

**2014-2015**  
**OUA TRACK & FIELD – MEN & WOMEN**  
**Rules and Regulations**  
**Updated June 2014**

**1. ADMINISTRATION**

- 1.1 *Meet Dates and Venue:* The OUA Legislative council shall decide the annual dates and venue of the OUA Track and Field Championships. The OUA Championship Meet shall be conducted on the weekend two weeks prior to the CIS Championship Meet. This date will normally fall on the last Friday & Saturday of February.
- 1.2 *Meet Management:* The OUA Championships Meet Convenor and Championships Organizing Committee shall appoint and co-ordinate personnel for the following areas:
- Meet Director - Meet Referee - Head Officials  
Meet Support Staff - [e.g. judges, measurers, pit crew, equipment crew, couriers, etc.]  
Spectator Program Manager  
Venue Manager [e.g. spectator admission, sales, facility/equipment co-ordination]  
Entries Manager and Results Manager using Easy Meet Manager software  
Awards Manager  
News Media Relations and Promotions Manager  
Medical Manager
- 1.3 *Coaches Technical Meeting:* To be held on the Thursday evening of the Championships at a site designated by the Convenor. The Convenor or her/his representative will present any key information relevant to the general organization and administration procedures to be followed during the Championships (e.g. admission to the facility, medical procedures, awards presentations, etc.) [Amended 2003]

The next part of the meeting will be chaired by Meet Director. The agenda shall be:

- Final scratches with modifications to heats and sections where applicable
- Declaration of alternates (SEE Rule 6.17)
- Review of technical procedures [e.g. relay cards/splits, disqualification, protests/appeals, etc.]
- Recommendations of starting heights made and approved.

- 1.4 *Coaches Annual Rules Meeting:* to be held on the Thursday night prior to the start of the Championships at a site and time designated by the Convenor. The Convenor shall chair the meeting.

NOTE: Rules accepted at the CIS level that affect OUA T & F will be re-circulated on an OUA vote sheet for adoption by the OUA.

- 1.5 *Cost Sharing:* All participating universities shall share the following costs:
- Facility rental
  - Video Timing rental and operation
  - Expenses of Key Officials: - Referees - Starter
  - Start Clerk
  - Finish Line Coordinator
  - Computer Operator
  - Eligible Awards

## 2. AWARDS

### 2.1 *The Guthrie Trophy for the winning Men's Team*

Awarded to the team which amasses the most points, thus winning the Men's Team Championship. The trophy was presented by the Honourable Hugh Guthrie, who had a keen interest in track. Given to the old CIAU in 1924, this trophy was competed for annually at the intermediate level. It was reinstated in 1972 for the first OUA Indoor Track and Field Championship held on Saturday, March 3, 1973 at the CNE in Toronto. The trophy shall be presented at an Awards Ceremony immediately following the meet.

### 2.2 *The Waterloo Trophy for the winning Women's Team*

Awarded to the Women's team that amasses the most points thus winning the Women's Team Championship. It was presented by the University of Waterloo in 1976 for the first Women's Indoor Track and Field Championship held on Saturday, February 25<sup>th</sup>, 1977 at the CNE in Toronto. The trophy shall be presented at an Awards Ceremony immediately following the meet.

2.3 *OUA Banners:* the Championship Banners shall be presented along with the Team Trophies respectively to the Women's team and Men's team with the most points.

2.4 *OUA All Star Certificates:* Awarded to the top two (2) finishers in each individual event and to each member of the gold medal Relay team.

2.5 *OUA Medals:* Gold, Silver, and Bronze medal shall be awarded for first through third place respectively in each event including each member of a Relay team finishing first, second, or third. In addition, each member of the Championship team will receive a gold medal [i.e. a maximum of 29 women and 29 men per winning team].

2.6 *Medal Presentations:* Medals per event will be presented during each day of the competition at an awards podium centrally located at the competition site.

### 2.7 *Bob Vigars Coach of the Year - for Men's Track and Field and Sue Wise Coach of the Year - for Women's Track and Field Team*

Two coaches' awards shall be given based upon a vote by the coaches in attendance at the OUA Championships (one vote per participating institution per award). Candidates for this award are the head coach(es) of each University participating in the current Championships. Coaches will vote for the Men's Team Coach of the Year and the Women's Team Coach of the Year based on the following criteria:

- Current regular season performance
- Improvement from previous year (based on previous years results supplied by host institution)
- Performance at current OUA Championships

NOTE: a minimum of eight (8) institutions must be represented at the championships for this award to be presented.

For the awards listed below, the host institution is responsible for purchasing each, with the cost built into the meet operating expenses and shared by each participating institution.

### 2.8 *The Hec Philips Trophy for Overall Male MVP - Most Valuable Performer*

Awarded to the outstanding male athlete performer at the Men's Championship Meet.

### 2.9 *The Dr. Wendy Jerome Trophy for Overall Female MVP - Most Valuable Performer*

Awarded to the outstanding female athlete performer at the Women's Championship Meet.

- 2.10 *Most Outstanding Track Performer Female and Male and Most Outstanding Field Performer Female and Male*
- 2.10.1 *OUA Most Valuable Player:* If the OUA Most Valuable Performer should be a field athlete, this person will be nominated as the CIS Top Performer for Field. (Vice versa if the MVP is a track athlete.) In turn, the other CIS nominee for CIS Top Performer will be the OUA MVP for the opposite discipline of the OUA MVP.
- 2.11 *Rookie of the Year Female and Male*  
 Note: Recipients of the OUA Rookie of Year must be 21 years of age or younger as of September 1st in the year of the competition and in his/her first year of Canadian Interuniversity Sport eligibility (i.e. a true freshman).
- 2.12 *Student Athlete Community Service Award*
- a) Selected by the Coaches Association.
  - b) Recipients (male and female) who demonstrates outstanding achievements in three (3) areas: track & field, academics and community involvement.
  - c) To win the national award the athlete must have won the award in their Regional Association.
- 2.13 *Voting Procedure:* The voting for all awards may be done immediately after the meet or conducted by email on the following Monday. If the vote is conducted by email, following the vote tally, the Convenor or her/his designate will issue a news media release announcing the recipients along with their respective pertinent background information and accomplishments.

### **3. ELIGIBILITY**

- 3.1 See OUA General Regulations (copy on file with each University's Athletics Office).
- 3.2 *Eligibility Form Deadline – January 31<sup>st</sup>*  
 OUA eligibility certificate forms must be in the hands of the Track and Field Championships Convenor by January 31<sup>st</sup> for the current Championship.
- 3.3 *Competition Standards*  
 OUA standards are based on uniform standards set for a period of two years. These standards will be based on the averages of the last 3 years performances and rounded off to the closest even number. The coaches committee will review the standards every two years and adjust based on new averages. Where there are less than 30 athletes performances, the OUA standards committee will set the performance standard. Each university has 2 entries guaranteed per event regardless of standard, the OUA standard applies to all 3 entries when an institution has 3 athletes entered in a specific event.
- 3.3.1 Universities with a 4<sup>th</sup> athlete ranked in the Sport Canada Top 15 as of the Monday prior to the OUA championships may enter the athlete in the OUA Championship. The 4<sup>th</sup> finisher from the university will be a non scorer. All events affected will be identified at the technical meeting. The Meet Director will inform officials in the events affected that if all 4 entries from a university make the final, the officials are to take 8 plus all the 4<sup>th</sup> entries to the final.
- 3.3.2 All entries to be used for the OUA championship must be entered into the sporting Canada website (or equivalent) by **Monday at 11pm** following the competition in order to be used for seeding at the OUA championship **or be subject to a fine (\$100 for athlete/\$200 for relay).** (Amended June 2014)

3.4 *Competition Standards Guidelines:*

1. The maximum team rosters are 29 men and 29 women.
2. **Two** entries per school per event are permitted without standard; except relays, which will remain at **one** per school.
3. A school may enter up to three athletes only if **ALL** three athletes have achieved the OUA standard in that given event
4. A school may enter 4 athletes in an event at the OUA Championships only if all 4 athletes are ranked in the CIS top 15 in that given event. This rule applies only to athletes ranked in the top 15 on the Sporting Canada web site by 4-pm on the Monday immediately prior to the OUA Championships. Since CIS rules dictate that all results affecting the top 15 have to be entered in to Sporting Canada by 3-pm Monday, the site should provide accurate ranking information for OUA purposes. Schools will have time to check Sporting Canada and complete their entries before the 8-pm OUA entry deadline.
5. Only three athletes from a school will be scored. The first three finishers from a school in a given event will be declared the scorers (i.e. No declaration of who the scorers will be is necessary).
6. OUA standards are based on uniform standards set for a period of two years. These standards will be based on the averages of the last 3 years performances and rounded off to the closest even number. The coaches committee will review the standards every two years and adjust based on new averages. Where there are less than 30 athletes performances, the OUA standards committee will set the performance standard. Each university has 2 entries guaranteed per event regardless of standard, the OUA standard affect the 3<sup>rd</sup> entry only.

3.5 *OUA Standards*

NOTE: Where a school has 4 or more entries they must scratch to 3 or 4 when those athletes are ranked in the top 15 of the CIS rankings

EVENT	WOMEN	MEN
60m	8.30	7.40
300m	43.50	37.50
600m	1:40.00	1:25.00
1000m	3:05.00	2:37.00
1500m	4:55.00	4:08.00
3000m	10:40.00	8:55.00
60mH	9.60	8.90
HJ	1.55m	1.85m
PV	3.00m	4.00m
LJ	5.00m	6.00m
TJ	10.75m	13.00m
SP	11.00m	12.00m
WT	12.00m	12.00m
PENT	2800 points	2900 points

3.6 *Valid seed performances:* Any performance achieved by any competitor at a current indoor season competition prior to the January 31<sup>st</sup> eligibility certificate deadline will be considered a valid seed performance for the OUA Championships (SEE Rule 3.2).

Any competitor who fails to meet the OUA January 31<sup>st</sup> deadline will only have performances recognized as valid seed performances that have been achieved AFTER she/he has been declared eligible by the OUA Championship Convenor.

Each competitor and relay team must have a valid performance achieved during the current regular indoor season in each event entered at the OUA Championships (e.g. only a 1000m performance is valid for entry into 1000m).

No competitor and no relay team will be allowed to enter in any event where a valid performance has not been achieved in a current regular season competition (i.e. before the OUA Championships).

Seed performances must reflect a 200m track time, thus performances from non-200m tracks must be corrected using the approved correction factors as reflected in Sport Canada.

Due to Lakehead University's isolation, if in a given season there are no 60m or 60m Hurdle competitions available for Lakehead University competitors, those competitors may use performances over 50m or 55m distances for entry respectively into the 60m and 60m Hurdles.

A score from an indoor heptathlon is permitted to count as OUA pentathlon participation, and a hybrid score from the heptathlon may be used to allow for 3 entries into the OUA Championships. (Added June 2014)

3.7 To be eligible to participate in the OUA track and field championships, an athlete must participate in a minimum of 2 OUA sanctioned events in the current competitive season. OUA sanctioned events include any event where two or more Universities or Athletics Canada clubs participate. One of the events must be in Canada. (Amended June 2014)

3.7.1 Athletes unable to participate in the required 2 competitions leading up to the OUA championships due to documented medical reasons must submit a written request for exemption signed by the athletic director to the OUA convenor on the Tuesday prior to technical meeting. (Amended June 2014)

#### 4. ENTRIES, FINAL DECLARATIONS, START LIST TIMELINES

4.1 *Entry Limitations:* Each university team is restricted to the following entry limits at the OUA Championships:

- Maximum of 29 (twenty-nine) men and 29 (twenty-nine) women per team roster
- Maximum of 1 (one) relay team per relay event
- Maximum of 3 (three) competitors per individual event or 4 competitors when all 4 are ranked in the top 15 of the CIS rankings in that given event

NOTE: there is no limit to the number of events in which an individual may compete.

In the initial submission of entries, each University may list a maximum team roster of 33 competitors per Men's team and 33 competitors per Women's team, four (4) competitors per individual event, and one (1) relay team per relay event.

**Note: Must meet initial entry limitations of all eligible athletes (Rule 3.4)**

4.2 *Entry Deadline: Monday preceding the Championships:* On or before 11:00 p.m. on the Monday preceding the Championships ALL entries per university must be received by the ENTRIES MANAGER or be subject to a fine (\$100 for athlete,/\$200 for relay). Meet entries will be

submitted exclusively via Hy-Tek software. A back-up copy of school entries will also be sent in to the host institution by email or fax. (Amended June 2014)

Upon receiving entries the ENTRIES MANAGER will confirm back to the source by email that the entries were received.

\* **Any entries made after the above deadline** will be accepted up until **8:00 pm on the Wednesday** preceding the Championships with **a fine levied** at one hundred dollars per individual event and two hundred dollars (\$200) per relay event.

**Note: Must meet initial entry limitations of all eligible athletes (Rule 3.4)**

- 4.3 *First Draft Start List on Tuesday preceding the Championships:* On or before 4:00 p.m. on the Tuesday preceding the Championships the ENTRIES MANAGER will post by email the First Draft Start List for each event to include a maximum of 1 relay team per relay event per University and 3 entries per individual event per university. Where a university submits a 4<sup>th</sup> entry in an individual event, that entry will be listed by their seed ranking within the list.

**Note: Must meet initial entry limitations of all eligible athletes (Rule 3.4)**

- 4.4 *Head Coach Responsibility:* It is the responsibility of the HEAD COACH of each team entered to ensure that all her/his entries per event are correct and complete and to notify the ENTRIES MANAGER of any corrections that need to be made before the Final Draft Start List is posted.
- 4.5 *Final Declarations: Wednesday preceding the Championships:* On or before the 8:00 p.m. on the Wednesday preceding the Championships, ALL final declarations MUST BE MADE of the final starters per event as well as a declaration of a team roster NOT to exceed entry limits stated above in - Rule 4.1. This is the last time any new entries can be submitted, subject to a fine.

SEE Rule 4.1 above re fines for late entries.

- 4.6 *Final Start List with Lane Assignments on Thursday preceding the Championships:* On or before 12:00 p.m. noon on Thursday, the Final Start List will be posted by email. **No additional entries can be made after this posting.**

The list will indicate the heat, section, and lane assignments per competitor and relay team for all track events. Each field event will be listed with the competitors per event seeded from lowest to highest (i.e. top seed listed last per event).

This list will be emailed to the head coach of each participating university preceding the OUA Championships and be approved and/or modified at the Coaches Technical Meeting. In track events where prelims are held, the Meet Director will attempt to avoid having competitors from the same university in the same heat as long as this does not disrupt the balance of the heats.

## 5. ENTRY PROCEDURE

- 5.1 *Event Entries Form (APPENDIX 2):* Using a format as illustrated in APPENDIX 3, make another list of the names on your team roster and beside each name list the event(s) INCLUDING seed performance(s) in which you wish that person to be entered. Also list the two meets in which that person competed this season.

List your team rosters (men and women separately) first name first followed by surname and sorted in alpha order by surname. Beside each name, list the two meets in which that person competed this season. Your list of names per men's and women's team cannot exceed 33

with a final roster of 29 allowed to compete. Email or fax this list to the Entries Manager who will forward it to the Meet Convenor for verification.

At the bottom of the Event Entries, list 4x200m, 4x400m and 4x800m with seed times if you are contesting relays.

## 6. RULES OF COMPETITION SPECIFIC TO OUA CHAMPIONSHIPS

- 6.1 *IAAF Rules:* With the exceptions listed below in Rules 6.2 to 6.26, the official rules of competition applied to the track and field events at the OUA Championships are found the most current IAAF Handbook.
- 6.2 *Events:* Thirty-Four (34) events shall be contested, seventeen (17) respectively for men and women as follows:  
7 individual track events: 60m, 300m, 600m, 1000m, 1500m, 3000m, 60m Hurdles  
3 relay events: 4x200m, 4x400m, 4x800m  
6 field events: High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put  
Weight Throw  
1 men's pentathlon: 60mH, Long Jump, Shot Put, High Jump, 1000m  
1 women's pentathlon: 60mH, High Jump, Shot Put, Long Jump, 800m
- 6.3 *Invitational Events:* The host institution can add a maximum of two (2) events that are open to OUA competitors only. These events will be run in a non-scored or non-championship category at the Championship meet and the competitors in those events must be part of the 29-member team. Proper notification must be given to all competing universities.
- 6.4 *Team Scoring:* Points shall be awarded to the respective teams for the top eight (8) final places per event. Point values shall be as follows:  
1<sup>st</sup> place - 10 points      5<sup>th</sup> place - 4 points  
2<sup>nd</sup> place - 8 points      6<sup>th</sup> place - 3 points  
3<sup>rd</sup> place - 6 points      7<sup>th</sup> place - 2 points  
4<sup>th</sup> place - 5 points      8<sup>th</sup> place - 1 point
- 6.5 *Ties:* For team points, when a tie is not broken, the total points for the tied placing in any event shall be equally divided among those tied:  
Example: 3 tie for 8<sup>th</sup> place = each get 0.33 points (1pt + 3)  
3 tie for 6<sup>th</sup> place = each get 2 points (3pt + 2pt + 1pt +3)  
For breaking ties in any track or field event, see the IAAF Handbook
- 6.6 *Schedule of Events:*  
SEE Appendix 1 for complete Schedule of Events and timetable.
- 6.7 *Trial Rounds (Prelims):* In the 60m all trial rounds will be held on Friday for advancement to Saturday's semi-final.
- 6.8 *Qualifying Policy for 60m and 60m Hurdles:* For all trial rounds, (prelims and semis) the top two (2) finishers per heat or semi and the next fastest times from those competitors not finishing in the top two per heat or semi shall advance to the next round or final.
- 6.9 *Field Events*  
In all field events, the athletes shall compete in an order as determined by the athlete's seed performance, competing in a rank order from worst to best.
- 6.9.1 For any Horizontal Jump schedule on the Friday with a large number of starters, flights will be run. When flights are run, the top seeds will be in the last flight or use the preferred runway



where double runway is available.

6.9.2 The competition order of horizontal jumps and throws for the fourth through sixth rounds will be in reverse order of the ranking recorded after the first three trials.

6.10 *Preferred Lanes*

The 4 x 800m relay on 6, 5, or 4 lane oval tracks will use a curved start line to allow all schools entered to run in one timed section final. Lane 1 will not be used in either the 300m or 4x200m events on any track. Meet Director and Championship committee shall determine start positions. Coaches in the case of the slowest section of the 300m have the option to have their athlete run in lane 1 rather than in a race by themselves.

6.11 In the 1000 and up only, when there are 4 entries from one school in the fast section, the next fasted seed will be added to the fast section.

6 lane straightaway example:Seed	Preferred Lane Assignments for 60m, 60m Hurdles
#1	L-4
#2	L-3
#3	L-5
#4	L-2
#5	L-6
#6	L-1

8 lane straightaway example:Seed	Preferred Lane Assignments for 60m, 60m Hurdles
#1	L-5
#2	L-4
#3	L-6
#4	L-3
#5	L-7
#6	L-2
#7	L-8
#8	L-1

4 lane oval example:	Seed	Preferred Lane Assignments for 300m, 4x200m, 4x400m
	#1	L-4
	#2	L-3
	#3	L-2
	#4	L-1 (only for 4x400m)

(Amended June 2014)

4 lane oval example:	Seed	Preferred Lane Assignments for 600m and 1000m
	#1	L-2 inside position
	#2	L-3 inside position
	#3	L-4 inside position
	#4	L-1 inside position
	#5	L-1 outside position
	#6	L-4 outside position
	#7	L-3 outside position
	#8	L-2 outside position

5 lane oval example:	Seed	Preferred Lane Assignments for 300m, 4x200m, 4x400m
	#1	L-4
	#2	L-5
	#3	L-3
	#4	L-2



5 lane oval example:	Seed	Preferred Lane Assignments for 600m
	#1	L-3 alone
	#2	L-4 alone
	#3	L-5 inside position
	#4	L-2 inside position
	#5	L-1 inside position
	#6	L-5 outside position
	#7	L-2 outside position
	#8	L-1 outside position

5 lane oval example:	Seed	Preferred Lane Assignments for 1000m
	#1	L-3 inside position
	#2	L-4 inside position
	#3	L-5 inside position
	#4	L-2 inside position
	#5	L-1 inside position
	#6	L-3 outside position
	#7	L-4 outside position
	#8	L-5 outside position
	#9	L-2 outside position
	#10	L-1 outside position

6 lane oval example using 5 lanes:	Seed <b>(Lane 1 not used)</b>	Preferred Lane Assignments for 300m, 4x200m, 4x400m
	#1	L-5
	#2	L-4
	#3	L-6
	#4	L-3
	#5	L-2

(Amended June 2014)

6 lane oval example:	Seed	Preferred Lane Assignments for 600m and 1000m
	#1	L-3 alone
	#2	L-5 alone
	#3	L-1 alone
	#4	L-6 alone for 600m/inside position for 1000m
	#5	L-2 inside position
	#6	L-4 inside position
	#7	L-2 outside position
	#8	L-4 outside position
	#9 *	L-6 outside position (1000m only)*
	#10	L-1 outside position (1000m only)

#### 6.12 Heat and Lane Assignments for 60m and 60m Hurdles

The top seed will be assigned to heat 1, the number 2 seed will be placed in heat 2, the number 3 seed will be placed in heat 3, etc. Each heat will be constructed so that there is a balance in difficulty among all heats to advance to the next round or final.

The Meet Director will attempt to avoid having competitors from the same university in the same heat as long as this does not disrupt the balance of the heats.

The top seed per heat will be assigned the #1 ranked preferred lane, the #2 seed per heat the #2 preferred lane etc.

Example of 3 heats on a six-lane track is shown below. List of seeds with lane assignments per

heat reads from left to right.

	Seed/Lane	Seed/Lane	Seed/Lane	Seed/Lane	Seed/Lane	Seed/Lane
Heat 1	#1 / L-4	#6 / L-3	#7 / L-5	#12 / L-2	#13 / L-6	#18 / L-1
Heat 2	#2 / L-4	#5 / L-3	#8 / L-5	#11 / L-2	#14 / L-6	#17 / L-1
Heat 3	#3 / L-4	#4 / L-3	#9 / L-5	#10 / L-2	#15 / L-6	#16 / L-1

- 6.13 *Seeding for Subsequent Rounds in 60m and 60m Hurdles*  
For the 60m and 60m Hurdles, time achieved in each round will be used for heat and lane assignments for all subsequent rounds including the final.
- 6.14 *Filling vacant lanes in Subsequent Rounds in 60m and 60m Hurdles*  
The Meet Director is not required to fill a vacant lane in a semi or final due to a scratch.
- 6.15 *Section and Lane Assignments for all other Track Events*  
Timed sections shall be held in 300m, 600m, 1000m, 1500m, 3000m, 4x200m, 4x400m, and 4x800m unless the number of starters can be reasonable accommodated in one race. The Meet Director will recommend for approval at the Technical Meeting the number of sections to be run per race. Lane 1 will not only be used in the 300m or 4x200m events with the exception of in the case of the slowest section of the 300m where the coach will have the option to have their athlete run in lane 1 rather than in a race by themselves.
- 6.15 *Order of Sections*  
Sections will be run in order from lowest seeds first to top seeds last.
- 6.16 *Maximum number of starters and section allocation for Top Seeded sections*
- |        |  |
|--------|--|
| 300m   | 6 on a 4 lane oval, 2 sections of 3 competitors with the top seeds in the last section   |
| 300m   | 5 on a 5 or 6 lane oval, 2 sections of 5 competitors with the top seeds in the last section  |
| 600m   | 8  |
| 1000m  | 8 on 4 lane oval and 10 on a five or six lane oval   |
| 1500m  | 12   |
| 3000m  | 12, the slow section will run with however many athletes remain and wish to run  |
| 4x200m | A maximum of 5 teams on a six lane oval; if 6 teams entered all 6 compete; if 7 or more teams, 5 and 2 split to be used. On a 5 lane oval, for each section only lanes 2 through 5 will be used with lane 1 being vacant; if 5 teams are entered, then all lanes are used. If 6 or more teams, 4 and 2 split to be used. On a 4 lane oval, all 4 entries would compete   |
| 4x400m | A maximum of 5 teams on a six lane oval; if 6 teams entered all 6 compete; if 7 or more teams, 5 and 2 split to be used. On a 5 lane oval each lane of each section will be filled starting with the fastest section, unless only 6 teams are entered. In this case, the split will be 4 and 2. Thus the fastest section will have 5 teams if 7 or more teams have been entered. On a 4 lane oval, all 4 entries would compete |
| 4x800m | All teams in one section. Meet Director and Championship committee shall determine start positions.  |
- 6.17 *Relay Races*  
In the 4x200m relay race, there shall only be a beginning of the exchange zone mark with no end of the exchange zone, making each exchange zone virtually open.

Each outgoing runner must begin his/her run out within the first ten (10) meters of the beginning

of the exchange zone but may receive the baton anywhere on the track provided there is no interference of other runners or lane line encroachment where applicable.

Relay cards must be turned in 15 minutes prior to the relay. It is the responsibility of the head coach or her/his designate to write on each card the bib # and name of each team member listed in order of running.

The CIS regulation for 4 x 400m and 4 x 800m that the normal 20m passing zone shall apply in accordance with IAAF rules

#### 6.18 *Starting Procedures*

300m	3 turn stagger start
600m	2 turn stagger start
1000m	2 turn stagger start
1500m	1 turn stagger start (2 boxes - 65%/35%) (Amended June 2014)
3000m	Curved start line
4x200m	3 turn stagger start, 2 <sup>nd</sup> runner breaks at beginning of back straightaway
4x400m	2 turn stagger start
4x800m	1 turn stagger start (2 boxes - 65%/35%) (Amended June 2014)

#### 6.19 *Starting Blocks*

Starting blocks are NOT required to be used by a competitor unless electronic sensing devices are connected to the blocks for the purpose of detecting false starts.

#### 6.20 *Re-runs*

In the 60m or 60m Hurdles race, where the video timing system fails to record the finishing times of a race, the Meet Referee may call for a re-run of that race. Consideration shall be given to the scheduling of the re-run in order to be as fair as possible to all competitors.

Where a re-run is necessary in any Relay race, each team involved in the rerun must use the same runners and in the same order as previously run. Only in the event of an injury may a substitution be made on any relay team involved in a re-run.

#### 6.21 *Scratches*

An athlete who scratches from any event at any stage after the Technical Meeting (Or commencement of the meet if no Technical Meeting is held) shall be excluded from competing in any other event including Relays, unless a valid reason is given to the Referee. Any performances achieved by the competitor prior to the banning will stand.

#### 6.22 *Running in Lanes*

In the OUA Championships, a more liberal application of IAAF Rule 141, #2 is applied. For example, in a 600m race where approximately 25% of the race is run in lanes, a few footsteps on the inside lane line may have no influence on the outcome of the race.

Before disqualifying a competitor, the Meet Referee must take into consideration the following factors:

- how many steps were on the line or inside the line and to what degree
- was the infraction significant enough to possibly influence the overall outcome of the race
- did it appear to the track umpire or referee that the competitor intentionally tried to gain an advantage

The intent of this rule is to ensure that any disqualification is made only for a flagrant act of running on or inside the lane line and it appeared to be done by the competitor to gain an advantage.

6.23 *Assistance to Athletes*

In the OUA Championships, contrary to IAAF Rule 143, coaching of athletes is allowed during the competition. The coach must not interfere with the conduct of the competition. The coach should locate on the perimeter of the track or field event competition area when coaching an athlete so as to not disturb other competitors.

6.24 *Protests/Disqualifications/Appeals*

Any protest made by a coach must be submitted in writing to the Meet Referee within a reasonable time following the action being protested. The grounds for the protest must be clearly and concisely written. Any videotape that might supplement the protest may be shown to the Meet Referee.

The Meet Referee must ensure that a public announcement is given (usually by the Meet Announcer) that a disqualification has been made. In addition, the disqualification must be noted in the provisional results that are posted at the meet site shortly after the conclusion of each event. The intent here is to ensure that the coach(es) of the disqualified competitor(s) have been given notice in case an appeal is made. An appeal of a disqualification must be submitted in writing to the Jury of Appeal within a reasonable time following the announcement of the disqualification. The grounds for the appeal must be clearly and concisely written. Any videotape that might supplement the appeal may be shown to the Jury of Appeal.

6.27 *Pole Vault*

An athlete may check their takeoff position on the runway immediately after an attempt prior to the official calling the next athlete to the runway.

**7. EQUIPMENT and SUPPLIES for OUA CHAMPIONSHIPS**

7.1 *Notice re Special Instructions*

The OUA Championship Meet Convenor and Organizing Committee shall notify all participating universities of any special instructions regarding maximum shoe spike length, shot put types, etc. that are allowed to be used at the site of the Championships.

7.2 *Calibre of Equipment*

Equipment used for both the Track events and Field events must meet IMF standards.

7.3 *Timing Systems*

Any Video Timing system is acceptable for use at the Championships provided that it is started automatically at the report of the gun and records times per finisher to the 1000<sup>th</sup> of a second.

It is imperative to record manual times for all races from 300m and up as a backup to the Video timing system.

**6. OFFICIALS**

8.1 *Experienced and Competent*

The OUA Championship Meet Convenor and Organizing Committee shall ensure that as many individuals as possible assigned to key positions of officiating and administration have experience and competence in working at university track and field meets. It is NOT required that any official be certified by Athletics Canada.

8.2 *Meet Referee*

The OUA Championship Meet Convenor and Organizing Committee shall ensure that both the Meet Director and the Meet Referees are familiar with university competitions. The Meet Referees must be provided with a copy of the OUA Rules as well as the IAAF Handbook. It is imperative that the Meet Referee is guided by the OUA Rules 6.2 to 6.26 as well as the IAAF Handbook.

### 8.3 *Jury of Appeal*

The OUA Championship Meet Convenor and Organizing Committee shall ensure that an impartial Jury of Appeal is appointed for the meet. Each member of the Jury of Appeal must be provided with a copy of the OUA Rules as well as the IAAF Handbook. It is imperative that the Jury of Appeal is guided by the OUA Rules 6.2 to 6.25 as well as the IAAF Handbook.

### 8.4 *Meet Officials and Staff*

- Meet Director
- Meet Referees (Field, Track, Combined Events)
- Jury of Appeal
- Track Umpires
- Meet Announcer and Crew
- Track Starter(s)
- Track Start Clerk
- Head Finish Judge and crew
- Head Manual timer and crew
- Head Video Timer and crew
- Head Judge for each of 5-6 Field Events [High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Throw]
- Crew for each of 5 Field Events above
- Computer Manger and crew [data entry, production of officials recording sheets]
- Results/Scoring Manager and crew [posting, collating, distributing results and team scores]
- Awards Manager
- News Media and Promotions Manager and crew [meet program, media liaison]
- Equipment manager and crew [e.g. starting blocks, hurdles, batons, site logistics]
- Facility Admissions Manager and crew
- Hospitality Manager and crew [officials, coaches, news media, VIP]
- Medical Manager and crew [e.g. doctor(s), physiotherapy, massage, etc.]

APPENDIX 1

OUA TRACK & FIELD SCHEDULE

**Day One – Friday:**

12:30pm M Weight Throw FINAL  
2:30pm M Long Jump FINAL  
2:20pm W 60m Hurdles Pentathlon  
2:45pm W 60m Hurdles Heats  
3:15pm M 60m Hurdles Pentathlon  
3:20pm M 60m Hurdles Heats  
3:15pm W High Jump Pentathlon  
3:30pm W 1000m Timed-section  
First sections followed by top Seeds  
3:50pm M 1000m Timed-section  
First sections followed by top Seeds  
4:10pm W 60m Heats  
4:20pm M 60m Heats  
4:30 pm M Long Jump Pentathlon  
5:00pm W Shot Put Pentathlon  
4:40pm W 3000m FINAL  
First sections followed by top Seeds  
5:10pm M 3000m FINAL  
First sections followed by top Seeds

**Awards (Men's WT, Men's LJ, 1000m, 3000m)**

6:00pm M Shot Put Pentathlon  
6:00pm W Long Jump Pentathlon  
6:30pm W Pole Vault FINAL  
7:10pm M High Jump Pentathlon  
6:30pm M 60mH FINAL  
6:40pm W 60mH FINAL  
7:30pm W Long Jump FINAL  
7:30pm W Shot Put FINAL  
6:55pm W 300mTimed Finals  
7:15pm M 300mTimed Finals  
7:40pm W 800m Pentathlon  
8:00pm M 4x800m Relay FINALS  
8:15pm W 4x800m Relay FINALS  
8:40pm M 1000m Pentathlon

**Awards (Women's PV, 60mH, Women's LJ, Women's SP, 4x800)**

**Day Two – Saturday:**

10:30am W Weight Throw FINAL  
11:45pm W 60m Semis  
11:55pm M 60m Semis  
12:05pm W 600m FINAL  
First sections followed by top Seeds  
12:30pm M Triple Jump FINAL  
12:25pm M 600m FINAL  
First sections followed by top Seeds  
12:00pm W High Jump FINAL  
1:00pm M Pole Vault FINAL  
1:00pm W 60m FINAL  
1:10pm M 60m FINAL  
2:00pm M Shot Put FINAL  
2:30pm W Triple Jump FINAL  
2:30pm M High Jump FINAL  
2:00pm W 4x200 Relay FINAL  
2:15pm M 4x200m Relay FINAL

**Awards (Pentathlon, 4 X 800m, 600m, 60m, Women's WT, Men's TJ)**

3:20pm W 1500m FINAL  
First sections followed by top Seeds  
3:40pm M 1500m FINAL  
First sections followed by top Seeds

**Awards (Women's HJ, Men's PV, Men's SP, 4 X 200m, 1500m)**

4:10pm W 4x400m Relay FINAL  
4:20pm M 4x400m Relay FINAL

**Awards (Women's TJ, Men's HJ, 4 X 400m, Team Award)**





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Relay e.g. Brock Badgers      4 x 200 - 1:33.16   4x400 - 3:24.3   4x800 - 7:55.27  
As a check please list entries below by event as per the example with 4<sup>th</sup> entry per event indicated:

Example: 60m Jordan, Ling, Stern (4 <sup>th</sup> Richard)	
60m	HJ
300m	PV
600m	LJ
1000m	TJ
1500m	SP
3000m	PENT
60mH	

### APPENDIX 3 – OUA Standards

EVENT	WOMEN	MEN
60m	8.30	7.40
300m	43.50	37.50
600m	1:40.00	1:25.00
1000m	3:05.00	2:37.00
1500m	4:55.00	4:08.00
3000m	10:40.00	8:55.00
60mH	9.60	8.90
HJ	1.55m	1.85m
PV	3.00m	4.00m
LJ	5.00m	6.00m
TJ	10.75m	13.00m
SP	11.00m	12.00m
WT	12.00m	12.00m
PENT	2800 points	2900 points