

## TRACK & FIELD – MEN'S & WOMEN'S

### a. League Format

The Atlantic University Sport Track & Field regular season consists of the Atlantic University Sport Championship Meet.

Exhibition meets are not sanctioned / governed by Atlantic University Sport. Participation at these events is entirely at the discretion of each member university.

### b. Championship Format

The host of the Atlantic University Sport Championship event must appoint a chairperson. This chairperson or designate is to be on site for all competitions related to the championship.

The Atlantic University Sport Championship is an Atlantic University Sport event managed by a host university or Atlantic University Sport, and the host of the championship is to comply with Atlantic University Sport policies.

#### Format:

- There will be a championship meet held, where the men's and women's teams which accumulate the most points will be declared the Atlantic University Sport Track & Field Champions.

#### Hosting:

- The Atlantic University Sport championship is normally hosted by either the Université de Moncton or the University of New Brunswick (in Saint John, NB).

#### Scheduling:

- The Atlantic University Sport Championship meet shall normally be held on the Friday and Saturday of the weekend that is two (2) weekends prior to the U SPORTS Championship.

*(Amended May 2016)*

### AUS Championship Management Committee

The AUS Championship Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee at the championship.

The AUS Championship Management Committee shall apply AUS Rules. The Management Committee may not, nor may any member, make an exception to any AUS or U SPORTS Rule or to a sanction imposed by AUS or U SPORTS.

The Championship Management Committee has no jurisdiction to consider or interpret U SPORTS Eligibility Regulations.

Composition of the Management Committee shall be:

- i) Convener of Championship;
- ii) Sport Chair or Designate;
- iii) Head Official or Championship Assignor;

A quorum shall require all of the committee members, or their replacement.

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of an AUS or U SPORTS Rule that is being appealed/protested to the Management Committee, that member shall be excused from the Management Committee.

In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and uninvolved in the matter in dispute. The decision regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

The AUS Championship Management Committee shall have the power and jurisdiction to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at AUS Championships, in a timely fashion. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the AUS office.

It is the expectation of AUS that persons representing Member institutions, and/or AUS, at AUS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

### **c. Playing Rules & Regulations**

The following rules are applicable to all exhibition, league or playoff competition unless otherwise indicated.

The playing rules and regulations for Atlantic University Sport Track & Field competition shall be identical to those contained in the U SPORTS Operations Manual, unless specified in the following rules.

#### **1. OUT OF SEASON PRACTICES:**

- 1.1 If student-athletes are on campus following the last day of exams at their respective institution and prior to the approved start date, coaches or designates are permitted to participate in organized individual technical development sessions with student-athletes.

Athletes are permitted to continue physical / dryland training (i.e. weight room & conditioning programs) under the direction of a coach for safety reasons.

**Note:** The intent of this regulation isn't to require or mandate student-athletes to stay and have team practices during this time. This provides an opportunity for student-athletes who are local during the summer to take part in practices with coaching leadership without a limit on how many athletes are within the field of play.

*(Amended December 2021)*

#### **2. TEAM COMPLEMENTS**

- 2.1 There is a maximum team complement of 50 total athletes permitted to participate from any school (combined men's and women's), with a maximum of 30 athletes of either gender.

*(Amended May 2013)*

#### **3. EVENTS:**

- 3.1 The Atlantic University Sport championship meet will include the following events for men and women:

60m, 300m, 600m, 1000m, 1500m, 3000m, 4x200m, 4x400m, 4x800m, 60m Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Toss, Heptathlon (M) and Pentathlon (W).

4. SCORING:

4.1 Scoring for each event for any Atlantic University Sport meet will be as follows:

<b>Place</b>	<b>Individual Events</b>	<b>Relay &amp; Combined Events</b>
1 <sup>st</sup>	7 Points	10 Points
2 <sup>nd</sup>	5 Points	8 Points
3 <sup>rd</sup>	4 Points	6 Points
4 <sup>th</sup>	3 Points	4 Points
5 <sup>th</sup>	2 Points	2 Points
6 <sup>th</sup>	1 Point	1 Point

4.2 A maximum of three (3) athletes per team per event may score.

4.3 The first three (3) athletes per team in each event will be the scoring athletes from that team (i.e. scorers do not have to be declared).

4.4 Non-scoring athletes do not displace points for those finishing below them.

5. UNIFORMS:

5.1 For an athlete to score he or she must be wearing a team uniform.

6. COACHING:

6.1 Coaching of athletes during the competition is permitted provided the coach does not interfere with the conduct of the competition.

6.2 Team cheering is permitted and encouraged from all areas of the facility provided it does not interfere with the conduct of the competition.

## 7. OFFICIALS:

7.1 AUS supports the concept of gender equity in the officiating of Track & Field.

7.2 To help coordinate officials, head officials must be declared two (2) weeks in advance. These must include:

- Meet Convener
- Meet Director (may be the same person as the Convener)
- Chief Photo Finish Judge
- Head Track Judge
- Starter
- Competition Secretary (responsible for results)
- Head Field Event Judges:
  - High Jump, Triple Jump, Pole Vault, Long Jump, Weigh Toss, Shot Put.

7.3 The minimum officials standards for AUS Track & Field officials are as follows:

### Required Positions - Minimum Certification Required:

POSITION	LEVEL	Could Perform Double Duties As:
Track Referee	Level 3 (Level 4 Recommended)	Chief Umpire, Chief Timer or Chief Judge
Field Referee	Level 3 (Level 4 Recommended)	Chief for any specific field event
Starter	Level 3	
Chief Umpire	Level 3	
Chief Timer	Level 3	
Chief Photo Judge	Level 3	
Chief Judge	Level 3	
Chief Call Room Official	Level 3	
Chief For Each Field Event	Level 3	
Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Weight Throw	(Depending on scheduling, one official may fill more than one of these positions)	

Required positions - Minimum Certification is not required:

Meet Administration

- Meet Director.

Track Events

- Assistant Timers (min. of 2).
- Assistant Judges (minimum 3, recommended 5).
- Section Heads required for all relay events.

Field Events

- Long and Triple Jump (3 assistants minimum).
  - One (1) official to spot and hold tape in pit, one (1) official to hold tape at board, and one (or preferably two) officials to rake)
- High Jump and Pole Vault (2 assistants minimum).
- Shot Put and Weight Throw (3 assistants minimum).
  - One (1) spotter, one (1) official to hold tape at circle, one (1) official to hold tape in sector.

Recommended Additional Positions:

Track Events

- Recall Starter (strongly recommended)
- Starter's Assistant (strongly recommended)
- Three (3) Section Heads  
(these are required positions for all relay events and are strongly recommended for all events where lane violations or jostling may be an issue).
- Registrar

8. MINIMUM HOSTING STANDARDS - Atlantic University Sport Championship:

- 8.1 Meets must be scored with running totals available as the meet progresses.
- 8.2 The competition secretary will be responsible for the scoring of the meet, and will provide regular updates of the team scores during the meet.
- 8.3 Meets must have a public address system available.

9. RESULTS DISTRIBUTION:

- 9.1 Results must be emailed to Atlantic University Sport, the Sport Chair and each Track & Field head coach in Atlantic University Sport.
- 9.2 Results must be made available to media, the Atlantic University Sport office and all participating schools within one (1) hour of the completion of the meet.
- 9.3 Results must be entered into the Athletics Canada system via the Trackie.ca website. (<http://www.trackie.com/track-and-field/>)
- 9.4 As a minimum, results must include:
  - Date & location of event
  - Name of each event (i.e. 60m Hurdles, Shot Put, etc.)
  - First name, last name and school of each individual competitor in every event.
  - Event results for every participating athlete, including heats.
  - Complete team scores and final standings.

## 10. EVENT SCHEDULING:

10.1 The recommended schedule for the AUS championship will be as follows:

PISTE / TRACK							
vendredi / Friday				samedi / Saturday			
12:00	60m	M	Hept	9:30	60m H	M	
12:15	60m H	F	Pent	9:40	60m		
14:00	60m H	F	Q	10:00	60m		
14:15	60m H	M	Q	10:30	600m		
14:30	1000m	F	F	10:45	600m		
14:45	1000m	M	F	AWARDS			
15:00	300m	F	F	12:00	60m		
15:20	300m	M	F	12:10	60m		
15:45	3000m	F	F	12:20	1500m		
16:15	3000m	M	M	12:40	1500m		
AWARDS				13:00	1000m	M	Hept
17:15	60m H	F	F	13:15	4x400m	F	F
17:20	60m H	M	F	13:30	4x400m	M	F
17:30	4x200m	F	F	AWARDS			
17:45	4x200m	M	F				
18:00	4x800m	F	F				
18:15	4x800m	M	F				
18:30	800m	F	Pent				
AWARDS							
PELOUSE / FIELD							
vendredi / Friday				samedi / Saturday			
12:00	Poids / Shot Put	F	F	9:00	Perche / Pole Vault	F	F
12:30	Longueur / Long Jump	M	Hept	9:45	Marteau / Weight	F	F
12:45	Hauteur / High Jump	F	Pent	10:00	Triple-saut / Triple Jump	M	F
13:45	Triple-saut / Triple Jump	F	F	11:00	Perche / Pole Vault	M	Hept
14:30	Hauteur / High Jump	F	F	12:30	Marteau / Weight	M	F
15:00	Poids / Shot Put	F M	Pent Hept	13:00	Hauteur / High Jump	M	F
16:30	Longueur / Long Jump	F	Pent	13:15	Longueur / Long Jump	F	F
16:30	Hauteur / High Jump	M	Hept				
17:00	Poids / Shot Put	M	F				
17:45	Longueur / Long Jump	M	F				
18:30	Perche / Pole Vault	M	F				

10.2 Any 'Open' events will take place during a session in the middle of Day 1 of the AUS championship. (Amended May 2014)

## 11. ENTRY PROTOCOL:

- 11.1 When submitting entries for the AUS Championship, coaches submitting seed performances that do not appear in the U SPORTS national rankings will be subject to a \$50 fine per instance  
*(Amended May 2013)*
- 11.2 Athletes and relay teams who enter the AUS Championships without a seed performance from the U SPORTS national ranking system will automatically be entered as “no time” and be seeded accordingly with no further discussion.  
*(Amended May 2015)*
- 11.3 Maximums
  - 11.3.1 Each university shall enter a maximum of one (1) entry in each relay event.
- 11.4 Deadlines
  - 11.4.1 The deadline for all entries to the Atlantic University Sport Championship is to be at 5:00pm four (4) days prior to the Championship.
  - 11.4.2 Entries must be entered online via the Trackie.ca website.
- 11.5 Changes
  - 11.5.1 Changes in event entries may be made up to two (2) days before the start of the Championship (i.e. if the meet starts on Saturday, changes may be made up to 12:00 noon on Thursday of the same week).
  - 11.5.2 Changes after the deadline may only be made at the scratch meeting. At the scratch meeting, teams may scratch athletes from events without penalty. There will be a \$50.00 penalty charged per athlete, per event to teams who have athletes switch or add events at the scratch meeting.
  - 11.5.3 Any scratches made after the scratch meeting, without medical or other extenuating circumstances approved by the jury of appeal, will result in the athlete being scratched from all subsequent events including relays.

11.6 Posting of Entries.

- 11.6.1 The meet convener will post initial performance lists to the Trackie website in the evening four days prior to the championships (i.e. posted on Monday evening if the meet starts on a Friday).
- 11.6.2 If changes are made to the performance lists after this date, the meet convener will post the final performance lists no later than 8:00pm on the Thursday preceding the championships.

## 12. MEETINGS:

### 12.1 AUS Championship Scratch Meeting (Technical Meeting)

12.1.1 The AUS championship scratch meeting (technical meeting) will be held at 8:00pm on the day before the start of the meet. All universities are required to have a coach present.

### 12.2 Scratch meeting agenda:

- Each university will announce their final scratches from events and any changes to seed performances.
- Announcement of heats that become finals.
- Review of check-in procedures.
- Review of qualifying procedures to subsequent rounds where applicable.
- Determination of starting heights and increments for vertical jumps.
- Weigh-in procedures for throwing events.
- Awards presentations.
- Clarification of rules of competition.
- Composition of Jury of Appeal.
- Review of Awards selection procedures.
- Review of Nomination procedure for U SPORTS Awards.
- Review of U SPORTS regulations regarding permission for coaches to coach from within designated sections of the competition area.
- Review of U SPORTS qualification criteria, deadlines and entry procedures.
- Other information regarding the championships.

### 12.3 AUS Awards Meeting

12.3.1 An Atlantic University Sport Track & Field awards meeting will be held immediately following the conclusion of the final event at the Atlantic University Sport championship.

12.3.2 The meeting will be convened by the Atlantic University sport chair or designate.

### 12.4 AUS Coaches Meeting

12.4.1 The annual coaches meeting will be held before the end of April at a time and location to be set by the AUS Sport Chair, in consultation with the head coaches.

12.4.2 All motions should be sent to the sport chair and copied to all other head coaches by the end of day, two days prior to the meeting.

## 13 TECHNICAL RULES:

### 13.1 Heats for sprint events:

- 13.1.1 Where the number of lanes in the final is greater than the number of heats, the winner of each heat will automatically advance to the next round. The remaining available positions will be based on time.
- 13.1.2 Where advancement to a final is required, all available lanes will be filled by competitors, regardless of school affiliation, based on time/performance up to a maximum of 3 fewer competitors per school than there are available lanes (i.e., a maximum of 13 per school if 8 lanes per section in a 2-section final, or 9 per school if 6 lanes per section in a 2-section final).
- 13.1.3 If the number of competitors in the **60m**, **60m hurdles**, and **300m** is not greater than the number of lanes available, then the first heat will become the final, and will be run at the time scheduled for the heat.
- 13.1.4 The number of athletes advancing to a final in the 60m, 60m hurdles and field events will not be limited outside of 13.1.2 (above). Scoring in these events will follow meet scoring protocol, maximum 3 scoring athletes in an event from one institution school.
- 13.1.5 Specific to the 60m hurdle events, if there are not enough entries for preliminary rounds, an optional preliminary heat will be held, with all athletes advancing to the final.

### 13.2 60m event:

- 13.2.1 There will be two sections in the 60m final and 60m hurdles final, with all available lanes being used. The fastest athletes, regardless of school affiliation, from the qualifying round will be placed in the second section with the rest of the qualifying athletes being placed in the first section. Scoring in these events will follow meet scoring protocol, max 3 scoring members in an event from one institution school.

13.3 300m event:

13.3.1 For 300m, only lanes 2-3-4-5-6 are to be used on a 6-lane track, and only lanes 2-3-4 are to be used on a 4-lane track.

13.3.2 Preferential lanes will be assigned in the 300m based on seed performances.

13.3.3 The preferred order of lanes will be as follows:

- **On a 6-lane track:** 1st lane 5, 2nd lane 6, 3rd lane 4, 4th lane 3, and 5th lane 2.
- **On a 4-lane track:** 1st lane 3, 2nd lane 4, and 3rd lane 2.

13.3.4 Seeding of the heats will be done such that seeding will proceed from the slowest in the first heat to the fastest in the last heat.

13.3.5 The 300m event will be held as a timed section final.

13.4 600m event:

13.4.1 When held on a **6-lane track**, the fastest section will include the 6 fastest seeded runners using a 2-turn stagger in lanes. All other sections will have a maximum of 8 runners using a single waterfall start.

13.4.2 When held on a **4-lane track**, the fastest section will include the 6 fastest seeded runners using a double waterfall start with the 2 fastest runners in the outer lanes and the 4 remaining on the inner lanes. All other sections will have a maximum of 8 runners using a double waterfall start with the 3 fastest runners in the outer lanes and the remaining runners on the inner lanes.

13.4.3 The fastest 6 athletes based on seed performances will be placed in the final section of the 600m event.

13.5 4 x 200m event:

13.5.1 The 4x200m will be run with a maximum of one (1) team per lane.

13.5.2 If there are more teams than lanes, teams will be seeded based on their top times posted in the national U SPORTS rankings during the current season.

13.5.3 No section will have fewer than two teams.

13.5.4 The first exchange is to be done in the assigned lanes.

13.5.5 The second and third exchanges must be completed in the lane in which it was initiated.

13.5.6 Teams must attempt to complete their pass in the first 30m after the start of the exchange zone.

13.5.7 All other rules will be as per U SPORTS regulations (open exchange, no acceleration zone).

13.6 4 x 400m:

13.6.1 When held on a **6-lane track**, the top three teams based on seed performances and the next two ranked teams based on team points leading into the 4x400m event will be placed in the final section of the event. Additional teams may be assigned to the final section based on entries, to be decided at the Championship technical meeting, ensuring that there are no fewer than two teams in a section.

13.6.2 When held on a **4-lane track**, the top three teams based on seed performances and the next ranked team based on team points leading into the 4x400m event will be placed in the final section of the event.

13.7 Jumps & Throws - Time Allowed:

13.7.1 World Athletics regulations will be followed for all field events.

**d. Awards**

Atlantic University Sport Award Certificates will be awarded to the following:

- i. The AUS Track Athletes of the year (M & W)
- ii. The AUS Field Athletes of the Year. (M & W)
- iii. The AUS Rookies of the Year. (M & W)  
(Eligibility criteria as defined in the U SPORTS operations manual).
- iv. The AUS Coaches of the Year. (M & W).
- v. The AUS Volunteer Coach of the Year (M & W)
- vi. The AUS Student-Athlete Community Service Award (M & W)
- vii. The AUS Championship MVP (M & W)

Atlantic University Sport Medals (Gold, Silver and Bronze) will be awarded to the following:

- The first, second and third place finisher in each men's and women's individual or relay event at the AUS championship. (M & W)

AUS All-Stars:

AUS all-star designation will be as follows:

- **First Team:** The gold medalists of each individual and relay event at the AUS championship meet.
- **Second Team:** The silver medalists of each individual and relay event at the AUS championship meet.

Selection Process:

The Sport Chair will convene the AUS Track & Field Awards Meeting, where the head coaches shall select the AUS Major Awards listed below.

**a. AUS Track Athlete of the Year (M & W):**

- Nominations shall be put forward and, after some discussion, the AUS Track Athletes of the Year shall be selected by a vote of the head coaches.
- Coaches will consider individuals who dominated their event or events at the AUS Championship and who are top ranked at the U SPORTS level.

**b. AUS Field Athlete of the Year (M & W):**

- Nominations shall be put forward and, after some discussion, the AUS Field Athletes of the Year shall be selected by a vote of the head coaches.
- Coaches will consider individuals who dominated their event or events at the AUS Championship and who are top ranked at the U SPORTS level.

**c. AUS Rookie of the Year (M & W):**

- Nominations shall be put forward where athletes meet the eligibility criteria as defined in the U SPORTS operations manual.
- After some discussion a men's and women's AUS Rookie of the Year shall be selected by a vote of the head coaches.
- Coaches will consider individuals who placed well at the AUS Championship and who are ranked at the U SPORTS level.

**d. AUS Coach of the Year (M & W):**

- The AUS coaches of the year will be selected by a secret ballot of the participating head coaches at the AUS Track & Field Awards Meeting.
- The AUS Coach of the Year awards shall be presented at the AUS Championship.
- Coaches may vote for themselves.

**e. AUS Assistant Coach of the Year (M & W):**

- Coaches shall forward nominations for the AUS **Assistant** Coach of the Year (Male and Female) to the sport chair, no later than two weeks prior to the AUS Championship Meet.
- The sport chair shall circulate the nominations to all head coaches for voting purposes and identify the timelines and procedures for submitting their votes.
- The AUS **Assistant** Coach of the Year awards shall be presented at the AUS Championship.

**f. AUS Student-Athlete Community Service Award (M & W):**

- Coaches shall forward nominations for the AUS Student-Athlete Community Service Award (Male and Female) to the sport chair, no later than two weeks prior to the AUS Championship Meet.
- The sport chair shall circulate the nominations to all head coaches for voting purposes and identify the timelines and procedures for submitting their votes.
- The AUS Student-Athlete Community Service Awards shall be presented at the AUS Championship.

Note: A student-athlete may only win the U SPORTS student-athlete community service award once. Any AUS athlete who has won the national award previously is not eligible to be nominated.

**g. AUS Championship MVP (M & W):**

- Nominations shall be put forward and, after some discussion, the Championship MVPs shall be selected by a vote of the head coaches.
- Coaches will consider individuals who scored significant points at the AUS Championship.
- In cases where points scored are close between individuals, an athlete's national ranking for performances achieved at the AUS Championship may also be considered.

**Tie-Breaking:**

In the event of a tie in the voting for any of the AUS athlete awards, the tie would be broken by calculating the percent from the U SPORTS standard of the best individual event for the involved athletes, with highest percent winning.

*(Amended May 2016)*

**Press Releases:**

- The Atlantic University Sport office will be responsible for releasing all information regarding conference all-stars and major awards.
- The Sport Chair / Championship Host will forward the names of the All-Stars and Major Award Winners to the Atlantic University Sport office once all the awards have been determined.

**Trophy / Award**

Atlantic University Sport Championship (M)

Atlantic University Sport Championship (W)

Athlete of the Year Awards (M &amp; F)

Rookie of the Year (W)

Rookie of the Year (M)

Coach of the Year (W)

Coach of the Year (M)

Assistant Coach of the Year (W)

Assistant Coach of the Year (M)

Student-Athlete &amp; Community Service Award (W)

Student-Athlete &amp; Community Service Award (M)

**Name of Trophy / Award**

Trophy bears no name

(donated by William Dennis – Halifax Herald)

The AUAA Women's T &amp; F Trophy

(donated by Dalhousie University)

None

None

None

None

None

None

None

None

None

**Note:** All applications to create, name or re-name trophies for competition within Atlantic University Sport are subject to the AUS Trophy Policy as set out in the General Operating Procedures and final approval by the AUS sport management council.