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| ATHLETIC ASSOCIATION WEST |



Age Groups as of January 1, 2014 June 2019

 a) Atom - 10 and under

 b) Peewee - 11

 c) Bantam - 12

 d) Midget - 13 and over

**Events**

a) ‘A’ schools may enter 2 competitors per event per age group

 ‘B’ schools may enter 1 competitor per event per age group.

b) An athlete may enter up to 3 events (either 2 track and 1 field OR 2 field and 1

 track)

c) 1500m **is considered** as one of the athlete’s 3 events.

**TRACK Atom**: 100m, 200m, and 400m

 **Peewee:** 100m, 200m, and 400m

 **Bantam:** 100m, 200m, 400m, and 800m

 **Midget:** 100m, 200m, 400m, and 800m

 **Open:** 1500 M 2 entries for “B” Schools

 4 entries for “A” Schools

**Relays:**  will be co-ed. 4 x 100 one for each age group

 : Schools may enter only one team per age group

**FIELD Atom:**  Broad Jump, long jump, baseball throw

 **Peewee:** Broad Jump, long jump, baseball throw

 **Bantam:** Broad Jump, long jump, triple jump, shot put

 **Midget:** Broad Jump, long jump, triple jump, shot put

\*\*Please note that the Bantams and Midgets will be participating in Triple Jump and **not**

the Ball Throw.

 **REGISTRATION INFORMATION**

* Registration will be done electronically by Trish Whelan at the Board Office.
* Your Track & Field Registration will arrive at your school via e-mail.
* All registration change forms need to be faxed to Brad Reitzel- reitzel@alcdsb.on.ca (613-472-0540) no later than 3:30 p.m. on Thursday, June 12.
* Coaches **must** check in their team and make any last minute scratches **before 9:45 a.m.**

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**IMPORTANT:**

**A registration change** is the replacement of an athlete with another eligible athlete (must be completed by 3:30 p.m. on June 13).

**A scratch** is the removal of an athlete who will not be replaced (must be completed by 9:45 a.m. on day of event. Any athlete who does not show up for an event, or if an athlete shows up who is not ‘substituted’ prior, the spot will remain closed as a scratch. Athletes injured during the day who miss the event may not be substituted for. They will remain a scratch).

**Information for Coaches**

* All participants are to wear school colours while on site.
* There is not much shade so your school may wish to bring a tent for this purpose. Athletes are strongly advised to use sun screen, wear a hat when not participating and drink water throughout the day to help avoid heat related difficulties.
* Spectators are to remain in spectator area (behind fence) **at all times**.
* No athletes or coaches in results building or on the inner grass surface.
* All 100m races will be heats and finals.
* 200m and longer races will be finals (best times).
* Relay races will be run as A schools, B schools.
* There will be only one entry per school, for each age group, for the 4 X 100m co-ed relays.
* Coaches please ensure that your **relay runners know which “leg”** (1st, 2nd, 3rd, 4th) that they will be running.
* For safety reasons, students must flop or roll onto the mat for the Broad Jump.
* As total number of attempts may be used to determine some final places in standings, it is a good idea to instruct your jumpers to pass on a height if they feel they can easily make it. They must be sure to tell the jump official (judge) that they will be passing when their name is called.
* Note: If a Broad Jump athlete is jumping in a manner that is deemed unsafe by the Broad Jump official (judge), they may be removed from the event.
* **The judge will be looking for proper technique for triple jump**. Please check with your school rep or the OPHEA binder for proper technique.

**Important**:

* Both boys and girls 1500m runners should report to the Finish Line area prior to ‘O Canada’ to be ready for starting when opening ceremonies are over.
* If you are running the 1500m as well as the 100m, please complete the 1500m first and then report to the Start Line for the 100m.
* The Bantam and Midget 100m boys are asked to be at the Starting Line area at 10:00 a.m. to help ensure a faster start following the 1500m.

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**COACHES RESPONSIBILITIES**

* All coaches/teachers are expected to help monitor athlete movement in restricted or out-of-bounds areas.
* Results will be posted on the board behind the score tower as they arrive.
* Try and keep your team together as much as possible when individual members are not competing. Designate an area of the spectators’ hill for the use of your team and provide supervision in this area.
* Instruct your athletes to listen to the P.A. System for the following announcements:

 \*calling of their events (each upcoming event will be announced three times only).

\* announcing of those eligible for finals in races.

\* announcing of competitors who are absent from one of their events when roll call is

 taken.

* Coaches please emphasize the following:

 \*competitors should get to the proper area without undue delay when their events are

 called.

\* **DO NOT** cross the infield.

\*competitors should return to the spectators’ hill when their event is over.

\*only **participating athletes** will be allowed on the infield area.

* Results will be posted on display board hanging on the fence. Please stress to your athletes that times/results cannot be given at the finish line so please refrain from being in the Finish Line area.
* **Coaches, you are responsible for the garbage in your area**. Please bring bags or use containers provided.
* St. John Ambulance will be on site. Any injuries should be directed their way. Remember it is best not to move an injured child. In the event that one of your athletes needs to be taken to the hospital, please designate a person ahead of time that would perform this task.