

NORTH CENTRAL DISTRICT
ATHLETIC ASSOCIATION

Sport Commissioners Package

Track and Field

NCDAA TRACK AND FIELD TABLE OF CONTENTS:

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Upon Being Appointed Commissioner:

- ___ Book the required facilities. Call the City of Prince Albert and have the Harry Jerome Track booked for the required dates. These dates will always be as follows:
 - City Track Meet – Two weeks prior to SHSAA Provincial Championships.
 - District Track Meet - One week prior to SHSAA Provincial Championships.
- ___ Notify/remind all schools in the NCDAA the date for the City and District Meet. Contact information is located in APPENDIX "A". A suggested cover letter is also supplied in APPENDIX "B".

One Month Prior to the City Meet:

- ___ Ensure entry procedures have been emailed to all schools in the NCDAA. See APPENDIX "C". Attach Meet schedules, APPENDIX "F".
- ___ Ensure both City and District Ribbons have been ordered by the Vice President.
- ___ Ensure Aggregate medals have been ordered for both the City and District Meet.
- ___ Notify all schools of the workers schedule and rules.

Two Weeks Prior to City Meet:

- ___ Check the SHSAA website for the listings of all eligible schools. Copy the list for quick reference at the meet.
- ___ Notify the media about both the City and District Meets. Contact info is in Appendix "D" and a sample cover letter is located in APPENDIX "E".

One Week Prior to the City Meet:

- ___ Confirm a concession will be available for all athletes and spectators.
- ___ Arrange for a lunch to be delivered to the Finish Line Booth for all coaches and volunteers. Arrange for a meal to be served over the coaches meeting immediately following the District Meet.
- ___ Confirm washroom facilities will be available to athletes.
- ___ Arrange for presenter of aggregate medals.
- ___ Print off rules and have them ready to post.
- ___ Ensure the district singlets will be available for the coaches meeting following the district meet.
- ___ Email a bill to all schools for the cost of the city meet. See APPENDIX "G" for an example.

During the City and District Meet:

- ___ Arrive early and ensure the facility is open and setup is taking place.
- ___ Make yourself available at all times. The Sport Commissioner is a member of the District Executive and makes ruling during the running of the event.
- ___ Have a coaches meeting prior to the start of both meets. APPENDIX "H" will help guide you in topics to discuss at this meeting. Scratches will occur at this meeting.
- ___ Ensure all SHSAA rules are followed.
- ___ Post a set of rules inside and outside the Finish Line Booth. These will be found in APPENDIX "I".
- ___ Make appropriate adjustments to the schedule if there are circumstances or scratches.
- ___ Designate someone to assist in the interpretation of the rules. Protest Committee.
- ___ Handout Aggregate awards to all category leaders before the relays start.
- ___ Have cleanup areas assigned and garbage bags available. This should occur during the 3000m races. Do not hand out aggregate awards or start relays until it is done.

After City Meet

- ___ Give a results printout to coaches for selecting a conference team.
- ___ Complete commissioners report and send it into the President and Vice President.
APPENDIX "L"
- ___ Email/fax results to the President, Secretary, and Media. Contacts are found in APPENDIX "D" and "J".

After District Meet

- ___ Print results for each school team/coach. Hold a coaches meeting to pick a district team.
- ___ Give district team entries to Hytek Operator for entry and submission to SHSAA.
- ___ Be prepared to discuss the commissioners report at the next NCDAA meeting

APPENDIX A

| North – Missinippi | Phone | Fax |
|---|--------------|--------------|
| Churchill Community High School - La Ronge | 306-425-2255 | 306-425-3955 |
| Hector Thiboutot Community School - Sandy Bay | 306-754-2139 | 306-754-2130 |
| Father Gamache School - Fond-du-Lac | 306-686-2033 | 306-686-2110 |
| Father Megrat High School - Wollaston Lake | 306-633-2205 | 306-633-2053 |
| Father Porte Memorial School - Black Lake | 306-284-2099 | 306-284-2080 |
| Kimosom Pwatinahk Collegiate - Deschambault Lake | 306-632-2510 | 306-632-2410 |
| Nihithow Awasis School - La Ronge | 306-635-2276 | 306-635-2180 |
| Reindeer Lake School – Southend | 306-758-2025 | 306-758-4837 |
| Rhoda Hardlotte Keethanow High School - Stanley Mission | 306-635-2104 | 306-635-2050 |
| Sally Ross School - La Ronge | 306-425-5041 | 306-425-5570 |
| Senator Allan Bird Memorial School - Montreal Lake | 306-663-5602 | 306-663-5652 |
| Senator Myles Venne School - Air Ronge | 306-425-2478 | 306-425-2815 |
| Wapawikoscikan School - Pelican Narrows | 306-632-2161 | 306-632-2110 |
| PA East | Phone | Fax |
| Ecole Valois - Prince Albert | 306-763-0230 | 306-763-1993 |
| Prince Albert Collegiate Institute - Prince Albert | 306-763-6485 | 306-922-5636 |
| Carlton Comprehensive - Prince Albert | 306-922-3115 | 306-764-1770 |
| Family Church Academy - Prince Albert | 306-763-4431 | 306-763-4858 |
| PA Rural | Phone | Fax |
| Birch Hills School - Birch Hills | 306-749-3301 | 306-749-2279 |
| Kinistino School – Kinistino | 306-864-2252 | 306-864-3430 |
| Little Red River Education Centre - Christopher Lake | 306-982-4433 | 306-982-2078 |
| Meath Park School - Meath Park | 306-929-2133 | 306-929-2401 |
| Muskoday First Nations School - Muskoday | 306-953-1055 | 306-953-1059 |
| St. Louis School - St. Louis | 306-422-8511 | 306-422-8299 |
| Sturgeon Lake Central School - Sturgeon Lake | 306-764-5506 | 306-764-0322 |
| PA West | Phone | Fax |
| St. Mary - Prince Albert | 306-953-7544 | 306-763-0399 |
| Wesmor Community High School - Prince Albert | 306-764-5233 | 306-922-6271 |
| Parkland | Phone | Fax |
| Ahtahkakoop School - Ahtahkakoop Cree Nation | 306-468-2854 | 306-468-2661 |
| Big River Community High School - Big River | 306-469-2288 | 306-469-2336 |
| Canwood Community High School - Canwood | 306-468-2150 | 306-468-2999 |
| Debden School - Debden | 306-724-2181 | 306-724-2116 |
| Se Se Wa Hum School - Victoire | 306-724-2124 | 306-724-4733 |
| W.P. Sandin School - Shellbrook | 306-747-2191 | 306-747-2249 |

APPENDIX B:

Prince Albert City Open Meet & North Central District Meet

Where – Harry Jerome Track

City Meet

- Entry deadline _____
- Wednesday _____ – Coaches meeting at 4:00pm and start time of 4:30pm
- Thursday _____ - Coaches meeting at 9:30am and start time of 10:00am

District Meet

- Entry deadline _____
- Wednesday _____ – Coaches meeting at 4:30pm and start time of 5:00pm
- Thursday _____ - Coaches meeting at 9:30am and start time of 10:00am

Who

- All schools in the North Central District are invited to the open meet. It is only for students in grades 9-12 and students must meet SHSAA eligibility requirements to compete.
- Each of the 5 conferences can use this meet to advance 3 athletes in each event to the district meet the following week. Be sure to let your athletes know that separate teams are being selected for the district meet, and that they may advance even if they are not in a final or top 8. Each conference is made up of the following schools.
 - Missinipe – Senator Myles Venne, Father Porte Memorial, Kimosom Pwatinahk, Father Gamache, Churchill, Nihithow Awasis, Sally Ross, Senator Allan Bird Memorial, Wapawolpscikan, Hector Thiboutot, Reindeer Lake, Rhonda Hardlotte Keethanow, and Father Megret
 - Parkland - Debden, W. P. Sandin, Canwood, Big River, Ahtahkakoop and Se Se Wa Hum)
 - P.A. City West – St. Mary and Wesmor.
 - P.A. Rural – Meath Park, Birch Hills, Kinistino, St. Louis, Sturgeon Lake Central, Little Red Education Centre, and Muskoday First Nations.
 - P.A. City East 3 per event – Carlton, P.A.C.I, Regent Academy, and Valois

What

- The meet will run the following events in each age and gender category
 - Pole Vault, High Jump, Long Jump , and Triple Jump
 - Shot Put, Discus, and Javelin
 - 100m, 80/100m Hurdles, 200m, 400m, 800m, 1500m, and 3000m
 - 4 x 100m relay, and 4 x 400m or Medley Relay
- The Quad event is not formally run at the City meet. If an athlete is interested in competing in the quad at districts, they should enter the 4 quad events at the city to qualify out of their own conference. In this case, our district will allow you to enter 5 events if you are entered in all 4 quad events for both the City and District meet.
- Our district will be allowed to enter 3 athletes in both the male/female Quad at the Provincial level. It will be a combination of Junior (grade 9/10) and Senior (11/12)
- Implement weights are as follows

| Category | Shot Put | Discus | Javelin |
|--------------|----------|--------|---------|
| Midget Girls | 3kg | 1kg | 600g |
| Junior Girls | 4kg | 1kg | 600g |
| Senior Girls | 4kg | 1kg | 600g |
| Midget Boys | 4kg | 1kg | 600g |
| Junior Boys | 12 lbs. | 1.6kg | 800g |
| Senior Boys | 12 lbs. | 1.6kg | 800g |

- Hurdle heights and spacing are as follows

| Category | Height | First Hurdle | Spacing |
|--------------|--------|--------------|---------|
| Midget Girls | 30" | 12m | 7.5m |
| Junior Girls | 30" | 12m | 8m |
| Senior Girls | 30" | 12m | 8m |
| Midget Boys | 30" | 13m | 8.5m |
| Junior Boys | 33" | 13m | 8.5m |
| Senior Boys | 36" | 13m | 8.5m |

- All races will advance the top 8 times to finals.

Responsibilities

- Adult officials are required. They need not be teachers, but must be parents or other responsible adults (not students) willing to help out. If assigned to a field event, please ensure that you have enough student workers to act as pit rakers, implement retrievers, etc. Where more than one school is assigned to an event, please contact each other to ensure that you have enough student workers between

you. If there is an event you would prefer to work, please make your own arrangements to trade events with another school, but let the meet director know.

- Athletes can enter a maximum of four individual events, plus relays. Each school can enter 1 relay team in each age/gender category. There is no limit to the number of entrants in each event; however, coaches must ensure that entrants are competitive at the level of the city meet. As stated earlier, if you enter the 4 quad events you have the option to enter a 5th event.
- Meet entry is done electronically with the software team manager 3.0 lite. Arrange with your IT person to have this downloaded on your computer.

Remember

- Athletes must compete in all events in which they are entered. Any athlete failing to start in an event after the evening or morning scratch meeting will be deemed to have dropped out of the meet for that day, and will be ineligible for further competition, including relays. Results achieved to that point will stand. Exceptions may be made only by the meet director for medical reasons only, when approved prior to the start of the event.
- All competitors must be in grade 9 or older, and eligible for SHSAA activities.
- Aggregate medals will be presented to the top athlete in each age and gender category at the completion of the meet. This is based on the points awarded in each event:
 - 1st = 10
 - 2nd = 8
 - 3rd = 6
 - 4th = 3
 - 5th = 2
 - 6th = 1
 - In cases of ties for points, the award will be given to the athlete who has the most higher place finishes.
- Because of the huge disparity in school sizes, team points will be tallied for your information, but not announced.
- Athletes must compete in appropriate dress. Going shirtless, or wearing a hat is not allowed by SHSAA rules.
- Athletes may not be given assistance by spectators or other non-competing athletes in any event. This includes pacing, giving water in distance races, or giving split times, except as given by the officials.

| Official | Ahtahkakoop | Big River | Birch Hills | Canwood | Carlton | Debden | Kinistino | Meath Park | Churchill | Montreal Lake | PACI | Little Red | Se Se Wa Hum | Shellbrook | St. Louis | St. Mary | Sturgeon Lake | Wesmor | Community |
|-------------------|-------------|-----------|-------------|---------|---------|--------|-----------|------------|-----------|---------------|------|------------|--------------|------------|-----------|----------|---------------|--------|-----------|
| Starter (1) | | | | | | | | | | | | | | | | | | | 1 |
| Recall (1) | | | | | | | | | | | | | | | | 1 | | | 0.5 |
| Chief Judge (1) | | | | | | | | | | | | | | | | | | | 1 |
| Photo Finish (2) | | | | | | | | | | | | | | | 1 | | | | 1 |
| Marshall (1) | | | | | | | | | | | | | | | | 1 | | | |
| High Jump (3) | | | | | 1 | | | | | | | 1 | | | | 1 | | | |
| Long Jump (3) | | | | | 2 | | | | | | 1 | | 1 | | | | | | |
| Triple Jump (3) | | | | | | | 1 | 1 | | | | | | | | | 1 | | |
| Pole Vault (3) | | | | | 1 | | | | | | | | | | | 1 | | | |
| Discus (3) | 1 | | 1 | 1 | | | | | | | | | | | | | | | |
| Javelin (3) | | | | | | | | | 1 | 1 | | | | | | 1 | | | |
| Shot (3) | | 1 | | | | 1 | | | | | | | 1 | | | | | 1 | |
| Results (1) | | | | | 1 | | | | | | | | | | | | | | |
| Announcer (1) | | | | | | | | | | | | | | | | | | | 1 |
| Meet Director (1) | | | | | | | | 1 | | | | | | | | | | | |
| Totals | 1 | 1 | 1 | 1 | 5 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 5 | 1 | 1 | 4.5 |

APPENDIX C

NCDAA Media Directory

| <u>Newspaper</u> | Phone | Fax | Email |
|-------------------------|--------------|--------------|--|
| PA Daily Herald | 306-764-4276 | 306-763-3331 | editorial@paherald.sk.ca |
| paNOW | 306-763-7421 | 306-764-1850 | news@panow.com |

| <u>Radio</u> | Phone | Fax | Email |
|---------------------|--------------|--------------|--|
| Rawlco Radio PA | 306-764-2524 | 306-764-1850 | panews@rawlco.com |
| CBC Radio PA | 306-763-6172 | 306-922-5366 | ryan.pilon@cbc.ca |
| MBC Radio La Ronge | 306-922-4566 | 306-922-6969 | dave@mbcradio.com |

| <u>T.V.</u> | Phone | Fax | Email |
|--------------------|-------|-----|--|
| CTV Prince Albert | | | panews@ctv.ca |

APPENDIX D

Notice to all media:

North Central District Athletic Association Track and Field Championships

The NCDAA Track and Field City and District Championships will be held on _____ and _____ at the Harry Jerome Track.
(date) (date)

Over 300 athletes are expected to attend and compete for a chance to attend the SHSAA Track and Field Provincial Championships in _____ on _____.
(host) (date)

The NCDAA would like to welcome everyone out to watch the best athletes in the district compete for a Provincial berth.

Signed _____
(commissioner)

Phone _____

Fax _____

APPENDIX E – Schedule

Day 1 - Wednesday Starts at 04:30 PM Event Round

4:30 PM #1 Girls 80 Meter Hurdles Midget Prelims
4:32 PM #2 Girls 80 Meter Hurdles Junior Prelims
4:34 PM #3 Girls 80 Meter Hurdles Senior Prelims
4:36 PM #4 Boys 100 Meter Hurdles Midget Prelims
4:38 PM #5 Boys 100 Meter Hurdles Junior Prelims
4:40 PM #6 Boys 100 Meter Hurdles Senior Prelims
5:00 PM #7 Girls 200 Meter Dash Midget Prelims
5:05 PM #8 Boys 200 Meter Dash Midget Prelims
5:10 PM #9 Girls 200 Meter Dash Junior Prelims
5:15 PM #10 Boys 200 Meter Dash Junior Prelims
5:20 PM #11 Girls 200 Meter Dash Senior Prelims
5:25 PM #12 Boys 200 Meter Dash Senior Prelims
5:40 PM #13 Girls 1500 Meter Run Midget Finals
5:50 PM #14 Girls 1500 Meter Run Junior Finals
6:00 PM #15 Girls 1500 Meter Run Senior Finals
6:10 PM #16 Boys 1500 Meter Run Midget Finals
6:18 PM #17 Boys 1500 Meter Run Junior Finals
6:25 PM #18 Boys 1500 Meter Run Senior Finals
6:45 PM #1 Girls 80 Meter Hurdles Midget Finals
6:47 PM #2 Girls 80 Meter Hurdles Junior Finals
6:49 PM #3 Girls 80 Meter Hurdles Senior Finals
6:51 PM #4 Boys 100 Meter Hurdles Midget Finals
6:53 PM #5 Boys 100 Meter Hurdles Junior Finals
6:55 PM #6 Boys 100 Meter Hurdles Senior Finals
7:00 PM #7 Girls 200 Meter Dash Midget Finals

7:02 PM #8 Boys 200 Meter Dash Midget Finals
7:04 PM #9 Girls 200 Meter Dash Junior Finals
7:06 PM #10 Boys 200 Meter Dash Junior Finals
7:08 PM #11 Girls 200 Meter Dash Senior Finals
7:10 PM #12 Boys 200 Meter Dash Senior Finals

Event Round

4:30 PM #19 Girls High Jump Midget Finals
4:30 PM #20 Boys Triple Jump Midget Finals
4:30 PM #21 Girls Shot Put Junior Finals
4:30 PM #22 Boys Long Jump Junior Finals
4:30 PM #23 Girls Javelin Throw Senior Finals
4:30 PM #24 Boys Discus Throw Senior Finals
5:00 PM #25 Boys Pole Vault Midget Finals
5:00 PM #26 Boys Pole Vault Junior Finals
5:00 PM #27 Boys Pole Vault Senior Finals
5:30 PM #28 Girls Javelin Throw Midget Finals
5:30 PM #29 Boys Discus Throw Midget Finals
5:30 PM #30 Girls Long Jump Junior Finals
5:30 PM #31 Boys Shot Put Junior Finals
5:30 PM #32 Girls High Jump Senior Finals
5:30 PM #33 Boys Triple Jump Senior Finals

Day 2 - Thursday - Starts at 09:45 AM Event Round

10:00 AM #34 Girls 100 Meter Dash Midget Prelims
10:10 AM #35 Boys 100 Meter Dash Midget Prelims
10:20 AM #36 Girls 100 Meter Dash Junior Prelims
10:30 AM #37 Boys 100 Meter Dash Junior Prelims
10:40 AM #38 Girls 100 Meter Dash Senior Prelims
10:50 AM #39 Boys 100 Meter Dash Senior Prelims
11:10 AM #40 Girls 800 Meter Run Midget Finals
11:16 AM #41 Boys 800 Meter Run Midget Finals
11:22 AM #42 Girls 800 Meter Run Junior Finals

11:28 AM #43 Boys 800 Meter Run Junior Finals
11:34 AM #44 Girls 800 Meter Run Senior Finals
11:40 AM #45 Boys 800 Meter Run Senior Finals
11:55 PM #34 Girls 100 Meter Dash Midget Finals
11:57 PM #35 Boys 100 Meter Dash Midget Finals
11:59 PM #36 Girls 100 Meter Dash Junior Finals
12:01 PM #37 Boys 100 Meter Dash Junior Finals
12:03 PM #38 Girls 100 Meter Dash Senior Finals
12:05 PM #39 Boys 100 Meter Dash Senior Finals

Event Round

10:00 AM #46 Girls Pole Vault Midget Finals
10:00 AM #47 Girls Pole Vault Junior Finals
10:00 AM #48 Girls Pole Vault Senior Finals
10:00 AM #49 Girls Shot Put Midget Finals
10:00 AM #50 Boys Long Jump Midget Finals
10:00 AM #51 Girls Javelin Throw Junior Finals
10:00 AM #52 Boys Triple Jump Junior Finals
10:00 AM #53 Girls Discus Throw Senior Finals
10:00 AM #54 Boys High Jump Senior Finals
11:00 AM #55 Girls Long Jump Midget Finals
11:00 AM #56 Boys Shot Put Midget Finals
11:00 AM #57 Girls High Jump Junior Finals
11:00 AM #58 Boys Discus Throw Junior Finals
11:00 AM #59 Girls Triple Jump Senior Finals
11:00 AM #60 Boys Javelin Throw Senior Finals

Event Round

2:00 PM #61 Girls 400 Meter Dash Midget Finals
2:05 PM #62 Girls 400 Meter Dash Junior Finals
2:10 PM #63 Girls 400 Meter Dash Senior Finals

2:15 PM #64 Boys 400 Meter Dash Midget Finals
2:20 PM #65 Boys 400 Meter Dash Junior Finals
2:25 PM #66 Boys 400 Meter Dash Senior Finals
2:30 PM #67 Girls 3000 Meter Run Midget Finals
2:30 PM #68 Girls 3000 Meter Run Junior Finals
2:30 PM #69 Girls 3000 Meter Run Senior Finals
2:50 PM #70 Boys 3000 Meter Run Midget Finals
2:50 PM #71 Boys 3000 Meter Run Junior Finals
2:50 PM #72 Boys 3000 Meter Run Senior Finals
3:10 PM #73 Girls 4x100 Meter Relay Senior Finals
3:15 PM #74 Boys 4x100 Meter Relay Senior Finals
3:20 PM #75 Girls 4x100 Meter Relay Junior Finals
3:25 PM #76 Boys 4x100 Meter Relay Junior Finals
3:30 PM #77 Girls 4x100 Meter Relay Midget Finals
3:35 PM #78 Boys 4x100 Meter Relay Midget Finals
3:40 PM #79 Girls Distance Medley Finals
3:45 PM #80 Boys Distance Medley Finals

Event Round

1:00 PM #81 Girls Triple Jump Midget Finals
1:00 PM #82 Boys Javelin Throw Midget Finals
1:00 PM #83 Girls Discus Throw Junior Finals
1:00 PM #84 Boys High Jump Junior Finals
1:00 PM #85 Girls Long Jump Senior Finals
1:00 PM #86 Boys Shot Put Senior Finals
2:00 PM #87 Girls Discus Throw Midget Finals
2:00 PM #88 Boys High Jump Midget Finals
2:00 PM #89 Girls Triple Jump Junior Finals
2:00 PM #90 Boys Javelin Throw Junior Finals
2:00 PM #91 Girls Shot Put Senior Finals
2:00 PM #92 Boys Long Jump Senior Finals

Tetrathlon Schedule – Thursday at District Meet Only

10:30 AM Tetrathlon: #1 Girls 100 Meter Dash Junior Finals
10:30 AM Tetrathlon: #1 Girls 100 Meter Dash Senior Finals
10:35 AM Tetrathlon: #1 Boys 100 Meter Dash Junior Finals
10:35 AM Tetrathlon: #1 Boys 100 Meter Dash Senior Finals
11:30 AM Tetrathlon: #4 Girls Long Jump Junior Finals
11:30 AM Tetrathlon: #4 Girls Long Jump Senior Finals
11:30 AM Tetrathlon: #2 Boys Shot Put Junior Finals
11:30 AM Tetrathlon: #2 Boys Shot Put Senior Finals
1:00 PM Tetrathlon: #4 Boys Long Jump Junior Finals
1:00 PM Tetrathlon: #4 Boys Long Jump Senior Finals
1:00 PM Tetrathlon: #2 Girls Shot Put Junior Finals
1:00 PM Tetrathlon: #2 Girls Shot Put Senior Finals
2:50 PM Tetrathlon: #3 Girls 800 Meter Dash Junior Finals
2:55 PM Tetrathlon: #3 Girls 800 Meter Dash Senior Finals
3:00 PM Tetrathlon: #3 Boys 800 Meter Dash Junior Finals
3:05 PM Tetrathlon: #3 Boys 800 Meter Dash Senior Finals

COACHES MEETING NOTES

Welcome to the City/District Meet!

- Remind coaches where washrooms are located. Inform them that Carlton School is off limits at all times.
- The schedule is posted _____ (location). The track will not run ahead of time.
- The work schedule is posted _____ (location). Please ensure that you have an adult worker from your school at the designated events. Take a radio with you to your event.
- There is an opportunity to scratch athletes from an event immediately following this meeting.
- The meet will be conducted in accordance with guidelines listed in the SHSAA handbook.
- All officials must be adults. Students may be rakers, retrievers, or results assistants.
- Athletes must compete in all events in which they are entered. Any athlete failing to start in an event after the evening or morning scratch meeting will be deemed to have dropped out of the meet, and will be ineligible for further competition, including relays. Results achieved to that point will stand. Exceptions may be made only by the meet director for medical reasons only, when approved prior to the start of the event.
- Athletes must be dressed in approved SHSAA dress. School colours are expected where possible. Inappropriate dress may result in disqualification.
- Jewelry is not allowed for those athletes competing in the high jump or pole vault.
- Misuse of language may result in disqualification.
- Athletes may not be given assistance by spectators, or other non-competing athletes in any event. This includes pacing, giving water in distance races, or giving split times, except as given by the officials.
- Random seeding will occur for all heats. Finals for the 100, 100H, 200, and 400 will consist of the top 2 in each heat plus the next fastest times. All other races will be run as timed finals.
- A protest committee for the Track and Field meet shall consist of the executive members, meet directors, and any other person named prior to the meet. The following is the protocol to follow in the case of a dispute:
 - a) First approach the person in charge of the event within 30 minutes of the discrepancy or sooner. It is possible for the event to continue under protest.
 - b) The head official shall consider the rules governing that event (IAAF) and make a timely decision and inform the athlete and coach.
 - c) If the athlete and coach are satisfied with the result the head official will inform the meet director is the dispute.
 - d) If the athlete and coach are not satisfied with the result, the coach may lodge a protest via the protest committee within 30 minutes of receiving the head official's decision.
 - e) The decision of the protest committee shall also be based on reviewing the information available and consulting the IAAF rules governing athletics. The decision shall be delivered in a timely fashion and shall be considered final.

Immediately after the completion of the district track meet there will be a coaches meeting to choose the NCDAA provincial team.....Any questions?

APPENDIX G

Rules

- The meet will be conducted in accordance with guidelines listed in the SHSAA handbook.
- All officials must be adults. (teacher, coach, parent, etc.) The only exception is the Hytek assistants. Students may be rakers, retrievers, or results assistants.
- Athletes must compete in all events in which they are entered. Any athlete failing to start in an event after the evening or morning scratch meeting will be deemed to have dropped out of the meet, and will be ineligible for further competition, including relays. Results achieved to that point will stand. Exceptions may be made only by the meet director for medical reasons only, when approved prior to the start of the event.
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 - If the athlete and coach are satisfied with the result the head official will inform the meet director is the dispute.
 - If the athlete and coach are not satisfied with the result, the coach may lodge a protest via the protest committee within 30 minutes of receiving the head official's decision.
 - The decision of the protest committee shall also be based on reviewing the information available and consulting the IAAF rules governing athletics. The decision shall be delivered in a timely fashion and shall be considered final.

APPENDIX H

- **NCDA Executive - <https://www.shsaa.ca/page/show/5735154-north-central-district>**
- **SHSAA Assistant Executive Director – Dave Sandormirsky**
(Regina)
Phone: 306-721-2151; Fax: 306-721-2659
Email: d.sandormirsky@shsaa.ca

Commissioners Report

1. Activity: Track and Field

2. Commissioner: _____

3. Location: _____

4. Date: _____

5. Schools Involved:

- | | | |
|----------|----------|----------|
| a. _____ | h. _____ | o. _____ |
| b. _____ | i. _____ | p. _____ |
| c. _____ | j. _____ | q. _____ |
| d. _____ | k. _____ | r. _____ |
| e. _____ | l. _____ | s. _____ |
| f. _____ | m. _____ | t. _____ |
| g. _____ | n. _____ | u. _____ |

6. Recommendations: _____

7. Events arising during the tournament: _____
