

SECTION XVIII- TRACK AND FIELD

1. Rules

The International Amateur Athletic Federation (IAAF) rule book is to be used to govern ASAA events with the following exception:

- A. The ASAA will allow one (1) false start. The first infraction will be charged to the field, with the second resulting in the disqualification of the athlete and/or team.

2. Season of Play

The Season of Play for Track and Field shall be February 15 to the Provincial Championship on the first Friday and Saturday in June. The Season of Play is not intended to include July and August. See SECTION V – ACTIVITIES, Item 3, pages 54-57 for more information.

3. Eligibility

- A. There shall be three age categories for both boys and girls:

- i. Junior under 16 before September 1 of that school year
- ii. Intermediate under 17 before September 1 of that school year
- iii. Senior under 19 before September 1 of that school year

Note: students with a birthday on September 1 of that school year must compete in the higher category.

- B. Competitors are limited to competition in one category only with the exception of open events. Any competitor may compete in an open event.

- C. Zones are permitted two competitors/relay teams per event.

- D. Each competitor may enter a maximum of four events. The relay is considered a track event.

- E. All Zone entries must be in the hands of the meet director (regional or Provincial) by 12:00 p.m. on the Tuesday preceding the respective meet.

- F. Athletes registered in an age category as of the deadline must remain in that age category. At the coaches meeting prior to the meet, substitutions and scratches will be allowed but changing age categories will not be allowed.

4. Events

- A. The ASAA Provincial competition will be a two-day event beginning at 10:00 a.m. on Friday. There will be an afternoon and evening session on Friday and a morning and afternoon session on Saturday.

- B. Hosting of the Provincial competition will be set on a rotating basis through the establishment of five regional hosting Zones.

Rotation:

2019	Calgary	2022	Edmonton
2020	South	2023	Central (SC/Cen)
2021	North (NC/NE/NW)	2024	Calgary

C. The Track and Field events shall be scheduled by the Provincial Chairperson in conjunction with the Track and Field Commissioner.

D. Events**i. Boys Events**

100 M	100M – Ambulatory	100M – WheelChair
200 M	200M – Ambulatory	200M – WheelChair
Shot Put	Shot Put – Ambulatory	Shot Put – WheelChair
400 M	Javelin	Pole Vault
800 M	Triple Jump	Discus
1500 M	Long Jump	4x400 M Open Relay
3000 M	High Jump	4x100 M Relay
100 M Hurdles		300 M Hurdles*
Pentathlon (100m-SP-LJ-HJ-800m) - open event**(two competitors/Zone)		

ii. Girls Events

100 M	100M – Ambulatory	100M – WheelChair
200 M	200M – Ambulatory	200M – WheelChair
Shot Put	Shot Put – Ambulatory	Shot Put – WheelChair
400 M	Javelin	Pole Vault
800 M	Triple Jump	Discus
1500 M	Long Jump	4x400 M Open Relay
3000 M	High Jump	4x100 M Relay
80 M Hurdles		300 M Hurdles*
Pentathlon (100m-SP-LJ-HJ-800m) - open event**(two competitors/Zone)		

* Open event

**a student athlete participating in Pentathlon may compete in one other ASAA event (individual or relay)

***scoring of Pentathlon 1st 24pts; 2nd 21pts; 3rd 18pts; 4th 15pts; 5th 12pts; 6th 9pts; 7th 6pts; 8th 3pts

iii. Para Division and Physical and Intellectual Disabilities

Classifications Key - T = Track

F = Field

Athletes with a Visual Impairment - Ambulatory

T/F 11 - Blind

T/F 12 - Very Limited Vision

T/F 13 - Limited Vision

Athletes with an Intellectual Impairment - Ambulatory

T/F 20 - IQ at or below 75

Athletes with Cerebral Palsy

F 32, F 33, T/F 44 - WheelChair Athletes

T/F 35, T/F 36, T/F 37, T/F 38 - Ambulatory Athletes

Athletes with an Amputation & Les Autres - Ambulatory

F 40, F 41 - Dwarfs

T/F 42, T/F 43, T/F 44 - Leg Amputees

T/F 45, T/F 46, T/F 47 - Arm Amputees

Athletes in a WheelChair

T/F 51, T/F 52 - Quadriplegic

T/F 53, T/F 54 - Paraplegic

F 55, F 56, F 57, F 58 - Seated Throwing (various disabilities)

iv. Standards

- Discus All girls use 1 kg
Junior and Intermediate boys use 1.5 kg
Senior boys use 1.75 kg
- Shot Put Junior and Intermediate girls use 3 kg
Senior girls use 4 kg
Girl para athletes use 3kg
Girls Pentathlon use 3 kg
Junior and Intermediate boys use 5 kg
Senior boys use 6 kg
Boy para athletes use 4 kg
Boys Pentathlon use 5 kg
- Javelin Junior and Intermediate girls use 500 g
Senior girls use 600g
Junior and Intermediate boys use 700 g
Senior boys use 800g

Hurdles

Category	Distance of Race	Height of Hurdle	Distance from Start Line to 1st Hurdle	Distance between Hurdles	Number of Hurdles
Jr. Girls	80m	76cm (30")	12m	8m	8
Int. Girls	80m	76cm (30")	12m	8m	8
Sr. Girls	80m	84cm (33")	12m	8m	8
Girls	300m	76cm (30")	50m	35m	7
Jr. Boys	100m	84cm (33")	13m	8.5m	10
Int. Boys	100m	84cm (33")	13m	8.5m	10
Sr. Boys	100m	91cm (36")	13m	8.5m	10
Boys	300m	84cm (33")	50m	35m	7

- v. All competitors in throwing events and horizontal jumping events will receive three trials with the top eight competitors receiving an additional three trials.
- vi. The 4x400 m relay will consist of two timed finals with random lane selection.
- vii. All races up to and including the 400 m will be divided into two semifinals. Each race will include a maximum of one competitor from each Zone. If possible, each semifinal in each event will have an equal number of competitors. Lane assignments will be selected randomly. First, second and third place finishers in each semifinal

and the next two fastest competitors will advance to the finals. Lane assignments in the final will be according to the rules, using times from the semi finals.

5. Fees and Officials

- A. Officials shall be appointed as follows:
 - i. In Zones – entire responsibility of the Zone Executive.
 - ii. In Provincial meet – the responsibility of the ASAA Track and Field Commissioner.
 - iii. In the Provincial meet, the Jury of Appeal shall consist of one representative from each region (4) plus the Commissioner as Chair.
- B. An entry fee may be levied at the discretion of the Provincial host.

6. Scoring

- A. All competitors will score points on the basis of a 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 point system for each event.
 - i. In events limited to 8 lanes, 1st-8th places are based on final times and 9th-16th places will be ranked by heat times.
 - ii. Relays – allocation of points for relays will be determined by the number of schools participating on the team. Examples:
 - 1. Team A comes first (16 points) and has four students from the same school. The school receives 16 points.
 - 2. Team B comes second (15 points) and has two students from each of two schools. Each school receives an equal share; i.e., 7.5 points.
 - iii. A separate scoring system will be developed by the ASAA Commissioner and approved by the ASAA Executive Director, to take into account the number of competitors in the para category. This scoring system will be noted in the event information package.
- B. School team championships will be determined in four classifications: 1A, 2A, 3A and 4A.
- C. The championship trophies and banners are to be awarded to the top school in each classification accumulating the highest number of points.

7. Equipment

- A. Bib Numbers
Each athlete is to wear a number bib, which is to be 6” high. The allocation of numbers will be determined by the Provincial Host.
- B. Hip Numbers
Photo timing is to be used at the Provincial Track and Field meet. Track athletes will be required to wear hip numbers to aid the photo timers with lane placement.
- C. Uniform
Athletes must compete in a uniform top that distinguishes their school or Zone. Tops contrary to this rule will be considered illegal.
- D. Footwear
Footwear must be worn while competing, with the exception of the kicking leg in the high jump event.