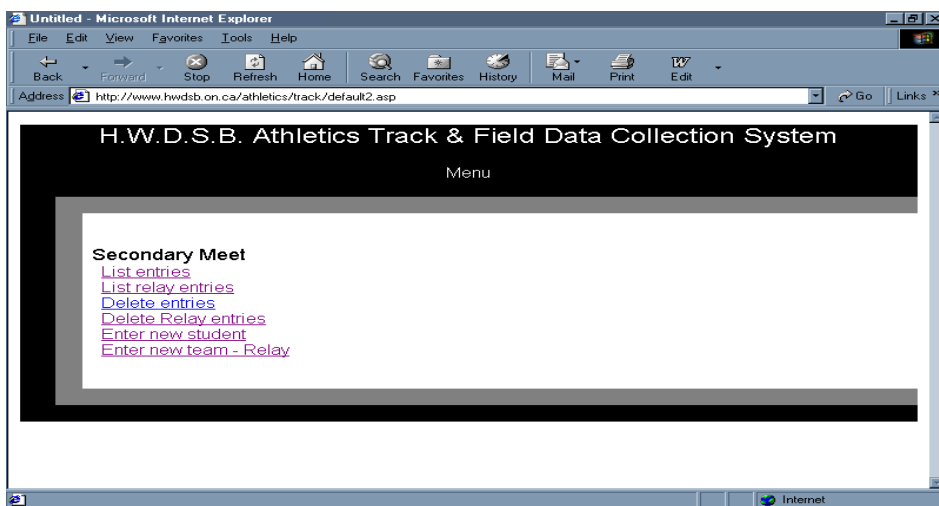
8. This screen confirms your last entry and allows you to enter next student in this division. If you have more students in this division click on **“Enter a New Student-...”**. If you wish to proceed to a different division click on **“Return to main screen”** and repeat this process for all midget/junior/senior and open divisions in which you have entries.



9. To enter relay teams return to **“Main Screen”** and select **“Enter new team-Relay”**.

10. Choose School and Division from pull down menus.

11. Click **“Continue”**



12. Enter relay team members by name (up to 6). **Check the check box for this relay.** Enter a seed time if you wish.

13. Click on “Save Team”.

The screenshot shows a web browser window titled 'Untitled - Microsoft Internet Explorer' with the address bar displaying 'http://www.hwdsb.on.ca/athletics/track/dblist.asp'. The main content area is titled 'Add Entry' and contains a form for 'Delta Midget Women'. The form includes a checked checkbox for '400m Relay' and a 'Seed time (mm:ss.hh)->' field with values '01:12:78'. Below this, there are six sets of input fields for team members, each with 'First Name' and 'Last Name' labels. The names entered are: Jane Doe, Sally Fast, Betty Strong, Helen Frost, Jane Frost, and Jane Fonda.

14. This screen confirms your relay entry. Click on “Return to main screen” and repeat process for each relay team. Don’t forget the Open 1600 relay teams.

The screenshot shows a web browser window titled 'Untitled - Microsoft Internet Explorer' with the address bar displaying 'http://www.hwdsb.on.ca/athletics/track/dblistrespondelay.asp'. The main content area is titled 'H.W.D.S.B. Athletics Track & Field Data Collection System' and displays a confirmation message: 'Entries Completed' followed by 'SUCCESSFUL - (SODE) - 400m Relay'. A link labeled 'Return to main screen' is visible below the message.

15. After completing all individual and relay entries return to main screen and choose “List Entries”.

17. Choose your school from the pull down menu.

17. Click on “List Students”

The screenshot shows a web browser window titled 'Untitled - Microsoft Internet Explorer' with the address bar displaying 'http://www.hwdsb.on.ca/athletics/track/default2.asp'. The main content area is titled 'H.W.D.S.B. Athletics Track & Field Data Collection System' and displays a 'Menu' section. Under the heading 'Secondary Meet', there are several links: 'List entries', 'List relay entries', 'Delete entries', 'Delete Relay entries', 'Enter new student', and 'Enter new team - Relay'.

18. If there are any students/events missing return to main screen and add them.
19. If there are duplicate entries return to main screen and choose “Delete Entries”
20. Choose your school from the pull down menu and click on “List”.

H.W.D.S.B. Athletics Track & Field Data Collection System

School Entries

Firstname	Lastname	School	Event	Seed Time	Division
Chris	Newman	Delta	200m	00:21:00	Senior Men
Chris	Newman	Delta	800m	00:02:02	Senior Men
Chris	Newman	Delta	Discus	99:99:99	Senior Men
Chris	Newman	Delta	100m	00:10:02	Senior Men
Chris	Newman	Delta	200m	00:21:00	Senior Men
Chris	Newman	Delta	800m	00:02:02	Senior Men
Chris	Newman	Delta	Pole Vault	99:99:99	Senior Men
Chris	Newman	Delta	Long Jump	99:99:99	Senior Men
Bill	Johnston	Delta	100m	00:10:00	Junior Men
Bill	Johnston	Delta	1500m	08:34:00	Junior Men
Bill	Johnston	Delta	High Jump	99:99:99	Junior Men
Bill	Johnston	Delta	Javelin	99:99:99	Junior Men

21. Click next to each duplicate entry.
22. Click on “Delete Marked Students” button.
23. Return to Main Screen and repeat this process for relays.

H.W.D.S.B. Athletics Track & Field Data Collection System

Delete Entries

Firstname	Lastname	School	Event	Seed Time	Division	Delete?
Chris	Newman	Delta	200m	00:21:00	Senior Men	<input type="checkbox"/>
Chris	Newman	Delta	800m	00:02:02	Senior Men	<input type="checkbox"/>
Chris	Newman	Delta	Discus	99:99:99	Senior Men	<input type="checkbox"/>
Chris	Newman	Delta	100m	00:10:02	Senior Men	<input type="checkbox"/>
Chris	Newman	Delta	200m	00:21:00	Senior Men	<input checked="" type="checkbox"/>
Chris	Newman	Delta	800m	00:02:02	Senior Men	<input checked="" type="checkbox"/>
Chris	Newman	Delta	Pole Vault	99:99:99	Senior Men	<input type="checkbox"/>
Chris	Newman	Delta	Long Jump	99:99:99	Senior Men	<input type="checkbox"/>
Bill	Johnston	Delta	100m	00:10:00	Junior Men	<input type="checkbox"/>
Bill	Johnston	Delta	1500m	08:34:00	Junior Men	<input type="checkbox"/>
Bill	Johnston	Delta	High Jump	99:99:99	Junior Men	<input type="checkbox"/>

Print copies of both your individual entries and relay entries from the “List Entries” and “List Relay Teams” on main screen. These lists are your confirmation of entries and will be needed in case of disputed entries.

The entry web-site will open on Monday, March 23rd @ 9:00 and will close on Monday, May 11 @ 4 pm.

NO LATE ENTRIES WILL BE ACCEPTED.

Upcoming Meets:

Thursday, May 14 – HWIAC – Mohawk Sports Park

Thursday, May 21st or – SOSSA, Niagara Olympic Club

Thursday, May 28th and Friday, May 29th – South Regional Meet

Thursday, June 4th , Friday, June 5th and Saturday, June 6th – OFSAA Varsity Centre –
University of Toronto

*****Coaches Meeting: Monday, March 30 @ 3:45 PM at Education Centre**

Should you encounter any problems with the entry process or have any questions regarding any of the above information please contact me by e-mail at

mgrobe@hwdsb.on.ca

Michael Grobe
Athletics Supervisor
HWDSB