



GMAA Track & Field Handbook

Section 1: Sports Committee

The Track & Field Sports Committee shall consist of the chairperson of the above sport and all the coaches for that season of the above sport. The chairperson shall call one meeting prior to the opening of the season. A mid or post season meeting may be called at the discretion of the chairperson of the above sport or at the request of 1/3 of the coaches involved in this sport.

Section 2: Team Entry and Classification

2.1) All official team entries must be submitted on S1 by the deadline
The GMAA will host Qualifying Area Meets, and Championships for both Boys and Girls.

2.2) Classification:
Boys or Girls
Bantam, Midget, or Juvenile

2.3) The Age Categories will reflect the current Age Categories of the Fédération Québécoise d'athlétisme.

Section 3: Player Registration & Eligibility

3.1) Player Registration is due on S1 prior to the deadline. Athletes must be entered in advance - no entries will be accepted at the meet, including substitutes.

3.2) Each competitor may enter a maximum of five events plus 2 relays.

3.3) Athletes are permitted to compete in 1 age group only, including relays.

3.4) Entries per school
Bantam Categories will be permitted to register 5 students per event, however, only the top 3 students from each school can qualify for the Championship Meet. Two (2) Relay Teams are permitted, however only one may qualify for the Championship Meet.
Midget & Juvenile Categories will be permitted to register 3 students per event. One (1) Relay Team is permitted.

3.5) Substitutions: Substitutions may take place at the qualifying meets only. The student must report to the event with a "substitution card" that must be signed by the coach. Each school is permitted a maximum of four (4) substitutions on the day of the meet. No substitution will be permitted at the Championship meet.

Section 4: Uniform (also refer to Governing Rules – Rule VI, Section 5)

All athletes must wear an identifiable uniform school shirt (same style and colour). School initials or name must be visible on the school shirt. No beach wear or bermudas are permitted. All athletes must wear running shoes or track shoes. No headphones are permitted while the students are competing.

Section 5: Starting Time

The start time and coaches meeting information will be sent out prior to the meets.

Section 6: Governing Rules & Rule Modifications

6.1) The official Canadian Track and Field Rule Book shall be used.

6.2) A staff member (see Rule VI, Section 4 of General Governing Rules for clarification) must be present for the duration of the meet. Penalty – students will not be permitted to compete.

6.3) The False Start Rule will be applied at GMAA Meets. Each heat is permitted one false start. After the first false start, the announcement "the false start rule is now in effect" must be given. On the next false start, the offending runner is disqualified.

Section 7: Official Events:

7.1) Girls Events

BANTAM GIRLS	MIDGET GIRLS	JUVENILE GIRLS
80m Hurdles 30"	80m Hurdles 30"	100m Hurdles 30"
200m Hurdles 30"	200m Hurdles 30"	400m Hurdles 30"
80m	100m	100m
150m	200m	200m
-	300m	400m
800m	800m	800m
1200m	1200m	1500m
-	2000m	3000m
4 x 100 relay	4 x 100 relay	4 x 100 relay
-	-	4 x 400 relay
Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump
-	Triple Jump	Triple Jump
Shot Put (2 Kg.)	Shot Put (3 kg.)	Shot Put (3 kg.)
Discus (600 g.)	Discus (1 kg.)	Discus (1 kg.)
Javelin (400 g)	Javelin (500 g)	Javelin (500 g)

7.2) Boys Events

BANTAM BOYS	MIDGET BOYS	JUVENILE BOYS
80m Hurdles 30"	100m Hurdles 33"	110 Hurdles 36"
200m Hurdles 30"	200m Hurdles 30"	400 Hurdles 33"
80m	100m	100m
150m	200m	200m
	300m	400m
800m	800m	800m
1200m	1200m	1500m
	2000m	3000m
4 x 100 relay	4 x 100 relay	4 x 100 relay
		4 x 400 relay
Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump
	Triple Jump	Triple Jump
Shot Put (3 kg.)	Shot Put (4 kg.)	Shot Put (5 Kg.)
Discus (750g.)	Discus (1 kg.)	Discus (1.5 kg.)
Javelin (500 g)	Javelin (600 g)	Javelin (700 g)

7.3) Field Events: At the long jump, javelin, discus, triple jump and shot put each competitor will be allowed 3 attempts. If time permits, the best 8 competitors will be allowed 3 additional tries. In each case the best shot or jump in all six attempts will determine the final placing.

7.4) Track Events Take Precedence over Field Events: If a competitor has a field event and track event at the same time, he/she must report first at the track event. He/she must only report to the field event before it is over. At the high jump, the competitor must continue jumping at the height which the bar is at when he/she returns.

7.5) Hurdle Heights and Distances:

Category	Distance	# Hurdles	Height	To 1 st	Between
BG	80m	8	30" (76cm)	12m00	7m50
BG	200m	5	30" (76cm)	20m00	35m00
MG	80m	8	30" (76cm)	12m00	8m00
MG	200m	5	30" (76cm)	20m00	35m00
JG	100m	10	30" (76cm)	13m00	8m50
JG	400m	10	30" (76cm)	45m00	35m00
BB	80m	8	30" (76cm)	12m00	7m50
BB	200m	5	30" (76cm)	20m00	35m00
MB	100m	10	33" (84cm)	13m00	8m50
MB	200m	5	30" (76cm)	20m00	35m00
JB	110m	10	36" (91cm)	13m72	9m14
JB	400m	10	33" (84cm)	45m00	35m00

Section 8: Championships & Playoffs (see Rule XI Secondary Governing Rules)

8.1) The top 8 from each qualifying meet will advance to the championship meet.

8.2) For the 1200s, 1500s, 2000s, and 3000s to be eligible for the championship meet, the runners must come top 8 in their respective meets *and* meet the minimum time requirement.

8.3) For the championship meets the starting height of the high jump bar will be set at the height of the best 8th place finisher from the area meets

8.4) Individual Awards:

Qualifying Meets: Ribbons (1st, 2nd, 3rd)

Championship Meet: Medals (1st, 2nd, and 3rd)

Ribbons (4th, 5th and 6th)

8.5) Team Awards:

a) At the Championship Meets, a team banner will be handed out for each level for the team accumulating the most points. Points will be awarded to the top 6 positions (7,5,4,3,2,1). The relay will count as one event and the points are not to be doubled.

b) When two schools are tied i.e., have accumulated the same number of total points in a category, two banners will be distributed.

8.6) Aggregate Awards:

- a) At the Championship Meets, an award will also be given out for the top athlete in each category (aggregate award) based on individual points. Points will be awarded to the top 6 positions (7,5,4,3,2,1).
- b) In the event of ties, the points for the positions involved are totaled and divided by the number of competitors involved to determine the points awarded. Example: Tie for 1st by competitors (7 + 5) divided by 2 = 6 Tie for 6th by competitors 1 divided by 3=1/3.

Section 9: Duties

9.1) Officials: In the qualifying meets, each school will be assigned an event to officiate. This official must be an adult. Officials are expected to know how to run their event. If they do not, they can contact the office prior to the meet. If any officials would like a quick outline of how to run their event, the GMAA will ask an 'expert' to arrive 30 minutes prior to the coaches meeting to help train any individuals who may need help. Student helpers will also be required. A school not supplying their full complement of officials or helpers will be subject to a monetary fine \$100.00. Outside officials will be hired to work at the championship meets.

9.2) The individuals officiating the discus and javelin have the authority to disqualify any student from participation if they feel that it is unsafe (for that student or others). Where there is no cage available at the chosen facility, students will not be permitted to spin during their throws for discus.

9.3) Lunch Time Supervision: Students must be supervised at all times during the meets.

Section 10: Discipline

10.1) Committees: Discipline Committees will be formed for both the Qualifying Area Meets, and the Championship Meets. The mandates of these committees would be to discipline or take action against a player or coach at a meet. This group will handle all protests and appeals.

- a) The committee for the area meets will be formed by 3 individuals, as chosen by the meet director.
- b) The committee for the championship meets will be formed by 5 individuals, as appointed by the meet director. The members should include the directors of the area and championship meets.

10.2) Unsportsmanlike Behaviour - any athlete, who acts in an unsportsmanlike manner and breaks equipment will be disqualified for the remainder of that track season and must pay for the equipment. The athlete will not participate until the bill has been paid in full.

Section 11: Provincials

11.1) RSEQ Provincial Track and Field Meet: GMAA will select a team from those athletes who have participated in the GMAA outdoor track & field Championship meets that year.

11.2) Eligibility for Provincials

- a) The athlete must be registered in a GMAA member secondary school.
- b) A staff member from the same school that the athlete(s) attend must accompany that school's athletes on the bus to and from the site of competition and must assume the responsibility of supervising that school's athletes throughout the competition. This staff member must stay overnight in the accommodations provided. A staff member may agree to assume the responsibility for a maximum of 3 students from another school.
- c) The student athlete and parents must sign the student undertaking form.
- d) The signed student undertaking form must be submitted to GMAA on or before the deadline.

11.3) Selection of the GMAA provincial track & field team

- a) First choice for each event will be given to the athlete who placed 1st in that same event at the GMAA championship meet. (Provided that athletes' student undertaking form has been submitted). Second choice is given to the athlete who placed second in that event at the GMAA championship meet.
- b) If there are spots which have not been filled in each event at the end of the 1st and 2nd choice round AND if GMAA has not reached the limit of the number of athletes as set by RSEQ then these spots may be filled in by athletes who are eligible and whose student undertaking forms are submitted. Priority will be given to the athlete who has placed higher in that event.
- c) Relay team - will be selected from the athletes on the GMAA provincial track & field team by the head of the GMAA delegation.

11.4) Coaches Duties at the Provincials

- a) Make sure students are in the right place at the right time.
- b) Make sure equipment is safe and students are ready.
- c) To deal with organizing committee of the competition as the official representatives of GMAA
- d) Must eat and sleep with the students.
- e) Must supervise students at all times - this means meeting with the students at the departure point and concludes with release of students at arrival point after the Competition

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