

COSSA TRACK AND FIELD - By-Laws 1. The COSSA meet shall be held on an all-weather track and field facility on a date suitable for the OFSAA entry deadline. The meet shall begin at 9:30 AM. 2. To be eligible to compete at COSSA, an athlete MUST be eligible under COSSA rules and regulations. This means they must have successfully competed (time, distance, or height) at their District meet and legally qualified for entry to COSSA.

3.
A competitor must not have competed for other than his/her school in a Track and Field meet from the period of May 1st to the date of the COSSA Track and Field Meet. Competitors who represent Canada or Ontario in a Track and Field Meet during this period shall be excused from this limitation of competition.

4.
AGE CLASSIFICATIONS

COSSA will conform to OFSAA age classifications for competition.

5.
EVENTS :

COSSA will conform to OFSAA events, distances, heights and implement weights.

6.
Competitors in both track and field events must compete in their school uniform or a neutral top (ie PE uniform , white shirt - NO cutoffs or logos). Relay team members must wear identical tops. School, association, and OFSAA logos are the only acceptable insignia allowed during competition. Failure to abide by this regulation will result in disqualification.

7. There shall be two adult (non -secondary school students) officials at each field event except the Pole Vault and High Jump. In the Shot Put, Discus, and Javelin events, one adult shall be in the field. 8. The I.A.A.F. Rules for Track and Field must be followed, subject to these changes approved by COSSA:

a) There shall be two teams of Track and field officials for simultaneous backstretch and front

stretch events.

b) There should be one Track Referee and one Field Referee (if possible, two Field Referees, one(1) for jumping and (1) for throwing events).

c) The Convenor(s) shall supply Judges and four Track Marshals

d) Track and Field officials should be suitably attired.

e) A Jury of Appeal, shall be set up in advance at the COSSA meet to deal with disputes on the day of the meet. Disputes shall be handled according to the I.A.A.F. handbook.

9.

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Entries:

a) Top 8 successful finishers in each event, at their District Championships, shall be entered at COSSA

If only 8 are entered from district meets, it shall be run as a FINAL.

b) Schools may qualify two (2) relay teams. Each team will count for points towards the team championships.

c) Entries for the COSSA meet shall be sent to the Entries Convenor no later than Monday prior to the meet.

d) District meet results & entries to COSSA are to use compatible computer programs (Hy-Tek Meet Manager)

10.

Qualifying and Seeding :

a) Performances at District Meets will be used for seeding purposes

b)

Scratch Rule

- once the meet begins, any athlete who scratches from a final after qualifying in heats of the 100m, 200m, or sprint hurdles will be ineligible to compete in any further events during that day of competition.

Eight (8) Lane Track

(Sprint Hurdles, 100m, 200m)

i) Two heats of 8 runners with the first 2 places in each heat plus the next 4 fastest times advancing to the final.

ii)

Seeding -

the runners will be placed in the heats using the following format, which is based upon seed times submitted from the district meets with

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1' being the fastest and

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16' being the slowest.

Heat #1 - 1,4,5,8,9,12,13,16

Heat #2 - 2,3,6,7,10,11,14,15

In the heats, runners shall be placed randomly in all eight lanes.

In the

FINAL

- the top two runners in each heat shall be randomly placed in lanes 3,4,5, and 6. The remaining runners shall be randomly placed in lanes 1,2,7, and 8. (If conditions warrant, the Head Track Referee has the authority to change the lane assignments.

(3000m)

- i) The 3000m shall be run from a box start with a one (1) turn stagger.

- ii) Seeding - Runners will be designated to a box based on random draw.

- iii) Four (4) runners will be placed in each box. (a box = 2 lanes)

(Relays - 4 x 100m and 4 x 400m)

- i) These events to be run as timed section finals. The same procedure for breaking ties in the 400m shall be used in the relays.

- ii) Determination of heats and lanes to be done using the same format as described in individual events.

(Field Events)

- i) The order in which the competitors take their trials shall be drawn by lot, prior to the start of the competition by the entries chairperson.

- ii) Top eight (8) after 3 rounds in the LJ, TJ, DT, JT, and SP shall receive an additional 3 trials. The order of the top 8 after the first 3 rounds is to be reversed (8th -1st where 8th place competes first and 1st place competes last) for the final 3 rounds.

- iii) Ties in Vertical Jumping Events - if this occurs in the final qualifying or first alternate position for the Regional Meet, the following tie breaking procedure will take place.

The competitors involved in the tie will break the tie with a jump-off immediately after the conclusion of the event. Heights attained during the tie-breaking process shall not be reflected in the final results of the competition.

iv) There shall be two (2) high jump pits at the COSSA meet where possible.

(Throwing events)

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a) any implement wishing to be used in competition **MUST** be weighed in. Once an implement is approved, any competitor may use it.

b) **ALL** throwing implements brought to COSSA must be weighed in between 0900 and 1030 . They are to be turned into the Track and Field officials. Other weigh in times may be established by the convener.

c) There shall be a supervised area for practising Field Events

d) No practice shall be allowed during competition

e) Any individuals breaking these rules will be disqualified

f) The COSSA Convenor shall make provisions for on regulation throwing implement for each of the classifications.

g) Rubber tipped cleats may be worn as footwear in the javelin unless the surface is all-weather, in which the maximum spike length is 6mm. No cleats may be worn on an all-weather surface.

11. **Scoring** - a) Team Champions will be determined using the following system when the meet is held on an 8 lane facility

	1 st - 10 points	5 th -
4 points		

2
nd

- 8 points

th

- 3 points

3

rd

- 6 points

7

th

- 2 points

4

th

- 5 points

8

th

- 1 point

b) Team Championships to be awarded to the school(s) which score the most points in each of the following categories :

a)

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A

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School (as defined by OFSAA)

b) Girls Overall

c) Boys Overall

d) Overall Champions

c) In the event that there are more than 3 competitors from a school placing, only the top 3 competitors placing will be used for scoring purposes. The next highest placed competitor will be moved up pointless.

12.

Regional Qualifying

i) COSSA hosts (8 lane track) - 6 entries , all events

ii) COSSA not hosting (8 lane track) - 5 entries , all events

13.

First Aid

- There shall be qualified medical personnel on site

14. The COSSA convenor , at their discretion may call an organizational meeting to review the format and organizational structure of the COSSA meet.

15.

Finances

- each school will be billed for their entries following the meet through their Secretary-Treasurer.

16.

AWARDS

- Gold and silver medals to be awarded to first and second in each event. Ribbons to be awarded to 3

rd

through 8

th

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TO IMPROVE THE OPERATION OF A TRACK AND FIELD MEET

OFFICIALS

The officials will be a combination equally represented from each District.

A TRACK MEET WILL RUN MORE SMOOTHLY IF:

1.

Officials are on time.

2.

Officials know the rules pertaining to their event.

3.

Officials know they can contribute to the efficient operation of the event.

TO ACHIEVE THESE GOALS:

A set list of officials should be drawn up for use at all COSSA meets. After a few weeks, officials will become familiar with their roles, and officiating will become more standardized from year to year.

TO MAKE THE DUTIES MORE EQUITABLE:

1. The field Event Judges will handle all of the Boys and Girls age groups in that event.
2. Relay Judges will act as Hurdle Judges in the morning.
3. There will be an official in charge of Hurdles and the Hurdle Crew.

TO HAVE THE MEET RUN ON TIME:

1. Each official must draw equipment, where necessary, and report prior to the scheduled time of the event.
2. Be prompt. A missing or late official delays an event unnecessarily and makes the meet run longer.
3. There must be co-operation between the Starter and the Finish Line Personnel. Each should challenge the other by the speed with which each is ready for the next heat. This can be accomplished by:
 - (a) THE TRACK MARSHAL AND STARTER -The Marshal moves the next heat onto the track as soon as the previous heat has left the Start. The Starter completes the instructions to the competitors by the time the Finish Line People have cleared away the previous Heat.

4.

THE FINISH LINE PEOPLE

The FINISH LINE JUDGE writes down the names or numbers of the competitors using the following method: Judge #1 picks 1st, Judge #2 picks 1st and 2nd, Judge #3 picks 2nd and 3rd, Judge #4 picks 3rd and 4th, Judge #5 picks 4th and 5th, and Judge #6 picks 5th and 6th.

THE FINISH LINE JUDGE - writes down the order of finish on the score sheet obtained prior to the event. The score sheet is handed to the RECORDER. (The Assistant Timer provides the Recorder).

CHIEF TIMER reads all the watches (see notes on timing) and records on a slip of paper the time or times for each place and gives the slip of paper to the Recorder.

THE FINISH LINE PERSONNEL are now ready for the next heat.

5. Communications between CLERK and ANNOUNCER or between FIELD EVENT JUDGES and ANNOUNCER can be improved with the use of walkie-talkies or a Runner.

6.

NOTES ON TIMING

HEATS ... 3 watches on first, 1 watch on second, 2 watches on third and fourth, 1 watch on fifth and sixth.

Finals ... 3 watches on first and second, 1 watch on third, fourth, fifth and sixth.

Hand timed races up to 20km: any time over the tenth of a second gets rolled up (i.e. 10:09 sec is read 10:1, 10:10 sec is read 10:1, and 10:11 sec is read 10:2).

N.B. All times should be recorded before the watches are cleared.

COACHES

COACHES can contribute to the efficient running of the Meet by:

1. Knowing the rules
- 2.

Knowing how competitors qualify to go on

3. Having competitors ready for their events when called,
4. Realizing that when a competitor is simultaneously in a Field Event and a Track Event, the Coach can send another student to the Track Marshalling area to check in for the competitor and obtain the lane draw. Then, on third (last) call, or when the heat before is going on the Track, the competitor can quickly go to the Track competition from the Field Event.

COMPETITORS

1. Athletes must be made aware of the importance of being on time for an event.
2. Athletes should warm up ahead of time and report on the first call to the official in charge of the event.
3. Where a competitor is in a Track event and a Field Event at the same time, he or she should compete in as many rounds of the Field event as is possible first. The official in charge can change the order of competition in a round of a Field event to accommodate an athlete taking part in another event, but he cannot allow a trial if the competitor is not present for that round when called.