

# Q.V.D.A. DISTRICT TRACK AND FIELD (revised April 2011)

## Eligibility and age:

Open to all eligible high school students:

Senior Men and Women - 16 and over as of August 31<sup>st</sup> of the current school year.  
Junior Men and Women - under 16 as of August 31<sup>st</sup> of the current school year.  
Midget Men and Women - under 15 as of August 31<sup>st</sup> of the current school year.  
Bantam Men and Women - under 14 as of August 31<sup>st</sup> of the current school year.

## Team:

- Five competitors per event from each zone.
- An athlete may be entered in a maximum of four track and/or field events plus relays.
- An athlete may compete in one age category excluding the 4 x 400 relays. (For example a bantam athlete cannot run the midget 800m.)
- You can repeat an athlete number as long as the repeated numbers are not in the same age category.
- **Scratches will be allowed until 12:00pm Tuesday, prior to the meet.**

## Awards:

- Individual aggregate age group winner and the team trophy for divisions will be awarded following the meet.
- Ribbons will be awarded periodically throughout the meet.
- Ribbons will be awarded to the top 3 finishers of each event.

## Officials:

- All schools will be asked to supply some student helpers where possible.
- All timers must supply themselves with a watch.
- **THE MEET WILL START AT 11:00a.m. SHARP.**
- All officials are responsible for setting up their own event equipment there-fore, they should be there by 10:15a.m. to sign out equipment.
- Officials should familiarize themselves with the procedures and regulations for officiating their event.

**Meet Regulations:**

- A coaches and official’s meeting will be held at 10:30 a.m.
- The track and jump facilities are all weather artificial surfaces, so Chevron spikes no longer than 6mm in length will be allowed.
- The meet will follow I.A.A.F. rules.
- Only throwing implements (Shot, Discus, Javelin) supplied by the meet officials shall be allowed for practice and competition purposes.
- All 400m, 800m, 1500m, 3000m, will be run as finals or timed finals.
- In the 100m, 200m, events the 1<sup>st</sup> and 2<sup>nd</sup> placing in the heats and the next 4 best times will be selected in order to have eight competitors in the finals.
- In the long jump, triple jump, javelin, shot put and discus each competitor will receive three trials with the top six qualifying for a final round. **NOTE: apply to events with a minimum of ten competitors; less than ten, no final round.**
- In throwing events all attempts will be measured and recorded.

Events:	SM	SW	JM	JW	MM	MW	BM	BW
80m hurdles	-----	30”	-----	30”	30”	30”	-----	-----
100m hurdles	36”	-----	33”	-----	-----	-----	-----	-----
Discus	1.6kg	1kg	1.6kg	1kg	1kg	1kg	1kg	1kg
Javelin	800gm	600gm	800gm	600gm	600gm	600gm	600gm	600gm
Shot Put	12lb	4kg	12lb	4kg	4kg	4kg	4kg	4kg

**Numbers:**

North West Zone                    1-350  
 South East Zone                    351-700  
 Central Zone                        701 – 999

**Note:**

- **All athletes must be represented at the coaches meeting.**
- Please note the following motion that was passed at the Q.V.D.A. executive meeting October, 1996:

*If in the event that athletes from a school are dropped for the District team at the coaches meeting because of non-compliance of the Statement of Intent Criteria the school has 24 hours to pay a late fee of \$50.00 per athlete up to a maximum of \$100.00 in order to have the athlete(s) reinstated. Said athlete(s) will be notified as quickly as possible that they have been deleted.*

- All athletes intending to advance to provincials must have their intent forms presented at the selections meeting.
- All lanes will be selected by the computer.

**The following are the starting heights for the high jump and pole vault, plus the progression of heights to be used at the Q.V.D.A. meet:**

**A. High Jump:**

- 1.) Senior Girls:
  - start at 1.20 meters
  - advance by 5cm to 1.35
  - advance by 3cm to 1.47
  - advance by 2cm to completion
- 2.) Junior Girls
  - same as Senior girls
- 3.) Midget Girls:
  - start at 1.15 meters
  - advance by 5cm to 1.30
  - advance by 3cm to 1.42
  - advance by 2cm to completion
- 4.) Bantam Girls:
  - start at 1.10 meters
  - advance by 5cm to 1.25
  - advance by 3cm to 1.37
  - advance by 2cm to completion
- 5.) Senior Boys:
  - start at 1.45 meters
  - advance by 5cm to 1.60
  - advance by 3cm to 1.72
  - advance by 2cm to completion
- 6.) Junior Boys:
  - start at 1.40 meters –advance same as Senior boys
- 7.) Midget Boys:
  - start at 1.40 meters
  - advance by 5cm to 1.50
  - advance by 3cm to 1.62
  - advance by 2cm to completion
- 8.) Bantam Boys:
  - start at 1.20 meters
  - advance by 5cm to 1.40
  - advance by 3cm to 1.52
  - advance by 2cm to completion

## **B. Pole Vault:**

- 1.) Senior Girls:                    -start at 1.70 meters  
  -advance to 10cm to 2.0  
  -advance by 5cm to completion
  
- 2.) Junior Girls:                    -same as Senior girls
  
- 3.) Midget Girls:                   -start at 1.50 meters  
  -advance to 10cm to 1.90  
  -advance 5cm to completion
  
- 4.) Bantam Girls:                   -same as Midget girls
  
- 5.) Senior Boys:                    -start at 2.00 meters  
  -advance by 10cm to 2.60  
  -advance by 5cm to completion
  
- 6.) Junior Boys:                    -same as Senior boys
  
- 7.) Midget Boys:                    -start at 1.80 meters  
  -advance by 10cm to 2.40  
  -advance by 5cm to completion
  
- 8.) Bantam Boys:                    -same as Midget boys

# Q.V.D.A. TRACK & FIELD MEET SCHEDULE

## FIELD EVENTS

*\*2 Stations*

TIME	Discus	Javelin	Shot Put	Long Jump	Triple Jump	High Jump	Pole Vault
11:00	J.B.	B.B.	S.B.	S.G./ Quad	J.G.	B.G. St. #2	S.B.
11:45	S.G.	J.G.	B.G.	S.B.	J.B.	M.B. St. #1	B.B.
12:30	S.B.	J.B.	M.G.	B.B.	S.G.	J.G. St. #2	J.B.
1:15	B.B.	S.G.	M.B.	M.G.	S.B.	J.B. St. #1	-----
2:00	M.G.	S.B.	J.G.	M.B.	B.G.	S.G. St. #2	M.B.
2:45	M.B.	B.G.	J.B./ Quad	J.G.	M.G.	B.B. St. #1	-----
3:30	J.G.	M.G.	B.B.	J.B.	M.B.	S.B. St. #2	Girls
4:15	B.G.	M.B.	S.G.	B.G.	B.B.	M.G. St. #1	-----

# Q.V.D.A. TRACK & FIELD MEET SCHEDULE

## TRACK EVENTS

<b>11:00am</b>	<b>80M Hurdles</b>	<b>Finals</b>	<b>2:00p.m.</b>	<b>200M</b>	<b>Heats Cont'd</b>
	Bantam Women			Junior Women	
	Midget Women			Junior Men	
	Junior Women			Senior Women	
	Senior Women			Senior Men	
	Bantam Men		<b>3:15p.m.</b>	<b>200M</b>	<b>Finals</b>
	<b>100 M Hurdles</b>			Bantam Women	
	Midget Men			Bantam Men	
	Junior Men			Midget Women	
	Senior Men			Midget Men	
<b>11:45a.m.</b>	<b>100M</b>	<b>Heats</b>		Junior Women	
	Bantam Women			Junior Men	
	Bantam Men			Senior Women	
	Midget Women			Senior Men	
	Midget Men		<b>3:45p.m.</b>	<b>1500M</b>	<b>Finals</b>
	Junior Women			Bantam Women	
	Junior Men			Bantam Men	
	Senior Women			Midget Women	
	Senior Men			Midget Men	
	OPEN QUAD Women			Junior Women	
	OPEN QUAD Men			Junior Men	
<b>12:30p.m.</b>	<b>100M</b>	<b>Finals</b>		Senior Women	
	Bantam Women			Senior Men	
	Bantam Men		<b>4:45p.m.</b>	<b>400M</b>	<b>Finals</b>
	Midget Women			Bantam Women	
	Midget Men			Bantam Men	
	Junior Women			Midget Women	
	Junior Men			Midget Men	
	Senior Women			Junior Women	
	Senior Men			Junior Men	
	Wheelchair (Men & Women)			Senior Women	
<b>1:15p.m.</b>	<b>800M</b>	<b>Finals</b>		Senior Men	
	Bantam Women			Wheelchair (Men & Women)	
	Bantam Men		<b>5:30p.m.</b>	<b>4 x 100M Relay</b>	<b>Timed Finals</b>
	Midget Women			Bantam Women	
	Midget Men			Bantam Men	
	Junior Women			Midget Women	
	Junior Men			Midget Men	
	Senior Women			Junior Women	
	Senior Men			Junior Men	
	OPEN QUAD Women			Senior Women	
	OPEN QUAD Men			Senior Men	
<b>2:00p.m.</b>	<b>200M</b>	<b>Heats</b>	<b>6:00p.m.</b>	<b>4 x 400M Relay</b>	<b>Timed Finals</b>
	Bantam Women			Senior Women	
	Bantam Men			Senior Men	
	Midget Women		<b>6:30 p.m.</b>	<b>Presentation of Awards</b>	
	Midget Men			<b>**Coaches Meeting to follow</b>	

