



**HANS JANSSEN MEMORIAL
TRACK & FIELD MEET**

***OFFICIAL
RULE BOOK
& MANUAL
2011***

Philosophy of the Recreation Department




The philosophy of the London District Catholic School Board's Physical Recreation Program includes the opportunity for skill development by all students through a program that fosters maximum participation.

The current program was initiated in 1970-71 and to this day is based on **MAXIMUM PARTICIPATION** aimed at serving the needs, interests, and skill level of all students regardless of ability, location and socio-economic background.

There truly is a spot for everyone that is interested in attending the Meet. In addition to the traditional Track & Field Events, schools may enter students in the Triathlon, Open Challenge or Adaptive events.

The LDCSB Hans Janssen Memorial Track Meet provides an opportunity for all students to showcase what they have learned in their Phys-Ed classes in an exciting and supportive environment.

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MEET DEDICATION



Welcome to the London District Catholic School Board Hans Janssen Memorial Track and Field Meet.

This event honours Hans recognizing his twenty-five years of service in bringing recreation programming to all students in the district. As a passionate believer in maximum participation, he worked tirelessly to ensure that every student was given an opportunity to develop the physical skills that would lead to the enjoyment that comes from being part of a team. This approach to physical recreation allowed Hans to touch the lives of thousands of students over three decades.



The renaming of this event means that every spring, students, parents and teachers will be reminded of Mr. Janssen's contribution to our system, as well as his vision of a physical recreation program for all students.

We thank you, Hans.

IMPORTANT DATES TO REMEMBER

May 13, 2011 - Return Volunteer Recruitment Cards with names, addresses and phone numbers of parent volunteers.

May 20, 2011 - Return Triathlon, Relay and Open Challenge Registration Sheets

May 20, 2011 - Submit Field Entry Form (electronically) to the Phys-Ed Dept.

May 20, 2011 - Provide names of participants for the Adaptive events and return Personal Information Record to the Department of Physical Education.

May 30, 2011 – “C” Day Track and Field Meet

May 31, 2011 – “B” Day Track and Field Meet

June 1, 2011 – “A” Day Track and Field Meet

June 2, 2011 – Rain Day

IMPORTANT CONTACT INFORMATION

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GENERAL INFORMATION

- The MEET will officially begin as close to 9:45 a.m. as possible and will operate to 4:00 p.m. Please make your students familiar with the prayer written in the program so that we can say it together during the opening. Also, please prepare the children to sing "O CANADA".
- SEATING: Please follow the seating plan for the grandstands. Pupils are NOT allowed in Box Seats or along the rail.
- SUPERVISION:
 - a. Principals, teachers and assistants will be totally responsible for the conduct of all children from their school during the Meet. Please be aware of all regulations so that you can instruct the children properly beforehand. This will eliminate the need for Marshals and Prefects to be constantly involved in supervisory tasks.
 - b. Teachers, non-participating competitors, and spectators must stay out of the infield at all times. Use end zones when moving to and from events. Various MARSHALS have been assigned to control crucial areas around the track and behind the stands. Instruct students to follow their directions.
 - c. Teacher-coaches are to remain, as much as possible, in the stands so that they might dispatch competitors to their events. Teachers are reminded that they are responsible for the supervision of their pupils.
 - d. If the Principal arranges for student spectators and provides transportation, it will be essential that the teacher responsible supervises these children as well as the competitors. Also, student spectators MUST sit with their school and may not leave the stadium or enter the field. Before deciding to allow student spectators, determine the learning value to be gained for those children involved in non-active roles
- ANNOUNCEMENTS:
 - a. Listen to the announcer for calling of events.
 - b. Participants are to report to the judge at their event immediately when it is called. If a competitor misses an event, nothing can be done.
 - c. Please ask your students to remain reasonably silent when the P.A. system is being used.
 - d. Only approach the scoring area when paged – otherwise do NOT interfere with the officials.

- **OUT OF BOUNDS:**
 - a. The only areas allowed to the pupils at the University are the stadium, including washrooms, drinking fountains, refreshment booth and grandstands. **ALL OTHER AREAS ARE OUT OF BOUNDS.**
 - b. Any competitor found wandering on the track, in the infield, or non-designated areas when they are not competing will be disqualified.
 - c. Teacher-coaches are asked to co-operate on this rule as well.

- **BOOMERANG LUNCHES:**
 - a. Approximately 1000 kg of waste is generated over the 3 days of the Track Meet. How this program works is simple. Whatever comes to the Track Meet for lunch and snacks and is not consumed, will come back home.
 - b. A Boomerang Lunch allows parents to see how much their child is eating (and not eating). Parents will also be able to re-direct recyclables and “compostables” (plastic water bottles, milk cartons, apple cores, etc.) from the trash to the curb-side recycling programs offered by the City and not available to at TD Waterhouse Stadium.
 - c. Please encourage parents to pack a waste free lunch (and snack) to bring to the Track Meet. Tips can be found at www.wastefreelunches.org

- **RECORD BOOKS and PROGRAMS:** Copies of the current record book and program are included in the Track and Field Package. Please bring copies of the Track and Field Program with you to the Stadium. Spaces have been provided for your competitors’ names.

- **SCHOOL BANNERS:** it is recommended that each school bring a school banner to display in the stands for school team identification.

- **SUN SAFETY:** Teachers and students should wear some form of hat for protection from the sun. This should **NOT** be worn while competing. Sunscreen is also strongly recommended.

- **DRESS**
 - a. Girls: Shorts and T-Shirts.
Boys: Shorts and T-Shirts (**MUST** be worn at all times).
 - b. Each competitor **MUST** wear some kind of school colour or name for easy recognition by the judges

RESOURCE MATERIALS

The Annual Meet should be an outgrowth of the Instructional Physical Education Program. All children must be given opportunities to run, jump, and throw, which are the basic movements of track and field. In-class track and field meets, for all children, can be a beneficial learning experience if done on an individual competitive basis (trying to better one's own performance) or perhaps on a 'buddy system' where children select a partner and compete against one another.

From the Instructional Program, the particularly interested children should be given the opportunity for further practice and development through a club, house-league, and finally the interscholastic meet.

Assistance in designing such a program is available from:

A) Ministry of Education and Training: Health and Physical Education Curriculum

- OPHEA Health and Physical Education
- Junior: Author Goederoen DeCaluwe
- Intermediate: Johnson Publications

B) Track & Field Reference Books

- School Library
- Public Library
- Faculty of Education Library
- Department of Physical Education

C) Department of Physical Education

- Curriculum Resource Teacher
- Supervisor of Recreation

D) OPHEA Safety Guidelines – www.ophea.net

SCHOOL DIVISIONS

Schools will be divided into three divisions according to total enrolments with the schools with smaller student populations participating on "C" Day. "B" Day will include schools with mid-size populations and "A" Day will include schools with larger populations. The number of divisions will be determined by the number of schools entering the Meet. School assignment to division will be based on the schools' enrolment from grades three (3) to eight (8) inclusive.

AGE CLASSIFICATIONS

To provide opportunities for more participation by more children, the following age classifications will be used:

- | | | |
|----|--------------------------|---|
| A. | JUNIOR
DIVISION | 1) NINE (9) YEARS AND UNDER
(As of Sept. 1, last year)
– beginning of school year – |
| | | 2) TEN (10) YEARS AND UNDER
(As of Sept. 1, last year)
– beginning of school year – |
| B. | INTERMEDIATE
DIVISION | 1) ELEVEN (11) YEARS AND
UNDER
(As of Sept. 1, last year)
– beginning of school year – |
| | | 2) TWELVE (12) YEARS AND
UNDER
(As of Sept. 1, last year)
– beginning of school year – |
| C. | SENIOR
DIVISION | 1) THIRTEEN (13) YEARS AND
<u>OVER</u>
(Not including sixteen (16) and
over as
of Sept. 1, last year)
– beginning of school year – |
| D. | OPEN | 1) ANY AGE COMPETITOR |
- 1) Competitors may be chosen from grades 4, 5, 6, 7, and 8.
- 2) A competitor must stay in the same Age Classification throughout the Meet except for OPEN TRACK EVENTS.

– EXCEPTION –

- 3) If a school has insufficient participants in any event, a participant from a lower age category may enter as a contestant in a higher age category. However, he/she **MUST** continue to participate in the higher age category for the remainder of the events. For example: a Junior Boy, 10 years and under, enters Long Jump for 10 and under and then enters Intermediate Boys, 11 and under, High Jump. IF he is entering another event (relay), he **MUST** then continue in the “11 and under” age classification.

EVENTS

JUNIOR DIVISION

50 Metre Dash

100 Metre Dash

400 Metre Relay

800 Metre Run

High Jump

Long Jump

Shot Put (2.0 kg)

Softball Throw

OPEN CHALLENGE

1500 Metre Run

High Jump

Shot Put (2.7 kg)

INTERMEDIATE DIVISION

50 Metre Dash

100 Metre Dash

400 Metre Relay

800 Metre Run

High Jump

Long Jump

Shot Put (2.0 kg)

Softball Throw

TRIATHLON

Standing Long Jump, Softball Throw, 400m Run

OPEN DIVISION

800 Metre Regan Relay (2 boys + 2 girls)

SENIOR DIVISION

50 Metre Dash

100 Metre Dash

400 Metre Relay

1500 Metre Run

High Jump

Long Jump

Shot Put (2.7 kg)

Softball Throw

EVENTS - REGULATIONS

- 1) Each school may enter two (2) competitors in each event/gender/age group.
- 2) Each school may enter one (1) relay team/age group
- 3) Do not feel obligated to enter contestants in each event. If a child is not properly trained, we do **NOT** want him/her entered into events; this is especially true for the distance runs.

- 3) A competitor may enter only:
one track + one field
OR
two track + NO field
OR
two field + NO track
PLUS
the relay for his/her division
PLUS
the Regan Relay.
- 4) Participants in the Open Challenge Event can ONLY participate in the components of the Challenge Event plus one (1) relay event.
- 5) Participants in the Triathlon Event can ONLY participate in the components of the Triathlon Event.
- 6) NO DOUBLING in the Dash events. This means that competitors may NOT compete in both the 50 metre and 100 metre dashes. However, a competitor may enter in a SPRINT event AND a DISTANCE event, if he/she wishes.

ENTRY CARDS

- TRACK ENTRY CARDS are forwarded to each participating school. The student's name, their date of birth and the school's name MUST BE LEGIBLE on the card so that they are easily readable by the EVENT JUDGE. Schools with duplicate names must also include their location (ie. St. Anne's, St. Thomas and St. Anne's, London)
- Participants entering Track Events must wear their entry card pinned to their back so that it can be easily removed by the Track Judge.
- The Relay Entry Card must be pinned to the back of the anchor (last runner.)
- Participants entering Field Events must check-in with the Head Judge of the Field Event. Their names will be checked off on the participant list for the event.
- If a participant is entering a Field Event AND a Track Event, he or she MUST check in with the Field Judge and then go to their track event immediately. NO LATE ENTRIES WILL BE ACCEPTED ONCE THE WINNERS HAVE BEEN DETERMINED.
- All entry cards and lists will be collected by the Head Judge to be stored as data for the Department of Physical Education.

AWARDS PROGRAM

1. Only school team championships will be declared. Plaques will be awarded in the following divisions:
 - i. JUNIOR BOYS (9 and under)
 - ii. JUNIOR GIRLS (9 and under)
 - iii. JUNIOR BOYS (10 and under)
 - iv. JUNIOR GIRLS (10 and under)
 - v. INTERMEDIATE BOYS (11 and under)
 - vi. INTERMEDIATE GIRLS (11 and under)
 - vii. INTERMEDIATE BOYS (12 and under)
 - viii. INTERMEDIATE GIRLS (12 and under)
 - ix. SENIOR BOYS (13 and over)
 - x. SENIOR GIRLS (13 and over)
2. A cup will be awarded to the Grand Champion School scoring the highest number of points in all divisions, girls and boys combined, triathlon and open challenge; one for "A" schools, one for "B" schools and one for "C" schools. Runner-up plaques will be presented to the second and third place schools each day.
3. Competitors placing first, second, third, and fourth in each final are to receive an award from the Head Judge of the Event and then proceed directly to the winner's podium to be recognized.
4. Each Relay section is not a final race. Please explain this to your competitors.
5. Every competitor will receive a GOLD, SILVER, or BRONZE ribbon according to the standard he/she reaches in each event.
6. Points will be awarded to each competitor for his school if he/she finishes
 - first (12)
 - second (10)
 - third (8)
 - fourth (6)
 - fifth (4)
 - sixth (2).

In the event of ties, points will be added together and one place dropped out.
ie. A tie for fourth place would give each school 5 points. (4th place (6 points) PLUS 5th place (4 points) divided by 2 equals 5 points/school)

INFORMATION FOR TEACHER-COACHES

1. A Head Judge will be in charge of each event; his/her decision is final in administrating and scoring the event. The HEAD JUDGE may wish to confer with the MEET REFEREE.
2. For your own protection, and pupil safety, ALL cases of injury should be reported immediately to the FIRST AID MOBILE UNIT located at the North end of the main grandstand.
3. Teacher-coaches should appoint a girl and a boy captain for each age division as well as one over-all school captain to receive trophies and awards at the end of the Meet.
4. In case of substitutions ensure that you acquire the proper event card for your substitute student (event description and age group) prior to the event (relays excepted). If you do not have an extra card, you can request one at the Scorers' Tent in the infield.
5. Senior students should be assigned as a "sit-in" for students participating in both the relays and the boys' or girls' high jump events. Participants should go to the HIGH JUMP first, while the "sit-in" person waits with the relay team. Then, prior to the race, the substitute ("sit-in") should inform the runner to join the relay team.

RULES OF THE EVENTS

EQUIPMENT

A) LONG JUMP PITS

- Schools requiring sand for Long Jump Pits are to submit a work order to Building Services by late April. Sand will be delivered as soon as possible.
- Pit width minimum must be 1.8m (6') wide and long enough to accommodate the longest jumper in long jump.
- Pits must be filled with sand to a minimum depth of 30cm (12").
- Dig pits once a season or after a heavy rainfall. Ask the custodian and/or senior students and/or teachers to dig the pits to ensure safety.

B) SOFTBALLS

- A 12" Official sized softball will be used at the Track & Field Meet

C) SHOT PUTS

- 9, 10, 11 & 12 yrs olds will use a 2.0 kg shot
- 13 yr old students will use a 2.7 kg shot

D) HIGH JUMP PITS AND CROSSBARS

FOR PRACTICE AND TRYOUTS:

- The landing surface (excluding the Velcro mat apron around the outside) **MUST** be a minimum of 1.5m X 3.6m X 0.5m (5' X 12' X 20"). There **MUST** also be a **DOUBLE LAYER** layer of Velcro **ADD-A-MATS** around three sides with no gaps.

CROSS BARS:

- Do not use Metal Cross bars.
- Bamboo poles must be tape wrapped before use.
- Check bamboo and fiberglass poles for cracks before use.
- An elastic crossbar or weighted rope may be used for practice, nonetheless, a fiberglass bar will be used at the Track & Field Meet

E) RELAY BATONS

- Batons must not exceed 29cm (11.5") in length. Batons may not be taped.

F) CLOTHING/FOOTWEAR

- No bare feet or socks without shoes
- No jewelry
- No spikes of any kind
- Appropriate clothing and footwear must be worn.

FIELD EVENTS

LONG JUMP

1. All competitors must wear shoes.
2. Each contestant is allowed two (2) jumps.
3. There is no faulting at take-off. Contestants do not have to hit the take-off board but they may not take off in the pit.
4. Take-off must be made prior to the pit. Any infraction of this rule will disqualify that particular attempt made by the contestant.
5. Contestants must land in the pit or else that jump is disqualified.
6. Measuring is made from the take off point to the nearest impression in the pit. The closest impression made in the sand by the contestant is to be measured, no matter what part of the body makes them.
7. The zero end of the tape is held at the nearest edge of the first impression made in the pit, back to the point of take-off closest to the edge of the pit.
8. Measure and record each jump in metres and centimetres to the nearest cm.
9. Measure every jump -- best of the two wins.
10. Level pit after every jump.

HIGH JUMP

1. All competitors must wear shoes.
2. Starting heights are as follows:

<u>Age Group</u>	<u>Boys</u>	<u>Girls</u>
9 & Under	95cm	90cm
10 Years	100cm	95cm
11 Years	105cm	100cm
12 Years	110cm	105cm
13 & Over	115cm	110cm

3. Two (2) attempts at each height only.
4. The bar is raised 5cm each time until 6 competitors are left. It is then raised 3cm each time.
5. If a competitor breaks the plane of the bar, it is considered an attempt and scored as a failure.
6. If a contestant has left the pit and the bar falls, it is considered a successful jump.
7. A contestant leaving for another event will jump at the height of the bar when he/she returns. The bar never goes down. If upon returning, the contestant misses the height then the height of the last successful jump made by the contestant will be used to determine the contestant's standard and/or placement award.
8. Passes are not considered a successful jump.
9. Ties are broken by the number of successful jumps. The competitor with the fewest misses is given the place.

SHOT PUT

1. All competitors must wear shoes.
2. Two (2) attempts for each competitor.
3. Refer to the following chart to determine the correct weight of the shot/age group.

<u>Age Group</u>	<u>Boys</u>	<u>Girls</u>
9 & Under	2.0kg	2.0kg
10 Years	2.0kg	2.0kg
11 Years	2.0kg	2.0kg
12 Years	2.0kg	2.0kg
13 & Over	2.7kg	2.7kg

4. Competitors must start in the 7' circle and remain in it even after the throw is completed or else they will be disqualified for that attempt.
5. Competitors must enter and exit via the rear of the circle.
6. The wrist must be ahead of or even with the elbow at all times. The shot must be pushed from the shoulder and NOT THROWN. If the shot is thrown then they will be disqualified for that attempt.
7. For Safety:
 - Keep competitors well behind the throwing circle.
 - Have helpers carry the shot back after each attempt instead of throwing it or rolling it back.
8. Measurement is made by holding the zero end of the tape at the nearest impression made by the shot to the centre of the circle. Reading is taken at the nearest cm at the inside edge of the circle.
9. Puts are measured in meters and centimeters (nearest cm.)

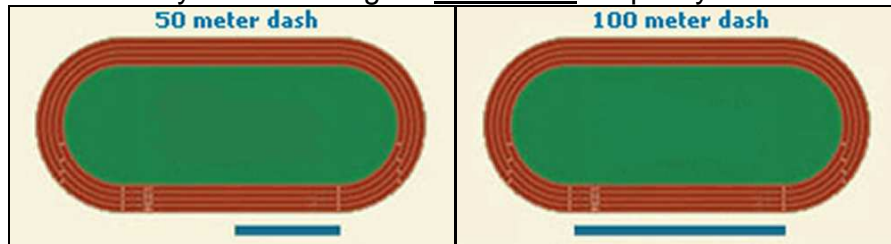
SOFTBALL THROW

1. All competitors must wear shoes.
2. Two (2) attempts for each competitor.
3. Competitors may throw 2x in succession but it is better to have them rest in between each throw.
4. A size 12 Official Softball is to be used by all competitors.
5. Measure and record throws in meters and centimeters (to the nearest cm).
6. Measurement is made from the competitors foot placement at the point of release to the nearest impression made by the ball (not where the ball comes to rest.)

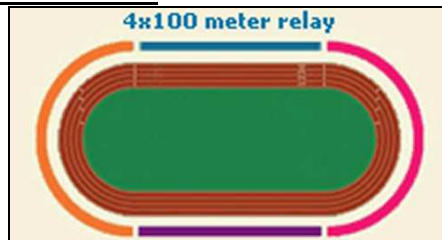
TRACK EVENTS

RULES

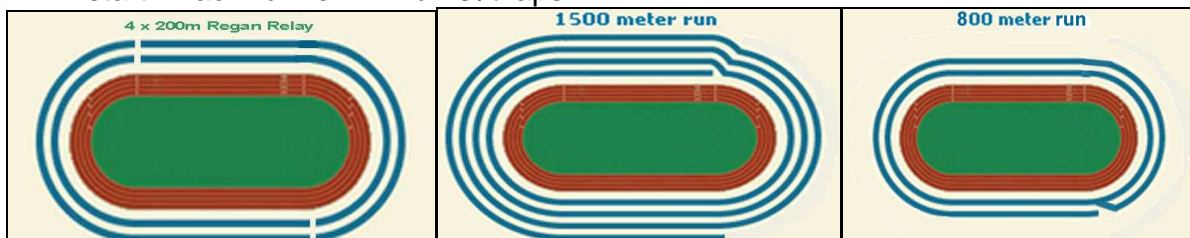
1. All Dash and Relay Track Events will run in lanes.
2. Runners **MUST** stay in their own lane at all times or face disqualification.
3. Competitors for the DASH FINALS will be selected on the basis of the **fastest times** from the dash heats. Therefore, a student who wins a heat, but does not qualify for fastest eight times, will **NOT** qualify for the finals. Please explain to the students that they will be racing for **best times** to qualify for the finals.



4. In the **400m Relays**, each runner will run 100 meters. The relays will be run in heats and each heat is timed. The six best times of **all** heats combined will be awarded points with the four fastest being awarded placement ribbons.
5. The **RELAY EXCHANGE AREA** at each station will be **20m** in length



6. In the **800m mixed Regan Relay**, each runner will run 200 metres. This is an open event with two (2) girls and two (2) boys necessary to complete a team; girls will run against girls and boys against boys in this event. (i.e., 1 – GIRL; 2 – BOY; 3 – GIRL; 4 – BOY.) The second runner, after completing the baton pass in his proper lane of the exchange area, may then proceed directly to the inside lane of the track.
7. In the **800m and 1500m Distance Run**, competitors will start in a “waterfall” start. Each runner will run $3\frac{3}{4}$ laps.



REMINDERS

In past years, some difficulty has arisen because competitors did not know the track rules. Please review some of the basic rules prior to the Meet.

1. Remind pupils to run through finish line and NOT STOP at it.
2. Remind pupils to run in lanes.
3. Review the RELAY EXCHANGE. (Exchange Distance is 20 metres.)
4. It is not necessary to use the Crouch Start on the track.
5. Please explain to the pupils why there is a staggered start in the 400m and 800 metre RELAYS. (Difference in distance between inside lane and outside lane.)
6. Explain to the pupils the method of choosing contestants for Dash Finals and how relay winners are decided.

VOLUNTEERS

Each participating school must supply a MINIMUM of TWO ADULT VOLUNTEERS who possess some organizational skills to serve as Head Judges, Assistant Judges, or Helpers. The names, phone numbers, and addresses should be submitted to the Department of Physical Education by the date specified on the RECREATION PROGRAM EVENTS AND REGISTRATION SCHEDULE. Event assignments and information will be mailed to the volunteers by the Department of Physical Education. You might consider asking personal friends, parents, supply teachers, college age students, who may have some free time to assist on all or any of the three (3) days. Volunteers need not be limited to the day on which your particular school participates in the Meet.

Schools will be informed should additional student help be required for the Meet.

Duties:

- Timers for Track Events
 - Timing the races and recording times on the entry cards
- Judges for Field Events (long jump, softball throw, shot put)
 - Organizing the participants for the event
 - Recording results on the event list
 - Presenting awards to the winners
- Scorers
 - Inputting results into the computerized scoring system
- Track Awards Table
 - Distributing ribbons to the runners according to the time standards
- Triathlon
 - Assisting the Triathlon Field Judge in organizing and scoring the event

ADAPTIVE TRACK AND FIELD EVENTS:
For students who are unable to participate in the traditional Track and Field Events

In an effort to promote a more inclusive atmosphere for all athletes participating in the LDCSB Elementary Track and Field Meet, a slightly different approach to the regular events will be undertaken. The regular events of the meet will be adapted as required, in order to reduce barriers and promote participation by all students. Participants entering the Adaptive Track and Field Events are required to do preliminary training at their home school in preparation for the Track and Field Meet. The emphasis of the participation in the Adaptive Events will be on individual performance and participants will aim to achieve their PERSONAL BEST in each event. Personal Performance Records are to be maintained so that individual GOLD, SILVER, and BRONZE standards can be determined for each event. (A copy of a Personal Performance Record Sheet can be found at the end of this section.)

1. Participants may enter a maximum of five (5) events:

- | | | | |
|----|----------------|-----------|---------------|
| A. | Softball Throw | <u>OR</u> | Frisbee Throw |
| B. | Dash Event | <u>OR</u> | Slalom Event |
| C. | Shot Put | <u>OR</u> | Beanbag Toss |
| D. | Long Jump | | |
| E. | High Jump | | |

2. SLALOM EVENT: Participants in wheelchairs ONLY.

The slalom course is to be designed by the participant AND peer coach. A straightaway and a variety of obstacles using pylons and/or hoops are suggested. The exact distance of the slalom is to be determined by the athlete and should be UNDER 50 metres. The width of the course should be no greater than six (6) metres (20 feet).

3. See TRACK AND FIELD SECTION regarding details for other events (High Jump, Long Jump, Shot Put, Softball).

4. PERSONAL PERFORMANCE RECORD: See attached sample form. Participants and coaches are to maintain a record of practice in order that the Department of Physical Education can establish appropriate standards for individual participants. Please return records to Phys. Ed. Department BY THE DEADLINE to the Track and Field Meet.

5. AWARDS: GOLD, SILVER, or BRONZE standard ribbons will be given at each event based on the participant's personal standards.

RULES FOR THE ADAPTIVE EVENTS:

1. The support and assistance of a peer coach is highly recommended for students who are participating in Adaptive T & F events. The role of the peer coach is to encourage, support, and provide guidance to the athlete as needed.
2. All participants **MUST** wear shoes.
3. Where possible, athletes are encouraged to participate in the field event for their chronological age group. There are 2 ways to participate in the events:
 - a. The participant and their peer coach will report to the event when it is called (ie. a 9 year-old boy in the softball throw will report to the softball pitch for 9 year-old boys when that event is announced.) OR
 - b. The participants and their peer coach will compete on their own schedule for the field events in the morning.
4. The athlete will participate in the event and their peer coach will record their results. After completing all of their events, the athlete hands in their results (personal record sheet) to the Adaptive Event Coordinator and they are awarded according their personal standards. Slalom events will still be held in the infield. Dash events will still be held on the track.
5. Dash events are held on the track in the late morning (after the 1500m Run.) Slalom events will be held on the infield afterwards.
6. Awards are presented following the completion of the Track Events.
7. Two (2) throws for each participant.
8. Measure and record scores on the registration card for the event. Measure attempts in metres and centimetres (nearest cm).
9. Measure is made by holding ZERO end of the tape at nearest edge of the Softball OR Frisbee OR Shot Put impression, beyond the restraining line to the focal point. Reading is taken at the nearest cm at the INSIDE of the restraining line.
10. Participants may NOT go over the restraining line BEFORE OR AFTER throwing.
11. A peer coach may assist participants in a wheel chair by holding down the chair from the back.
12. For the Shot Put (Bean Bag Toss) the participant will use individual styles to release the shot.
13. For the Dash Events, participants **MUST** remain in their own lane, unless additional lanes are required AND established before the event. A VERBAL and VISUAL signal will be used to start the race, e.g., "ON YOUR MARK" (arm raised straight up) – "GET SET" (other arm straight out at side) – "GO" (arm lowered on "go") NO STARTING PISTOL IS MAY BE USED depending on the request of the participants

Please keep track of the student's or team's training record in order to determine individual standings for GOLD, SILVER, BRONZE. Return training record to Department of Physical Education BY THE DEADLINE to the Track and Field Meet so Individual Standards can be set for each event.

THE TRIATHLON

In 1995, Hans Janssen, and a committee of volunteers, introduced a new event that has since become a staple of the London and District Catholic School Board Track and Field meet.

The purpose of this event is to allow as many students as possible to participate as members of school track and field teams. Over the years, more and more students have been able to attend the Track and Field day as part of the "Team".

We dedicate this event to our dear friend Hans Janssen who has contributed so many years of hard work and devotion to the students of the London District Catholic School Board.

Thank you Friend!

Triathlon Rules and Regulations

Many things have changed over the years so please pay close attention to the rules and instructions. The Triathlon runs smoothly if the coaches and students are prepared.

1. **Athletes participating in Track & Field Events cannot be entered in the Triathlon.**
2. **Registration** - Please fill out the registration sheets and send them into the Phys Ed Dept. with the rest of your team sheets. Please use one registration sheet/team. Forms must be submitted by the deadline
 - a. You may enter as many teams as you wish.
 - b. Teams must have ten members. There are two types of teams that you can enter.
 - i. A "Legal" team consists of five females and five males. The students must be nine, ten, eleven, twelve and thirteen years old. You must have two nine-year-old students, (male and a female) two ten-year-old students, (male and female) and so on.
 - ii. An "Illegal" team (teams not meeting the age criteria) consists of five females and 5 males from any age group. For example, you could enter an Open team of 5 females (ages 10, 11, 12, 12, 13) and 5 males (ages 9, 10, 11, 11, 11).

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3. Each team must be accompanied to the field with a TEACHER coach. We will not wait for your school to send a teacher down to the field. This holds up the event and frustrates the other students and coaches on the “hot” field. Parents cannot bring the teams down as they are usually not familiar with the students. We have had teams enter the event and not know what teams they are on, therefore causing chaos on the field.
4. Please have the students ready in their teams and sitting in a straight line one behind the other when they arrive on the field.
5. **The students may bring a water bottle down to the field as once the Triathlon is called they will not be allowed to return to the stands until we have completed all three events.**
6. **Running:** A 400-meter run will be run on the big track. The nine and ten year old students will run first, then the eleven, twelve and thirteen year old students next. When the runners cross the finish line, they will have a number marked on their hands. After having their hand numbered, the runners return to their team in the infield and report to their coach. The coach then adds up the numbers on their hand and records the team total on the score sheet. **The idea is to get the lowest total.**
7. **Jumping:** This standing long jump event will be held in the backfield. The students will stand behind a mat (with shoes off) and jump as far as they can onto the mat. The markers will record the score for you on your team’s score sheet. Example: the closest rectangle on the mat is a five points, the second rectangle a four, the third rectangle a three, the fourth rectangle a two and if they jump completely off the mat, a one. **The idea here is to achieve a low team score.**
8. **Throwing:** The students will throw a soft ball. There will be pylons marked in the field. The markers will record the score for your team’s score sheet. The closest pylon is a five, the next pylon a four, and so on. **The idea here is to achieve a low team score.**
9. Once your team has completed all three events you must hand in your score sheet to the head judge of the event. Please do not take the sheet to the stands or you will not be included in the final standings.
10. The Triathlon does not take very long to complete if all coaches and teams are organized in advance.

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11. **Scoring** – The “**Legal**” **Triathlon Teams** will be awarded the following points:

1 st – 12 points	4 th – 6 points
2 nd – 10 points	5 th – 4 points
3 rd – 8 points	6 th – 2 points

The “Illegal” Triathlon Teams won’t be awarded any team points. Their total Triathlon score will be combined with their school’s “Legal” team points to determine an average Triathlon score for both types of teams (ie. School A “Legal” team score – 95, School A “Illegal” Team Score – 75....average score - 85). The 6 lowest average school scores (legal and “Illegal” teams) will receive 2 bonus points towards their overall school total.

12. If your team-score rates a first, second, third or fourth place, you will be called down to the field to receive your ribbon. Every athlete will receive a Triathlon ribbon for participating.

THE OPEN CHALLENGE EVENT

The Open Challenge Event is an event for the highly motivated athlete.

Event Components: 1500m Run, High Jump and Shot Put

Number of Participants: 1 Boy and 1 Girl from each school.

Ages: Open

Scoring: Top 6 finishers in each component will receive the following points towards their **Personal Total**:

1 st Place – 6 points	4 th Place – 3 points
2 nd Place – 5 points	5 th Place – 2 points
3 rd Place – 4 points	6 th Place – 1 point

Once the Personal Totals are completed, the Top 6 Overall Finishers will be determined and they will receive the following points towards their School Total:

1 st Place – 24 points	4 th Place – 12 points
2 nd Place – 20 points	5 th Place – 8 points
3 rd Place – 16 points	6 th Place – 4 points

Open Challenge Rules:

- Each school can enter one male and one female participant. The participants can be of any age.
- Participants **must** be pre-registered by the stated deadline. No entries will be accepted on the day of the Meet. Participants must use the Open Challenge Track and Field Cards to be eligible to compete.
- In addition to the Challenge components, participants may enter one (1) relay event (either the Regan Relay OR their Age Group Relay NOT both.)
- Participants must compete in all 3 Challenge components to be eligible to earn points towards their school total.
- All participants will use the 2.7 kg shot put.
- Since the Challenge Participants compete in their components at the same time and with their age group, please remember that challenge event participants are only competing against other challenge event participants. They are not competing against the rest of the field and that they won't be ranked against the other entries in the individual components. **Open Challenge Participants will be ranked with other challenge events participants and they will receive points and placement ribbons accordingly.**

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Open Challenge Procedure:

- Challenge participants will have 2 scorecards. One scorecard is to be pinned to their back for the 1500m Run and it will be removed by the Track Judge, placed in order of finish and handed in with all of the 1500m participant cards. The second card is used to record their results at the Shot Put and High Jump Events and it will be handed into the scoring area by the participant after they have completed all of their components. (It is **not** left with the Field Judge.)
- Challenge participants compete in their appropriate age group events. They will receive a Gold, Silver or Bronze Ribbon based on their age group standards for the Shot Put and High Jump events. Standards for 13 & over will be used to determine their award for the 1500m Run.
- The results are tallied on the Challenge score sheet in the Scoring Area.
- Top 3 Overall Finishers are announced on the podium at the completion of the last Open Challenge component.