

Track and Field

Disclaimer

The below are guidelines for ISST tournament directors to follow. ISST reserves the right to change any aspect of the below guidelines in consultation with the membership. Reasons (but limited to) are generally for student safety and/or limitations to facilities and logistics.

4.10 TRACK AND FIELD

Rules: International Association of Athletics Federations www.iaaf.org

The maximum number of athletes (including Managers) will be 16 with a maximum of eight (8) athletes in any gender/age group. A school does not have to enter a full team in order to participate.

The following events will be contested in two (2) separate competitions (Boys/Girls).

100 meters	200 meters	400 meters	800 meters	1500 meters
3000 meters	100 meters hurdles	400 meters hurdles		
4 x 100 meters relay	4 x 400 meters relay	High Jump	Long Jump	Triple Jump Shot (4Kg - VG; 5 Kg - VB)
	Discus (1 Kg - VG; 1.5 Kg - VB)			

All Heats will be drawn randomly prior to the meet. No two (2) competitors from the same school will be in the same Heat. All running events will be organized as Heats and Finals, except 800, 1500 and 3000 meters which will be straight Finals. The 800m race will be run with a double waterfall start.

Two thirds of the field (maximum 16) will start from the waterfall line starting in lane 1 and will run the first bend in lanes 1 through 4.

One third of the field (maximum 10) will start from a waterfall start in lanes 5-8 and will run in lanes 5 through 8 for the first bend. At the break-line for the 800m the second half of the field may join the rest of the field.

For events of 100m to 400m inclusive and relays up to and including 4x400m seeding will be ranked as follows:

Finals will comprise of all heat winners plus the next fastest finishers. For example, if there are 3 heats, the 3 heat winners qualify automatically for the final plus the next 5 fastest finishers. If there are more than 3 heats the finals will be composed of the fastest 8 finishers.

Lane allocation for the final will be as follows:

The heat winners are seeded first on time. For example, if there are 3 heat winners then the fastest winner gets the best lane, second fastest winner next best lane etc. All other lanes are allocated on time.

The height of the hurdles will be-

Varsity Girls 100 meters	84 cm	Varsity Boys 100 meters	91.5 cm
Varsity Girls 400 meters	76 cm	Varsity Boys 400 meters	84 cm

800 meters will be run in lanes for one (1) complete bend. 4 x 400 meters relay will be run in lanes for three (3) complete bends.

In all track events less than 800 meters starting blocks must be used by all competitors.

In field events in the case of a clash with a track event, a competitor may request to compete at the beginning or end of a round. Any round missed cannot be made up once the next round has been started.

All field events will allow each competitor three (3) trials. The eight (8) best competitors will advance to the final with an additional three (3) rounds, immediately following the trials. (the order for the finals will be in reverse rank order)

The high jump will be run as a straight elimination competition with each competitor having three (3) attempts to clear a height.

Starting heights for the high jump events are as follows:

Varsity Girls	1.15 meters	Varsity Boys	1.40 meters
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Athletes will be issued with a number which must be worn as stated in the rules.

Athletes may enter up to five (5) events, including relays. Each school is allowed to enter two (2) athletes in each event except relays (one (1) team only).

Standards of performance based on the previous year's 8th place times/distance will be distributed as a guideline for entering competitors in an event.

All lanes for the Finals will be assigned according to Heat times as follows:

Lane	1	2	3	4	5	6	7	8
Seed	7	5	3	1	2	4	6	8

The scoring system is as follows-

Individual event								Relay									
Place	1	2	3	4	5	6	7	8	Place	1	2	3	4	5	6	7	8
Points	10	8	6	5	4	3	2	1	Points	15	12	10	8	6	4	3	2

A Rules/Protest Committee will be constituted consisting of the Meet Director, Head Official, ISST Official and two (2) coaches not involved in any dispute, chosen by the Meet Director.

Coaches must attend the coaches meeting 90 minutes prior to the first event of the meet, having declared the entries for all events by 10.00 a.m. (host school time zone) the day prior to the event.

The following process will be used to determine the placing of teams in Swimming and T&F where we have the categories of varsity boys and varsity girls.

In each category the team placed FIRST will receive 1 point; the team placed SECOND will receive 2 points; the team placed THIRD will receive 3 points and so on.

Schools which are NOT represented in a category (no athlete) will receive the maximum number of points EQUAL to the number of schools participating.

For example:

If there are 13 schools participating:

In the VB category there are 13 schools represented; 1st place = 1pt; 2nd place = 2 pts; 3rd place = 3 pts and so on until the 13th place team = 13pts

In the VG category there are 6 schools represented; 1st place = 1pt; 2nd place = 2 pts; 3rd place = 3pts and so on until the 6th place team = 6pts. THEN the remaining 7 schools (who are not represented) are awarded 13pts.

Represented schools that are tied within a category:

Should there be tied teams within a category those schools will be awarded the point value for that place. For example

In the VG category there are 6 schools represented; 1st place = 1pt; TIED 2nd place = 2 pts; TIED 2nd place = 2 pts; TIED 2nd place = 2 pts; The NEXT team is placed 5th and is awarded 5 pts, the 6th place team = 6pts. THEN the remaining 7 schools (who are not represented) are awarded 13pts.

Overall Scoring:

For the overall placing add the 2 category scores for a total score. The school with the LOWEST total is the overall Champion

Overall Score Tie Breaker:

If 2 or more teams are tied in the overall score for first place then the total of the gender group points scored by the teams involved will be used to split the tie. If the total points scored are identical then the overall position will be shared.

For example: Team A and B overall tied with 6 points for 1st place.

A Boys -2nd A girls 4th. B Boys-4th B girls -2nd. Both teams a total of 6.

Use team points scored to split tie: Team A boys 128pts, A girls 45pts= 173pts Total.

Team B boys 48 pts, B girls 122 pts= 170pts Total.

Team A win the tie to take 1st place and team B take 2nd place.

First, second and third place permanent trophies will be awarded to the relevant teams. Appropriate medals will be awarded to the first three (3) places in each discipline. Ribbons will be awarded to places 4 through 8 in each discipline.

No reserve medals will be awarded for relays – i.e. medals for a fifth runner. Individual medals will be awarded to those athletes running in the final relay only.

An overall combined team first place trophy (only) will be awarded each year to the team obtaining the best combined scores in the two (2) gender groups.

Participation patches will be given to all athletes involved in the Championships.

EVENT	JB	JG	VB	VG
100m	13.4 0	14.8 0	12.6 0	14.8 0
200m	27.0 0	31.0 0	25.5 0	31.0 0
400m	63.0 0	72.0 0	59.0 0	71.0 0
800m	2.30	2.55	2.20	2.52
1500m	5.20	6.05	4.58	6.05
3000m	11.1 0	13.3 0	10.4 5	13.0 0
100/110 H	19.0 0	20.5 0	19.5 0	20.0 0
400H	XXX	XXX	68.0 0	82.0 0
HJ	1.35	1.20	1.55	1.25
LJ	4.30	3.80	5.00	3.85
TJ	XXX	XXX	10.5 0	8.40
SHOT	9.50	6.60	10.0 0	6.00
DISCUS	23.0 0	16.0 0	24.0 0	17.0 0

TRACK & FIELD ISST CHAMPIONSHIPS

ORDER OF EVENTS

Friday

	TRACK		
14:00	400m Hurdles	VG	Heats
14:15	400m Hurdles	VB	Heats
14:40	100m	VG	Heats
14:55	100m	VB	Heats
15:30	1500m	VG	Final
15:45	1500m	VB	Final

	FIELD		
14:00	Shot	VG	Final
	Discus	VB	Final
	Triple Jump	VG	Final

