

TRACK & FIELD

1. CATEGORIES OF COMPETITION:

Senior - 16 and over as of August 31, 2026

Junior - under 16 as of August 31, 2026

Intermediate - under 15 as of August 31, 2026

Competitors below the grade nine level are ineligible unless they are made eligible by the Board of Directors through the exceptions to the eligibility rules.

2. DISTRICT TEAM SIZE:

2.1. An athlete may be entered in a maximum of FOUR events plus relays at the provincial meet.

2.2. There is no limit on team size; however, a district may enter a maximum of two competitors per event.

3. ENTRIES:

3.1. Entries must be submitted (by using the advancers program in Hy-Tek Meet Manager or Team Manager Lite) to the provincial office on or before the Monday preceding the provincial meet. Failure to do so will result in a \$50.00 fine to the District. The District "entry file" is to be submitted by e-mail.

3.2. Substitutions for original entries may be made up to 1:00pm on the Wednesday prior to the meet. A scratch meeting will be held one hour prior to the start of the meet on Friday, for scratches only.

3.3. The Meet Director may allow substitutions during the competition, on medical grounds only.

4. ACCOMMODATION:

Each district will be responsible for arranging and paying for its own accommodation. The SHSAA does not give a grant for this purpose.

5. OFFICIALS:

Each district must supply officials for the meet. These officials will be assigned events by the SHSAA office, with the head officials for each event being appointed by and from the host district. Please include the names of your officials on the team entry forms for your district. The events will be assigned at least three weeks prior to the provincial meet. In addition, the District must supply a lap counter for the 1500m and 3000m events. A fine of \$100.00 will be assessed to any district that does not comply with this criterion. Athletes must not be assigned as officials.

6. COACHES MEETING:

A coaches meeting will be held during the break on Saturday. Lunch will be provided for two coaches from each district.

7. JURY OF APPEAL:

A jury of appeal will be established prior to the meet and will consist of the Provincial Commissioner, the Meet Director, and one member of the SHSAA Board of Directors. They may add to the jury if it is felt necessary. Only the Meet Director may disqualify an athlete or team.

8. PROVINCIAL MEET REGULATIONS:

- 8.1. The provincial track & field meet will begin on Friday morning with an afternoon and evening session, and a morning and afternoon session on Saturday. There will be a limited program break on Friday and on Saturday.
- 8.2. The meet will be conducted in accordance with the current World Athletics rulebook with weight and rule modifications listed in this Handbook.
- 8.3. The wheelchair events are 100m and 400m for boys and girls. These events will be conducted in accordance with the current World Para Athletics rulebook.
- 8.4. Appropriate footwear is mandatory. As the tracks and some jumps areas are all-weather artificial surfaces, spikes longer than 7mm in length will not be allowed (9mm heel spikes for high jump and javelin are accepted). Pyramid (cone) and Tartan (pin) spikes are acceptable. Athletes will be checked prior to each event and will not be allowed to compete with illegal footwear. The meet will not be delayed to allow athletes to change spikes.
- 8.5. The use of standing starts will be allowed for all races in SHSAA events.
- 8.6. False Starts: any competitor making a false start shall be warned. If a competitor is responsible for two false starts, the competitor shall be disqualified.
- 8.7. Hurdles, 100m, and 200m sprints will be run as heats to qualify for two timed section finals. The winner in each heat and the next fastest times will qualify to the timed section finals. The slower section will run first. Number of competitors will depend on lanes on the track.
- 8.8. 400m will be run as heats to qualify for two timed section finals. The best times from the heats will qualify for the two timed sections finals. The slower section will run first. The number of competitors will depend on lanes available on the track.
- 8.9. In all finals, lane designations in the Hurdles, 100m, 200m, 400m, and 4 x 100m will be designated according to times achieved during preliminary heats with lanes 4, 5, 3, and 6 for the fastest times and 2, 7, 8, and 1 for the slower times. On six-lane tracks, lanes 3, 4, and 2 will be reserved for the fastest times and 5, 6, and 1 for the slower times.
 - 8.9.1. In the event of a tie for the above times, the athlete placing the highest in their heat will advance.
- 8.10. 800m events will be run as two timed section finals. The heat selection for the 800m shall be determined according to times achieved at their district track & field meet. The slower section will run first. The 800-meter event will utilize a double waterfall start. 1500m and 3000m events will be run as a final in all divisions. Lanes in the above events will be pre-drawn by the meet director, or designate, once the necessary seeding has been done.
- 8.11. The 4 x 400m relay timed finals are seeded according to the average of the junior and senior individual times achieved at the provincial meet by district competitors in the 400m event.
- 8.12. All relay teams in the semi-finals shall be timed with the eight (six on six-lane tracks) best times advancing to the final.
- 8.13. In the event of lane infractions during a race, the ADVANTAGE GAINED rule will apply. The umpires will report infractions to the track referee who will rule on the violation.
- 8.14. Competitors in the long jump, triple jump, javelin, shot, and discus will be blocked into two seeded groups (highest seeds in the second section).

The top eight performances from the two sections combined will qualify for the final round.

- 8.15. In order to compete, every competitor must wear district colours and a competitor's number. In the event that a number may restrict an athlete's performance, (i.e. in shot, discus, javelin, pole vault) it will be permissible to remove the number from the shirt and show it to the official in charge of the event prior to each attempt.

8.15.1. Each district is responsible for its respective numbers to be used at the track and field meet. Please make sure that the following regulations are observed:

8.15.1.1. Numbers must be worn on the front and the back.

8.15.1.2. The following specifications should be met:

Height: Minimum of 5 inches

Width: 1 to 3 inches (1" for number one, 3" for other numerals.)

Thickness: 1 inch

8.15.1.3. If your district team exceeds 50 competitors, you may duplicate assigned numbers by giving one to a boy and its duplicate to a girl. Numbers will not be assigned at the meet.

8.15.1.4. The following numbers and colours have been assigned to districts:

North West	White and Scarlet	100 – 149
North Central	Red, White, and Blue	150 – 199
North East	Black and Gold	200 – 249
West Central	Blue and Green	250 – 299
Horizon Central	Gold and Blue	300 – 349
Saskatoon	Green and Gold	350 – 399
East Central	Grey and Royal Blue	400 – 449
Qu'Appelle Valley	Green and White	450 – 499
South West	Blue and White	500 – 549
Central Valley	Vegas Gold and Navy Blue	550 – 599
South East	Red and Black	600 – 649
South Central	Orange and White	700 – 749
Battle West	Black, Silver, and White	800 – 849
Regina	Light Blue and Dark Blue	900 – 949

- 8.16. It is recommended that high jump landing pits be at least one metre wider than the standards for safety purposes.

8.17. POLE VAULT:

8.17.1. Side landing pits should be added for safety.

8.17.2. Competitors must supply their own poles for this competition. The host will have a supply of poles available in the event of a breakage only.

8.17.3. The bar depth will be no less than 50 centimetres.

- 8.18. Athletes who qualify in preliminary rounds of individual events and fail to compete in succeeding rounds will not be able to take further part in any event without the consent of the Meet Director.

- 8.19. Following the Friday morning "Scratch Meeting", athletes withdrawing from any events in which they have been entered shall be disqualified from all participation in the meet. In the case of unusual circumstances, the Meet Director may approve re-instatement.

9. SAFETY PROCEDURES:

- 9.1. The school district in charge of the event must limit the number of javelins used: 2 – 600 gram and 2 – 800 gram.
- 9.2. Only throwing implements (shot, discus, javelin) supplied by the meet officials shall be allowed for practice and competition purposes.
- 9.3. The landing areas of both the javelin and discus must be roped off along the sector lines at least waist high.
- 9.4. Along with the normal required officials used to administer the event, one additional teacher must monitor and supervise the implement landing area and a second teacher must monitor and supervise the throwing area.
- 9.5. Practice is limited to 30 minutes prior to the start of the event and must be under the supervision of the event officials.
- 9.6. Spectators must be kept well back from the runway and throwing area during a throwing event by the use of a restraining line or rope.
- 9.7. The schedule must be structured so that the discus and javelin events are not conducted simultaneously if they share the same landing area.
- 9.8. If an adequate cage for the discus event is not available, the event will not be held.
- 9.9. Coaches are not allowed on the infield and may not coach their athletes in the athlete area.

10. EVENTS:

EVENT	SR. BOYS	JR. BOYS	INT. BOYS	SR. GIRLS	JR. GIRLS	INT. GIRLS
80m Hurdles (30")				X	X	X
100m Hurdles (30")			X			
100m Hurdles (33")		X				
100m Hurdles (36")	X					
100m	X	X	X	X	X	X
200m	X	X	X	X	X	X
400m	X	X	X	X	X	X
800m	X	X	X	X	X	X
1500m	X	X	X	X	X	X
3000m	X	X	X	X	X	X
Wheelchair 100m	OPEN			OPEN		
Wheelchair 400m	OPEN			OPEN		
Quadathlon	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X
Triple Jump	X	X	X	X	X	X
High Jump	X	X	X	X	X	X
Pole Vault	X	X	X	X	X	X
Discus (1.6 kg.)	X	X				
Discus (1 kg.)			X	X	X	X
Javelin (800 gr.)	X	X				
Javelin (600 gr.)			X	X	X	X
Shot (12 lb.)	X	X				
Shot (4 kg.)			X	X	X	
Shot (3 kg.)						X
4 x 100m Relay	X	X	X	X	X	X
4 x 400m Relay	OPEN			OPEN		

11. 100 METRE HURDLE PLACEMENTS: (see item 10. Events for heights)
 - Start to first hurdle = 13 metres
 - Between hurdles = 8.50 metres
 - Last hurdle to finish line = 10.50 metres
12. 80 METRE HURDLE PLACEMENTS: (see item 10. Events for heights)
 - 12.1. Junior and Senior Girls:
 - Start to first hurdle = 12 metres
 - Between hurdles = 8 metres
 - Last hurdle to finish line = 12 metres
 - 12.2. Intermediate Girls
 - Start to first hurdle = 12 metres
 - Between hurdles = 7.5 metres
 - Last hurdle to finish line = 15.5 metres
13. STARTING HEIGHTS AND PROGRESSION:
 - 13.1. HIGH JUMP:

The starting height of each high jump competition will be determined by the head official to allow each competitor a reasonable chance to clear at least one height. The following heights are suggestions only:

 - 13.1.1. Intermediate Girls
 - start at 1.25 metres
 - 5 cm advance to 1.50 metres
 - 2 cm advance from 1.50 metres to completion
 - 13.1.2. Junior and Senior Girls
 - start at 1.30 metres
 - 5 cm advance to 1.55 metres
 - 2 cm advance from 1.55 metres to completion
 - 13.1.3. Intermediate Boys
 - start at 1.50 metres
 - 5 cm advance to 1.70 metres
 - 3 cm advance from 1.70 to 1.79 metres
 - 2 cm advance from 1.79 metres to completion
 - 13.1.4. Junior Boys
 - start at 1.55 metres
 - 5 cm advance to 1.80 metres
 - 3 cm advance from 1.80 to 1.89 metres
 - 2 cm advance from 1.89 metres to completion
 - 13.1.5. Senior Boys
 - start at 1.60 metres
 - 5 cm advance to 1.85 metres
 - 3 cm advance from 1.85 to 1.91 metres
 - 2 cm advance from 1.91 metres to completion
 - 13.2. POLE VAULT:

The starting height of each Pole Vault competition will be determined by the head official to allow each competitor a reasonable chance to clear at least one height. The following heights are suggestions only:

 - 13.2.1. Intermediate, Junior, and Senior Girls
 - start at 1.50 metres
 - 10 cm advance to completion
 - 13.2.2. Intermediate and Junior Boys
 - start at 2.70 metres
 - 10 cm advance to completion

- 13.2.3. Senior Boys
start at 3.05 metres
10 cm advance to completion

13.3. TRIPLE JUMP TAKE-OFF BOARDS:

The take-off board in the triple jump shall be located at the following distances from the landing area (dependent on the facility):

- 13.3.1. Intermediate, Junior, and Senior Girls - 6, 7, 8, 9 or 10 metres
13.3.2. Intermediate, Junior, and Senior Boys - 6, 7, 8, 9 or 10 metres

14. RELAY TEAM PERSONNEL:

Athletes must compete in the category they are competing in the meet. It is not necessary for a district to run the same four runners in the subsequent heats of the relays providing that any athlete inserted be fully eligible for participation and be duly entered in the meet. Awards, however, will only be given to those who performed in the final race.

15. RELAY COMPETITION MARSHALLING:

For the purpose of marshalling and organizing the athletes for the relay events, the following should be adhered to:

- 15.1. A roped-off area or tent should be used for the marshalling area.
15.2. The marshalling area should be located away from the track officials and results station on the infield.
15.3. The athletes are required to stay in the marshalling area until released by the track marshal.
15.4. No coaches or batons are to be allowed in the area.

16. INDIVIDUAL AND TEAM POINTS:

16.1. All competitors in an event are eligible to score points for their district and for themselves in the individual competition.

16.2. Points will be awarded to the top sixteen finishers in each event as follows:

1st Place	18 points	9th Place	8 points
2nd Place	16 points	10th Place	7 points
3rd Place	14 points	11th Place	6 points
4th Place	13 points	12th Place	5 points
5th Place	12 points	13th Place	4 points
6th Place	11 points	14th Place	3 points
7th Place	10 points	15th Place	2 points
8th Place	9 points	16th Place	1 point

17. SCHOOL TEAMS:

Points will accumulate from all athletes in all events from each school. Relays will not be included in these points.

18. AWARDS: Medals and ribbons will be awarded periodically throughout the meet.

- 18.1. Medals are awarded to the top three finishers in each event.
18.2. Ribbons are awarded for fourth through eighth place in all events.
18.3. A plaque is awarded to the individual aggregate champion of each division.
18.4. SHSAA Provincial keeper plaque for the school to the School Team champion. Official team results will be posted on the SHSAA website.

19. SCHEDULE:

The Track & Field schedule is dependent on the scheduling of the Quadathlon and will be posted on an annual basis dependent on facility and human resources. Please check the Track & Field Activity page of the SHSAA website (www.shsaa.ca).