



## Rules and Guidelines for Competition

Minor Track Association of Ontario Guidelines for Competition – amended November 2015

### AGE GROUPS

PeeWee – Age 5 & 6 as of December 31<sup>st</sup> in year of competition. Mite- Age 7 & 8 as of December 31<sup>st</sup> in year of competition. Tyke- Age 9 & 10 as of December 31<sup>st</sup> in year of competition. Atom- Age 11 & 12 as of December 31<sup>st</sup> in year of competition. Senior – Age 13 to 14 as of December 31<sup>st</sup> in year of competition

The following events will be included in the **Outdoor Championship Meets.**

Peewees: 100, Long Jump

Mites: 100, 200, 400, 800, Long Jump, Shot Put (1.50Kg), Relay 4 x 100M.\*

Tykes: 100, 200, 400, 800, 1200, Long Jump, High Jump Shot Put (2.00Kg), Medley Relay.\*

Atoms: 100, 200, 400, 800, 1500, 800RW Long Jump, High Jump, Shot Put (2.73Kg), Discus, Javelin, 200mh (60CM), Triple Jump, Medley Relay.\*

Senior: 100, 200, 400, 800, 1500, 800RW Long Jump, High Jump, Shot Put (2.73Kg), Discus, Javelin, 200mh (76CM), Triple Jump, Medley Relay.\*

\* – to be held if no relay meet.

### RELAYS

MITES: 4 x 100M, 4 x 200M, MEDLEY (2x1x1x4).

TYKES: 4 x 100M, 4 x 200M, MEDLEY (2x1x1x4), (4x2x2x8) ATOMS: 4 x 100M, 4 x 400M, MEDLEY (2x1x1x4),(4x2x2x8) SENIOR: 4 x 100M, 4 x 400M, MEDLEY (2x1x1x4),(4x2x2x8)

The following events will be included in the **Indoor Championship Meets.**

Peewees: 60, Long Jump

Mites: 60, 200, 400, 800, 60H (30CM), Long Jump, Shot Put (1.50Kg).

Tykes: 60, 200, 400, 800, 1200, 4 x 200,60H (45CM), Long Jump, High Jump, Shot Put (2.00Kg).

Atoms: 60, 200, 400, 800, 1500, 800W, 4 x 200,60mh (60CM), Long Jump, Triple Jump, High Jump, Shot Put (2.73Kg).

Senior: 60, 200, 400, 800, 1500, 800W, 4 x 200,60mh (76CM) Long Jump, Triple Jump, High Jump, Shot Put (2.73Kg).]

AWARDS – MTA Medals – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>. MTA Ribbons – 4<sup>th</sup> to 8<sup>th</sup>.

## **SUGGESTED SCHEDULE OF EVENTS for a ONE DAY MEET**

### **TRACK /FIELD**

1200M Tyke Finals,

1500M Timed Finals Seniors (Sr.) Long Jump  
Atom Girls High Jump  
Tyke and Atom boys shot

100M heats Tyke Boys, Girls Long Jump  
Sr. Boys High Jump  
Mites Shot Put

400M Timed Finals Tyke Boys High Jump  
Atom Boys Long Jump  
Tyke, Atom Girls Shot Put

### **LUNCH**

During lunch 800m race walk

200M timed Finals Mites Long Jump  
Tyke Girls High Jump  
Atoms, Sr. Discus  
Sr. High Jump

800M Timed Finals Atom Girls Long Jump  
Atom Boys High Jump  
Sr. Shot Put  
100M Finals (as required)  
Relays (if required)

### **MEET CONDITIONS**

**Safety Issues:** hosting clubs remind everyone of the safety rules

**Weather:** Any signs of lightning the meet will be delayed until safe to resume or cancelled if need be.

**Field Events:** Athletes, spectators, volunteers must stay behind the throwing area, mark the area off so people cannot walk through the area especially javelin event. Long jump use barriers or cones to keep runway safe for athletes. Make sure officials are aware of the areas and let everyone know the rules.

**For the safety of all members, volunteers and spectators.**

### **Long Jump Events:**

It has been agreed upon that long jumpers at this age level should NOT be forced to jump from the take-off board, but instead, a powdered area, one metre long and the width of the runway wide. We feel that these young jumpers should concentrate on height and proper technique in the air and on proper landing. Once a long jumper has mastered these skills, then they should be coached to jump from a board in the Senior age group.

**Shoes:**

Shoes will be compulsory for all track and field events.

**Awards:**

All awards should be presented as soon as possible after the finals of each event. A winner's podium would be nice. Meet Directors should make sure there are sufficient awards available at the meet for all winners and placers. Remember, there are usually a number of ties especially in the High Jump Events.

**Public Address System:**

The P. A. System should be adequate and positioned so that all announcements can clearly be heard by all. The announcer should keep everyone up to date on all results, qualifiers, all records, and possibly a running commentary while the events are in progress to keep the spectators informed and interested. Remember, the success of the Meet depends on what people SEE and HEAR.

**Results:**

It is extremely important to post all results as SOON AS POSSIBLE after an event. It is also important to mail out ALL RESULTS to all participating clubs and schools as soon as possible after the meet. All heats, success and finals should be included in the results for all competitors in both track and field. It is suggested that the competitor's birth date be registered next to their name. A copy of the final results are to be forward to the MTA Statistician for record retention.

**First Aid:**

Must have qualified, fully equipped first aid personnel. St. John's Ambulance will come on advance notice for a small honorarium to help cover their costs.

**Entry Forms:**

Meet information – all entry forms should include the type of facilities (change or washrooms, refreshments, etc...), number of lanes, date, starting time, insurance number or fee, awards, location (with map), meet director (address and phone number), and events.

The entry form should state whether the meet is to be run to all MTA specifications or not. Clubs should receive entry forms a minimum of four weeks prior to deadline for entry acceptance. Complete rules regarding post entries and scratches must be included on the entry form.

**Hosting clubs of Championship meets must have their venue secured two months prior to the event and the technical package on the website 1 month prior to the meet.**

NOTE: A Waiver form must be completed and signed for each competitor, unless the Member Club advises you that they have a signed Power Of Attorney to enter the Athlete. The waiver is also applicable to any Athlete participating in an open event or unattached. The Waiver form must include the name of the Minor Track Association (of Ontario), your Club and any other parties involved in the meet. The Power of Attorney is between your Club & your Club member.

**Policy Regarding Number of Events per Athlete:**

Mite, Tyke, Atom and Seniors Athletes may enter only three individual events, of which no more than two may be track events at a one day meet. In addition, they may enter only one relay. In the event of a two day meet, athletes may enter four individual events and one relay. For a three day meet, athletes may enter five individual events and one relay. This is to a maximum of three events per day.

The MTA Outdoor Championships are always run to MTA Policy. Any other outdoor meet which is run according to the MTA Handbook MUST contain the above statement on the invitation.

It is recommended that all meets include at least four events per age group with at least one sprint and one distance race per age group and at least one jump and one throw per age group. Meet directors should not limit the number of athletes per event as we are trying to encourage athletes in our sport.

### **Mixed Clubs for Relays:**

No more than two clubs can combine forces to make up a team. A club may not have four athletes in the same age group and of the same sex at the meet and still ask for another runner. A large club may donate relay runners to more than one smaller club in order to help them fill a team. Exception: MIXED CLUB RELAY TEAMS AT A CHAMPIONSHIP MEET ARE NOT ALLOWED.

### **Mixed Age Groups for Relays:**

At championship meets a club may move an athlete up one age group for a relay team, (voted and passed November 30, 2015)

### **Officials:**

Make sure that all officials are well aware of the rules of their event and that each event has a responsible head official and sufficient capable assistant officials.

All officials should have with them at all meets, a copy of MTA rules and guidelines and/or the IAAF rule book wherever possible.

Officials should explain all rules of the competition to the athletes before the events begins such as who qualifies for semis and finals. Also for the final round of field events.

### **PROTESTS**

Up to fifteen (15) minutes after the incident, the COACH will speak to the meet director to lodge a protest/complaint. The meet director will resolve the query either by him/herself or in consultation with the COACHES of the athlete(s) involved. If a race is to be contested for a second time the coaches of all affected athletes will be notified of this race.

### **Starts:**

Starters should be equipped with a starting gun that when fired will produce a smoke visible to the timers and starters.

A second gun should be used for false starts in addition to the starter.

### **Timers:**

There must be times for all places in all heats and finals.

There should be three times on first, at least two on second and third, and at least one timer for all other places down to eight.

All distance races stop times for the first eight runners and a running watch to get approximate times for ALL RUNNERS from ninth to last place.

If there is only one watch on a runner, that is the final time.

If there is two watches on a runner and the times do not agree, the slowest time of the two will be the recorded time (unless the time is slower than the person placing behind them).

If there are three watches on a runner, and none of them agree, then the middle time is recorded (unless the time is slower than the person placing behind them). If any two of the watches have the same time, then that will be the recorded time.

## **METHOD FOR QUALIFYING FOR FINALS:**

### **On a Six Lane Track:**

To Final: 4 or fewer heats top 6 times move on to final, 5 or more heats there will be 2 finals an A and B with the A final being the fastest. Top 12 times move on to the finals

**On an Eight Lane Track:** To Final: 6 heats top 8 time move on to the finals , 7 or more heats two finals which will be an A and B. Top 16 times move on to the finals and awards will be given between the A and B final.

### **Lane Allotment:**

All sprints must be run in lanes (60M, 100M, 200M,400M, 60M and 200M Hurdles)  
Suggestions finals:

### **On a six lane track:**

Fastest time in lane 3  
second fastest time in lane 4  
third fastest time in lane 5  
fourth fastest time in lane 2  
fifth fastest time in lane 6  
sixth fastest time in lane 1

### **On an eight lane track:**

Fastest time in lane 4  
second fastest time in lane 5  
third fastest time in lane 6  
fourth fastest time in lane 3  
fifth fastest time in lane 7  
sixth fastest time in lane 2  
seventh fastest time in lane 8  
eighth fastest time in lane 1

800M & 1500M Sections try to place the fastest runners closest to infield.

## **Distance Events:**

800 Meters: INDOOR – 10 athletes 2 per lane

**OUTDOORS** - 6 Lane track: maximum 12 runners, 8 lane track: maximum 16 runners,  
Use a modified box start.

And the least number of runners in the last section.

1500 Meters:

(10-12) runners **maximum** per section. Indoors use a box start if necessary.

For all races that are two laps or more there should be lap times read for the benefit of those athletes who have been trained to pace themselves by lap times. These times are to be read from the starting point of the race.

## **Field Events:**

### **Long Jump, Shot Put, Triple Jump, Discus and Javelin:**

All competitors in throws or jumps will receive 3 preliminary trials then top 8 will get 2 more trials each.

All trials, including the preliminaries must be considered when deciding the final placing of all the athletes participating. Ties are broken by taking the second best effort of the tying athletes. If a tie still exists then go to the third or fourth best effort until tie is broken. All events must have a clear winner at a championship.

## **Field versus Track Events**

A) If an athlete is registered in two or more events, it is the athlete, and/or his or her club's responsibility, to make sure the athlete facilitates both events by discussing the procedure with the host meet director, and/or, possibly both event facilitators.

B) You must qualify before the cut is made; once the event enters the final stage, qualifying is deemed to be over, and any athletes not making the cut cannot compete.  
This must be specified in the meet packages so that coaches are aware

C) Further, the first call to complete all jumps/throws should be announced widely throughout the event – up to three times, but within a maximum of a ten minute span.

D) If an athlete is entered in two or more events, and the final cut has not yet been made, the event officials may allow multiple out of order jumps/throws, with a reasonable rest in between of no more the 5 minutes.

## **High Jump:**

To 15 jumpers: 3 trials at each height

16 or more jumpers: 2 trials at each height, until six jumpers are left, then all six to get three more trials until they are eliminated.

Advance in increments of 5 cm, until only three or four jumpers remain, then increase by 2 cm, unless ALL REMAINING JUMPERS agree on a greater increase.

Ties will be decided by:

- 1) Last Successful Jump
- 2) Jump Off, if all jumps equal for first place only.

### **Jump Off:**

After the competition is over, the bar may be lowered for the first place athletes only to determine a winner. Remaining jumpers in the jump off received second or third places accordingly.

If a height greater than that achieved in the regular competition is achieved, it will not be counted as the winning height for the records or the competition.

### **CROSS COUNTRY MEETS:**

Recommended Distances:

Peewees:	No less than 800m and no more
Mites:	No less than 1000m and no more than 1500m.
Tykes:	No less than 1500m and no more than 2000m.
Atoms:	No less than 2000m and no more than 3000m.
Seniors	No less than 2500m and no more than 3000m.

Championships -Atom- 2500m, Senior- 3000m- Boys & Girls

### **Course:**

- 1) All patches of rough gravel should be avoided especially near the starting or finishing areas.
- 2) The starting lines should be wide enough to accommodate the total number of runners and should be situated on a large clear area with at least 100m space before the course narrows. There should be at least a 20m recall distance to the start.
- 3) The finish line chute should be in a wide clear area on the grass.
- 4) The finish chute should be long with lots of helpers to keep the runners in order and to be ready to apply medical aid.
- 5) Course indicator flags should be clearly seen with white flags on the right and blue or red flags on the left.
- 6) All athletes should be walked through the course prior to the actual races.
- 7) A running watch should be kept for all competitors that finish.

### **Teams & Awards:**

A team will consist of three runners with ties broken by the position of the third runner. Team names of runners do not have to be submitted prior to the race.

Awards for Provincial Championships:

Individual finishers 1 to 3 get a plaque, runners 4 to 10 get a ribbon.

Teams 1 to 3 get medals with awards given to the 3 scoring runners plus 1 additional runner on the team for a total of 4 medals.