



Track & Field

Senior High:

Senior High will have 1 qualifying meet prior the City/Zone Championship

1. The International Amateur Athletic Federation (IAAF) rulebook will govern all zone competitions subject to any modifications accepted by the ASAA

<https://www.asaa.ca/sport/track-and-field>

<https://worldathletics.org/about-iaaf>

2. Each school will be allowed **three** entries in each event, **per category** except relays where one entry is allowed.
3. CISAA representatives at City Zone Championships are the first and second place finishers in all events. Competitors unable to attend the City Zone Championships or Provincial Championships must leave a notice of intent with the CISAA competition host to avoid financial responsibility for costs incurred by the CISAA at further competitions (with exceptions for 3rd place in events designated by ASAA).
4. CISAA competitions will be governed by ASAA regulations with the exception of those mentioned above.
5. All competitors in throwing events and horizontal jumping events will receive three trials with the top eight competitors receiving an additional three trials.
6. The 4x400m relay will consist of two timed finals with random lane selection.
7. 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.

Boys Events:

100m	100m – Ambulatory	100m – Wheelchair
200m	200m – Ambulatory	200m – Wheelchair
Shot Put	Shot Put - Ambulatory	Shot Put – Seated
400m	Javelin	Pole Vault
800m	Triple Jump	Discus
1500m	Long Jump	4x400m Open Relay
3000m	High Jump	4x100m Relay
100m Hurdles	300m Hurdles*	
Pentathlon * ** (100m, SP, LJ, HJ, 800m)		

Girls Events:

100m	100m – Ambulatory	100m – Wheelchair
200m	200m – Ambulatory	200m – Wheelchair
Shot Put	Shot Put - Ambulatory	Shot Put – Seated
400m	Javelin	Pole Vault
800m	Triple Jump	Discus
1500m	Long Jump	4x400m Open Relay
3000m	High Jump	4x100m Relay
80m Hurdles	300m Hurdles*	
Pentathlon * ** (100m, SP, LJ, HJ, 800m)		

* 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

Para Division and Physical and Intellectual Disabilities

Classifications Key - T = Track F = Field

1. *Athletes with a Visual Impairment* – Ambulatory
T/F 11-13
2. *Athletes with an Intellectual Impairment* – Ambulatory
T/F 20
3. *Athletes with Cerebral Palsy*
T/F 35-38 - (Ambulatory)
4. *Athletes with an Amputation & Les Autres* - Ambulatory
F 40-41, Short Stature
T/F 42-44 - Lower limb amputees
T/F 45-47 - Upper limb Amputees
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5. *Wheel Chair Seated*
T/F 51-54
F 55-58
F 32-33
T/F 44

Hurdles

Category	Distance of Race	Height of Hurdle	Distance from Start Line to 1 st 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

Standards

Discus	All Girls	1kg
	Jr/Int Boys	1.5kg
	Sr Boys	1.75kg
Shot Put	Jr/Int Girls	3kg
	Sr Girls	4kg
	Para Girls	3kg
	Girls Pentathlon	3kg
	Jr/Int Boys	5kg
	Sr Boys	6kg
	Para Boys	4kg
	Boys Pentathlon	5kg
Javelin	Jr/Int Girls	500g
	Sr Girls	600g
	Jr/Int Boys	700g
	Sr Boys	800g
	Unified Turbo Jav	500g