

# WCSSAA & DISTRICT 8

## TRACK and FIELD

### MAXI MEET

### TRACK WARS

## INFORMATION 2026

# JACOB HESPELER SECONDARY SCHOOL

SITE CONVENOR: Jim Woolley, WRDSB

Thursday April 16 - Maxi Meet #1, 2:00 pm to 6:30 pm

Thursday April 23 - Maxi Meet #2, 2:00 pm to 6:30 pm

Thursday April 30 - Track Wars, 10:30 am to 7:30 pm

Thursday May 7 - Maxi Meet #3, 2:00 pm to 7:00 pm

### **OFFICIATING RESPONSIBILITIES**

Each school will be responsible for a certain officiating duty at **each maxi-meet, Track Wars and WCSSAA/D8 championship**. Schools are reminded that there must be a minimum of one TEACHER per assigned field event (plus student helpers that you bring). The numbers in parentheses indicates the total number of officials you require to run the event successfully. Please try to ensure that the same officials are used for maxi meets, Track Wars and WCSSAA/District 8.

**FIELD EVENTS** - If you are in charge of a field event, then please note the following points carefully for the **maxi-meets** only.

- 1) **Measurements** - Officials are asked to **give an approximate measure of ALL attempts** even if they are faults. This way all athletes will have an idea of how well they are performing.
- 2) **Open Field Events** - Please keep your field event open for the entire time as athletes will be able to complete their attempts at any time to allow them to compete in other events (*exceptions* - high jump and pole vault).
- 3) **It is imperative that you are at your event 30 minutes before so that athletes can check in and warm up. The events are to START at the listed times.**
- 4) Please ensure that athletes and spectators are well outside the perimeter boundary area that is set up for throwing events. Please check before an athlete throws that all spectators are clear of the competition area.

**SCHOOL RESPONSIBILITIES - SEE Next Page**

**Part of your officiating responsibility includes returning the equipment from the event to the storage facility. (rakes, shovels, HJ standards, etc) This really helps with clean up at the end of the meet.**

SCHOOLRESPONSIBILITY

LHSS/SBCSS	Pole Vault (2 Adults + 2 Student Helpers)
RCSS	Boys Triple Jump (2 Adults + 2 Student Helpers)
JHSS/PRDG	Girls Triple Jump (2 Adults + 2 Student Helpers)
ECI/WCI	Boys Long Jump (2 Adults + 2 Student Helpers)
HHSS/GRCI	Girls Long Jump (2 Adults + 2 Student Helpers)
SMHS	Boys High Jump (2 Adults + 2 Student Helpers)
SDCSS/WCHS	Girls High Jump (2 Adults + 2 Student Helpers)
GPSS	Boys Discus (2 Adults + 2 Student Helpers)
BCI	Girls Discus (2 Adults + 2 Student Helpers)
FHCI	Boys Shot Put (2 Adults + 2 Student Helpers)
KCI	Girls Shot Put (2 Adults + 2 Student Helpers)
WODSS	Boys Javelin (2 Adults + 2 Student Helpers)
EDSS	Girls Javelin (2 Adults + 2 Student Helpers)
MDCSS/RMC	Start Line Blocks and Starter Assistance (2 Adults + 2 Students)
CHCI	Hurdles (2 Adults + 4 Student Helpers)
SSS	Steeplechase Barriers (2 Adults + 4 Student Helpers)
GCI	Finish Line Distance Races (2 Adults + 2 Student Helpers) 800m, 1500m, Steeple races, 3000m & 4 x 400m relay
PHS	Relay Exchanges
ESDSJ	Timing Hut

## Introduction

Please read this information package carefully to ensure that you and your school coaches are aware of the schedule, responsibilities, etc. associated with the maxi-meets. Questions with regard to maxi-meets and track wars should be directed to Jim Woolley ([jim\\_woolley@wrdsb.ca](mailto:jim_woolley@wrdsb.ca) 519-505-0446). **Please note that the entry fee for Track Wars for WCSSAA & District 8 schools is free.**

## General Information

### 1) MAXI-MEET DATES and LOCATIONS

Maxi-Meet # 1 - Thursday, April 16 at Jacob Hespeler SS, Cambridge

Maxi-Meet # 2 - Thursday April 23 at Jacob Hespeler SS, Cambridge

Track Wars - Thursday April 30 at Jacob Hespeler SS, Cambridge

Maxi-Meet # 3 - Thursday, May 7 at Jacob Hespeler SS, Cambridge

### 2) START TIME

2:00 p.m. for Maxi Meets and 10:30 am for Track Wars

### 3) ENTRY PROCEDURE

All athletes will check in with the official running the event **10 minutes** before the event is to start. The same entry procedure will be used at maxi-meets and track wars.

400m and Intermediate Hurdles Maxi Meet and Track Wars times are used for seeding the WCSSAA/D8 timed finals. Athletes in the 400m and Intermediate Hurdles will fill out their stickers and hand them to the marshall at the start of their race.

### 4) FIELD EVENTS

Athletes must report to the assigned area and check in with the teacher in charge of the field event.

### 5) TRACK EVENTS

Track events are listed in the order that they will be run with approximate times indicated. We will run ahead of schedule if possible. Athletes need to report to the "clerk-of-the-course" (starter's assistant) when called.

### 6) FIELD EVENTS CONFLICTING WITH TRACK EVENTS

Athletes entering field events must register when their event is scheduled to start or before. Once registered, they may go to a track event and run that event and then return to the field event. All athletes entered in field events should be allowed three measured throws and/or jumps if time allows.

7) MEASUREMENT OF FIELD EVENTS

Officials will organize athletes as they show up to the event. All attempts will be measured. Faults will be called. Athletes will be given their results verbally.

8) OFFICIALS AND HELPERS - see school responsibilities on separate page in this booklet

Ensure that your school has the appropriate number of officials to run your event accurately and efficiently. Make sure the officials know the track and/or field rules as well as the "rules" peculiar to our maxi-meets (read this booklet carefully) and bring the necessary equipment. Please note that competitor's will be given their results verbally and each school is responsible for recording their own results.

9) CANCELLATION OF MAXI-MEETS

In such cases, the WCSSAA & District 8 convenor, Jim Woolley, will contact the schools by about 12:00 p.m. It is very unlikely that a maxi-meet would be postponed and rescheduled.

10) SCHOOLS NOT ATTENDING MAXI-MEETS

Schools that have entered the sport of track and field through due process of WCSSAA and District 8 must attend all maxi-meets and Track Wars and provide the assigned officials. If circumstances arise that prevent a school from attending, then it is expected that the school will let the track and field convenor know at least one week in advance if possible.

11) REMINDER OF PARTICIPATION RULE

An athlete must compete in at least one maxi-meet or Track Wars of this current season in order to be eligible for the WCSSAA and District 8 meet.

12) SCHOOL UNIFORM REQUIREMENT - ELIGIBILITY

In order for an athlete to compete in a maxi-meet or Track Wars, he/she MUST compete in his/her school uniform the same as at WCSSAA/District 8, CWOSSA, Regionals and OFSAA. An athlete will not be allowed to compete if he/she is not in his/her school uniform.

13) Acquiring a seed time for 400m and Intermediate Hurdles at WCSSAA/District 8

Seed times for the 400m and Intermediate Hurdles will be based on an athletes' best performance at a maxi-meet or an OFSAA sanctioned track and field meet provided an official result from the meet is submitted with the WCSSAA/District 8 entries. An athlete entered in the 400m or Intermediate Hurdles without a verified seed time will be assigned a NO TIME and placed in the slower section.

ORDER OF EVENTS: Maxi-Meet # 1

Thursday April 16 - Jacob Hespeler, Cambridge

TRACK

2:00 p.m.	Intermediate Hurdles	- all age classes
3:00 p.m.	4 x 800 m relay	- Open Girls, Open Boys, Mixed Teams
4:15 p.m.	3 x 100,100,200 m relay	- Open Girls, Open Boys, Mixed Teams
5:45 p.m.	3000 m	- all age classes

FIELD

2:00 to 3:00	Pole Vault	- all GIRLS' age classes
	Long Jump	- Nv Girls
	High Jump	- Jr & Sr Girls
	Triple Jump	- Jr & Sr Boys
	Javelin	- Nv Girls
	Shot Put	- Nv Boys
	Discus	- Jr & Sr Boys
3:00 to 4:00	Pole Vault	- all GIRLS' age classes
	Long Jump	- Jr & Sr Girls
	High Jump	- Nv Girls
	Triple Jump	- Nv Boys
	Javelin	- Jr & Sr Girls
	Shot Put	- Jr & Sr Boys
	Discus	- Nv Boys
4:00 to 5:00	Pole Vault	- all BOYS' age classes
	Long Jump	- Jr & Sr Boys
	High Jump	- Nv Boys
	Triple Jump	- Nv Girls
	Javelin	- Jr & Sr Boys
	Shot Put	- Jr & Sr Girls
	Discus	- Nv Girls
5:00 to 6:00	Pole Vault	- all BOYS' age classes
	Long Jump	- Nv Boys
	High Jump	- Jr & Sr Boys
	Triple Jump	- Jr & Sr Girls
	Javelin	- Nv Boys
	Shot Put	- Nv Girls
	Discus	- Jr & Sr Girls

## ORDER OF EVENTS: Maxi-Meet # 2

Thursday April 23 - Jacob Hespeler, Cambridge

TRACK

2:00 p.m.	Sprint Hurdles	- all age classes
2:45 p.m.	400 m	- all age classes
4:30 p.m.	1500 m	- all girls' age classes
5:00 p.m.	100 m	- Boys run on the back straight - Girls run on the front straight
6:00 p.m.	1500 m	- all boys' age classes

FIELD

2:00 to 4:00	Pole Vault	- Nv Boys
	Long Jump	- Nv Girls
	High Jump	- Jr & Sr Girls
	Triple Jump	- Jr & Sr. Boys
	Javelin	- Nv Girls
	Shot Put	- Nv Boys
	Discus	- Jr & Sr Boys
4:00 to 6:00	Pole Vault	- Nv Girls
	Long Jump	- Jr & Sr Girls
	High Jump	- Nv Girls
	Triple Jump	- Nv Boys
	Javelin	- Jr & Sr Girls
	Shot Put	- Jr & Sr Boys
	Discus	- Nv Boys

ORDER OF EVENTS: Maxi-Meet # 3

Thursday, May 7 - Jacob Hespeler, Cambridge

### TRACK

2:00 p.m.	Intermediate Hurdles	- all age classes
3:00 p.m.	2000 m Steeplechase	- open girls, open boys
3:30 p.m.	200 m	- all Girls age classes
4:20 p.m.	200 m	- all Boys age classes
5:15 p.m.	800 m	- all age classes
6:00 p.m.	3000 m	- all age classes
6:30 p.m.	4x100 m relay	- all age classes

### FIELD

2:00 to 4:00	Long Jump	- Nv Boys
	High Jump	- Jr & Sr Boys
	Triple Jump	- Jr & Sr. Girls
	Javelin	- Nv Boys
	Shot Put	- Nv Girls
	Discus	- Jr & Sr Girls
	Pole Vault	- Jr & Sr Girls
4:00 to 6:00	Long Jump	- Jr & Sr Boys
	High Jump	- Nv Boys
	Triple Jump	- Nv Girls
	Javelin	- Jr & Sr Boys
	Shot Put	- Jr & Sr Girls
	Discus	- Nv Girls
	Pole Vault	- Jr & Sr Boys