

**DAN BARILLA MEMORIAL  
HALDIMAND NORFOLK COUNTY  
TRACK AND FIELD MEET**

Fellow Educators and Coaches, Attached please find all pertinent information for our upcoming Dan Barilla Memorial Track and Field Meet for all Haldimand-Norfolk Catholic Schools. Please take the time to read through this package so you are familiar with all details pertaining to this athletic event. Your cooperation is requested and appreciated in all areas as BHN Athletics strives to deliver a day full of excitement, competition and memories for our student athletes as they continue their journey through sport and faith.

**ATHLETE REGISTRATION**

It is necessary for all coaches or school athletic representatives to register all track and field athletes prior to participating in 'Board Meet'. All registrations must be completed and sent no later than the date provided.

We will continue to use the Excel Spreadsheet method (same as other years) to register your athletes. An Athletic Director will send Haldimand Norfolk Track Coaches (one to each school) the information package with instructions on how to complete registration as the super meet approaches.

**COACHES EXPECTATIONS**

All teams entered in our track and field meet must be accompanied and supervised by an educator from the school. Schools requiring extra travel time should make any necessary arrangements in order to ensure that all athletes have the opportunity to compete in all events.

Only two teacher reps from each school can attend the meet. They will be required to officiate events at the meet. Your cooperation and punctuality in this matter is requested and appreciated.

**Coaches can bring shade if they have access to a portable one if it is a hot day. There is no place to hide from the sun at Holy Trinity.**

## ATHLETE EXPECTATIONS

1. All teams entered in our track and field meet must be accompanied and supervised by an educator from the school.
2. BHN CDSB Athletics will strive to ensure that all athletes will be given the opportunity to compete on a fair and equitable basis.
3. A sense of sportspersonship and fair play will govern all aspects of this track and field meet.
4. Any athlete conducting him/herself in a manner contravening the previous guideline will be suspended from further participation in the track and field meet. Points awarded to the athlete prior to this suspension will be revoked.
5. All participants must be readily identifiable by the wearing of school colours and/or a name tag clearly identifying the athlete and his/her school.

## CONCESSION

Concession fare will be available at a nominal cost. Though concessions are available coaches are asked to have their athletes bring healthy snacks and sport drinks or provide water for your team.

## ATHLETE SAFETY

The safety and well-being of each participant is of paramount importance and must govern every aspect of this event.

- Footwear: Running shoes **MUST** be worn for all events unless an athlete is wearing **Plastic spikes. Plastic spikes may be worn for both track and field events. NO metal spikes allowed. No Soccer cleats.**
- Participants will not be permitted to wear jewelry which may cause personal injury or injury to others.
- Glasses worn by participants must be equipped with safety lenses. A restraining strap is highly recommended.
- Any athlete with a suspected concussion will be removed from participation.

**GENERAL GUIDELINES**

**DIVISIONS**

- Junior Grade 4 students
- Intermediate Grade 5 and 6 students
- Senior Grade 7 and 8 students

**EVENTS**

<b>JUNIOR</b>	<b>INTERMEDIATE</b>	<b>SENIOR</b>
100 meters	100 meters	100 meters
200 meters	200 meters	200 meters
400 meters	400 meters	400 meters
Long Jump	800 meters	800 meters
Triple Jump	Long Jump	Long Jump
Ball Throw	Triple Jump	Triple Jump
	Shot Put	Shot Put

**PARTICIPATION**

Athletes may enter a MAXIMUM of three events; two track and one field event, or two field and one track event. This participation is EXCLUSIVE of the school team relay.

**RELAY**

Each school is to enter a relay team, consisting of the top two male and two female athletes from any division. Points are not awarded for this event, and therefore results do not count towards either individual or team results.

**AWARDS**

Gold, silver and bronze medallions are presented in all divisions. Ribbons are awarded to the top five finishers in each event. Banners are given to the top ‘A’ and ‘AA’ school as well as the overall champions from both divisions.

**POINT SYSTEM**

- 1<sup>st</sup> place – 10 points
- 2<sup>nd</sup> place – 7 points
- 3<sup>rd</sup> place – 5 points
- 4<sup>th</sup> place – 3 points
- 5<sup>th</sup> place – 1 point

\*In the event of a tie, the points awarded are given equally to the individuals tied for that placement.

\*In the event of a tie for an individual divisional award, the higher placement is given to the athlete with the higher overall finishes.

Example:

Athlete A - 10 points for a 1st place finish

Athlete B - 10 points for a 2nd and a 4th place finish

Athlete A places ahead of Athlete B

## TRACK EVENTS

- All runners in the 100, 200 and 400 meter events must stay in their lanes for the duration of the race. Crossing into another lane or interfering with another runner will result in disqualification. If incidental contact is made resulting in disqualification, that heat may be re-run pending head officials discretion without the disqualified runner
- All track events take precedence over field events. All runners are to be released from their field event should a conflict arise, and be allowed to resume competition in that field event upon completion of said track event.
- Field judges **MUST** be informed of the conflict by the participating athlete. ***Failure to do so will result in disqualification.***
- **If a tie exists between 2 runners, a “race-off” may determine placement or advancement into the finals**
- **Chip timers will be used for all track events**

## 100 meters- JUNIOR/INTERMEDIATE/SENIOR DIVISIONS

- Two runners per school per division.
- Elimination heats.
- One final race of six runners.

#### **200 meters-JUNIOR/INTERMEDIATE/SENIOR DIVISIONS**

- Two runners per school per division.
- Elimination heats
- Each runner is individually timed, with the fastest five times determining final placements.
- One final race of six runners.
- Any deliberate attempt to impede or hinder another runner will result in disqualification.

#### **400 meters- JUNIOR/INTERMEDIATE/SENIOR DIVISIONS**

- Two runners per school per division.
- Timed races. Each runner is individually timed, with the fastest five times determining final placements.

#### **800 meters- INTERMEDIATE/SENIOR DIVISIONS**

- One runner per school per division.
- Runners must hold their track placement position through the first turn, and may then move to the rail.
- Any deliberate attempt to impede or hinder another runner will result in disqualification.

#### **Relays – SCHOOL TEAM (TIME PERMITTING)**

- Four runners any age group (must be 2 boys and 2 girls)
- Running order is to be determined by the coach.
- Baton exchange must occur within the defined exchange zone.
  - Lines are drawn 10 m before and after the scratch line to denote the “exchange zone” within which baton must be passed.

Competitors may commence running at a distance not more than 10 metres before the exchange zone.

- Runners must stay in their lanes.
- Three timed races, with the fastest five times determining final placement.
- Relay results DO NOT count toward individual or school points.

## FIELD EVENTS

- As stated previously, all track events take precedence over field events. All runners are to be released from their field event should a conflict arise, and be allowed to resume competition in that field event upon completion of said track event.
- Field judges MUST be informed of the conflict by the participating athlete. ***Failure to do so will result in disqualification.***
- **If a tie exists between 2 athletes, the next best distance will determine the winner. If a tie still exists 2 ribbons will be awarded for the same placement (e.g. 1st 2nd, 2nd, 4th then 5th)**

## Long Jump- JUNIOR/INTERMEDIATE/SENIOR DIVISIONS

- Two athletes per school per division.
- One practice jump prior to the start of the event. Two competition jumps.
- The best two jumps for each athlete will determine final placement.
- In the event of a tie, both jumps will be added together to break the tie. The higher placement will be awarded to the athlete with the best combined total distance.
- A foot fault occurs when all or part of the jumper's take-off foot crosses beyond the toe board.
- Running through a jump and into the pit is considered a fault.

- All jumps should be measured from the nearest break in the landing area (made by any part of the body or limbs) to the take-off board and at right angles to that line.

### **Triple Jump- JUNIOR/INTERMEDIATE/SENIOR DIVISIONS**

- One athlete per school for the Junior Division
- Two athletes per school for Intermediate and Senior Divisions .
- The rules and regulations for the triple jump are exactly the same for those of the long jump except for the following:
  - The hop must be made so that the jumper lands first on the foot with which the athlete has taken off. In the step, he lands on the other foot, from which the jump is performed.
  - If the jumper touches the ground with the "sleeping" leg at any point in the jump then it is a scratch.
- The measurement is taken from the nearest break in the sand made by any part of the body or limbs to the take-off line

### **Shot Put- INTERMEDIATE/SENIOR DIVISIONS**

- Putting area must be free from all debris and all competitors remain behind putting area
- Standing shot put techniques must be taught using glide technique, and not thrown. Athlete can spin.
- Two athletes per school per division.
- One practice put prior to the event.
- All participants will receive two puts. The best of two puts will determine SIX FINALISTS.
- Each of these finalists will then receive on additional put. Top five distances throughout the competition will determine final placements.
- Competitors must enter and exit through the back of the circle.
- It is a foul if:
  - during the action of putting, the competitor steps outside the circle

- the shot put is released improperly
- the competitor leaves the circle before the shot touched the ground
- the competitor leaves the circle from the front half after completing his/her attempt
- he/she fails to land the shot in the 40 sector in the ground
- **Shot Put size**
  - Intermediate: boys and girls: 2.73 kg
  - Senior: girls: 2.73 kg boys: 4 kg

### **Ball Throw- JUNIOR DIVISION**

- **Two athletes per school**
- Each child will be allowed 3 **overhand** throws using a **11 inch Softball**
- No glove, tape or other foreign substance may be applied to the throwing hand
- The throw may be from either a standing position or on the run
- Athlete's throw must be done between within a 4 meter by 4 meter box and must lie within 15 meters wide sidelines (7.5 meters from the middle of the 4 meter box going both ways)
- The athlete must release the ball without stepping on or over the fault line.
- All 3 throws must be recorded, in the case of a tie, the 2nd best throw will determine the winner

### **How It's Measured**

- Throw is recorded from the center of the fault line to where the ball comes to a **complete stop** (From the front of the ball closest to the throw line).
- Throw recorded in Meters and centimeters