

HWIAC TRACK & FIELD PLAYING REGULATIONS & COACHES INFORMATION

Following is a summary of HWIAC eligibility requirements for teams and individual athletes. Full details can be found in the HWIAC constitution available on www.hwdsb.on.ca/athletics.

- Senior age – the individual's birth certificate indicates that they have not reached their 19th birthday by January 1st prior to the start of the school year in which the competition is held **(2005 or later – maximum 5 years of eligibility)**.
- Junior age - the individual's birth certificate indicates that they have not reached their 15th birthday by January 1st prior to the start of the school year in which the competition is held **(2009 or 2010)**.
- Novice age - the individual's birth certificate indicates that they have not reached their 14th birthday by January 1st prior to the start of the school year in which the competition is held **(2010 or later and may only compete at this category for one year in grade nine)**
- Students must be enrolled in at least 3 full time, day school courses in each semester. Having achieved 22 credits a student may be enrolled in at least 2 full time, day school courses in each semester. In both cases, eligibility is subject to Principal approval.
- Students are eligible for five (5) years of participation from entry into grade nine. Therefore, students who entered grade nine prior to **September 2020** are not eligible. Students that finished grade twelve last year and have returned to the same school for a 5th year are eligible to play provided age and course requirements are met.

To be eligible for competition, all student-athletes must appear on a team eligibility list via the OFSAA Hub (<https://ofsaa.athletesystems.ca/>). A completed eligibility list must be signed by the Principal and the Phys-Ed Head and available in the OFSAA Hub by the date specified in the current year playing regulations.

Following the deadline a student-student may be added to the team eligibility list provided they are deemed eligible to compete; these student-athletes may compete once a revised team eligibility list is filed with the Principal, Phys-Ed Head and updated in the OFSAA Hub.

A current team eligibility list must be complete with all relevant sections of the form completed and a copy must be always on file with the school Principal during the competition period for teams to remain eligible.

HWDSB Athletics retains the right to review a team's eligibility list and sanction offenders at any time.

Entries & Eligibility List due date **MAY 7, 2025 (5 PM)**

SUBMIT ENTRIES USING THE FOLLOWING WEBSITE:

<https://www.trackie.com/event/hwdsb-city-championship-secondary/1019497/>

Login or Create new account using your HWDSB email address

Use this how to manual: [Trackie - Track Registration.docx](#)

LATE ENTRIES WILL NOT BE ACCEPTED

2024-2025 HWIAC Track & Field Championship Coaches Information

What:	2024-2025 Hamilton-Wentworth Interscholastic Athletic Council (HWIAC) Track & Field Championship
When:	Tuesday May 13, 2025 (Rain Date: Wednesday May 14, 2025)
Where:	Ray Lewis Track & Field Complex at Mohawk Sports Park (Mohawk Rd. and Upper Kenilworth)
Time:	See event schedule (start time 9:00 am)

1. ADMINISTRATION

1.1. STUDENT ATHLETE INFORMATION FORM

***NEW* 2024 – Students must fill out the TRY OUT form prior to first tryout. Once a student makes a roster, the Student Athlete Information Form must be completed and signed prior to first practice. Both of these forms are available on the Parent Portal, or in paper copy.** The Code of Behaviour, printed on the back page of the form is to be signed and on file with the Principal. Teams are required to carry the Medical Information section for each player with them throughout the season. Any student athlete who has not returned this form with all sections complete and the necessary signature in place is not eligible to participate in any team activities

1.2. OPHEA SAFETY GUIDELINES

Coaches must be familiar with and be prepared to follow the provincial safety guidelines for schools (OPHEA) and ensure the team and its members function within the requirements of the guidelines. Visit <http://safety.ophea.net/secondary> for the most current guidelines.

1.3. NON-TEACHER COACHES

Non-teacher coaches must have achieved, as a minimum, "Trained" status in the Community Sport stream of the National Coaching Certification Program (NCCP) or have successfully completed the Coaching In Ontario Schools program offered by OFSAA. A non-teacher coach must be registered as such with Athletics (for insurance reasons). An NCCP registration number will be required

1.4. WATER BOTTLES

Teams are prohibited from providing shared containers for fluid replacement to participants in HWIAC sanctioned activities. This restriction is in accordance with provincial safety guidelines which require schools to inform participants that they should provide their own containers and not share them with other participants.

1.5. FACILITY INFORMATION

The HWIAC cross-country championship will be run at Ray Lewis Track & Field Complex at Mohawk Sports Park located (Mohawk Rd. and Upper Kenilworth)

1.6. RULES

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

- a. OFSAA Rules
- b. IAAF handbook

1.7. MEET RESULTS

Complete meet results will be available at www.hwdsb.on.ca/athletics following the competition.

2. ENTRIES

2.1. Each school may enter up to three (3) competitors per event and, one (1) relay team per age/gender group plus **10 wildcard entries** with a maximum of 5 entries per event and no wildcard relay teams. *No more than 5 in an event including wildcards*

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

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

3. **ELIGIBILITY**

Eligibility lists are due to the Athletics Office by Thursday May 8 at 9 am. (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.

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

- Senior age – the individual's birth certificate indicates that they have not reached their 19th birthday by January 1st prior to the start of the school year in which the competition is held **(2005 or later – maximum five years of eligibility)**.
- Junior age - the individual's birth certificate indicates that they have not reached their 15th birthday by January 1st prior to the start of the school year in which the competition is held **(2009 or 2010)**.
- Novice age - the individual's birth certificate indicates that they have not reached their 14th birthday by January 1st prior to the start of the school year in which the competition is held **(2010) or later and may only compete at this category for one year in grade nine.**

- 3.2. Para Division & Physical and Intellectual Disabilities shall be conducted in accordance with OFSAA divisions:

Event	Division
100m	VI – Athletes with a visual impairment II – Athletes with an intellectual impairment A – Ambulatory
200m	Athletes who use a wheelchair
800m	VI – Athletes with a visual impairment II – Athletes with an intellectual impairment A – Ambulatory
Shot Put	Ambulatory & athletes who use a wheelchair
For more information please visit OFSAA.on.ca – Track & Field Playing Regulations	

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 100m reduce entries to eight (8), this event will run as a timed final at the scheduled time of the heats.	
400m	<ul style="list-style-type: none"> To be run as timed sections.
800m	<ul style="list-style-type: none"> To be run from lanes or a box start depending on the number of entries. To be run as timed sections.
2000m	<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.
3000m	<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.
4x100m RELAY	<ul style="list-style-type: none"> To be run as timed sections.
4x400m RELAY	<ul style="list-style-type: none"> To be run as a waterfall start.
Javelin	<ul style="list-style-type: none"> Will be run on a tarmac runway.

5. **ENTRY PROCEDURE AND COMPETITOR NUMBERS**

- 5.1. Competitors must be entered according to the specified entry procedure. Please refer to "Entry Procedure for Secondary Track and Field".
- 5.2. Track competitors must wear the appropriate number assigned to the competitor.
- 5.3. Competitors not wearing a properly assigned competitor number shall be denied the privilege of competing (if required)
- 5.4. The meet will run according to an order of events (copy attached).

6. **GENERAL INFORMATION**

- 6.1. Track event times are guidelines only - track and field events may run up to 30 minutes ahead of schedule
- 6.2. All competitors are required to wear proper track and field attire, as specified in the OFSAA Track and Field Playing Regulations.
- 6.3. Heats will be seeded according to seed times.
- 6.4. A relay team will be disqualified for throwing a baton at the conclusion of the race.
- 6.5. Pacing by a teammate will disqualify the runner.
- 6.6. Coaches are not to be on the infield or at the field event areas.
- 6.7. Teams must have a coach present before they will be allowed to participate.
- 6.8. Spectators are to remain off the track and infield at all times.
- 6.9. Runners must come back to the finish line in their lanes after finishing race until told by the officials to leave.
- 6.10. 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. STANDING HEIGHTS & DISTANCES – HIGH JUMP - INCREMENT - 5 cm for all age groups.

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

2024-2025 HWIAC Track & Field Championship – Tues May 13, 2025 SCHEDULE - FIELD EVENTS

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

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

BOYS	NOVICE	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	NOVICE	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 3kg	6.00 m 3kg	6.00 m 4kg
TRIPLE JUMP	6.00 m	7.00 m	7.00 m

2024-2025 HWIAC Track & Field Championship SCHEDULE - TRACK EVENTS

NOTES

- All times are approximate; track events will run ahead of schedule whenever possible
- Top six in all finals will qualify for SOSSA
- # Refers to computer event #

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

#	TIME	EVENT	DESCRIPTION
15 47 79 16 48 80	12:30 p.m.	Novice Girls 300 M Hurdles (30") Junior Girls 300 M Hurdles (30") Senior Girls 400 M Hurdles (30") Novice 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.	Novice Girls 800 M Novice Boys 800 M Junior Girls 800 M Junior Boys 800 M Senior Girls 800 M Senior Boys 800 M Blind Female 800 M Wheelchair Female 800 M	Final Timed Sections (Box Starts) <i>May collapse heats dependent on numbers</i>
3 35 67 4 36 68	1:45 p.m.	Novice Girls 200 M Novice Boys 200 M Junior Girls 200 M Junior Boys 200 M Senior Girls 200 M Senior Boys 200 M	Final Timed Sections (slow-fast)
11 43 75 12 44 76	2:45 p.m.	Novice Girls 3000 M Novice Boys 3000 M Junior Girls 3000 M Junior Boys 3000 M Senior Girls 3000 M Senior Boys 3000 M	Final will be run together <i>May collapse heats dependent on numbers</i>
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 Novice Boys 400 M Relay Novice 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): <ul style="list-style-type: none"> • 3000 m (11:00.00) • 1500 m (5:15.00) • 800 m (2:30.00) 	GIRLS (All Categories): <ul style="list-style-type: none"> • 3000 m (15:00.00) • 1500 m (6:15.00) • 800 m (3:10.00)
--	---