

**2009 O.F.S.A.A. Track and Field Championship
University of Toronto – Varsity Centre
June 4 – 6**

GENERAL INFORMATION

Contacts:	Convenor – Steve Masterson Technical Director Neil McNeil HS 127 Victoria Park Ave. Toronto, M4E 3S2 416.393.5502 mastersonsteve@hotmail.com	Convenor – Chris Reid Operation Director West Toronto 330 Lansdowne Ave. M6P 3Y1 416.393.1500 volterum@rogers.com
	Officials – Fraser Bertram Crescent School 2365 Bayview Ave. Toronto, M2L 1A2 fbertram@crescentschool.org	Consultant – Peter Morris 1619 Sir Monty’s Dr. Mississauga, L5N 4P9 pgm@idirect.com

LOCATION

The University of Toronto, Varsity Centre, is located 299 Bloor Street West behind the Royal Ontario Museum. If you are traveling by subway, you exit at the St. George Station.

GATES WILL OPEN

Thursday	11:30 am
Friday	7: 30 am
Saturday	7: 30 am

PARKING

Unfortunately, there is no free parking around the University of Toronto for any vehicles. Buses may drop off athletes on Devonshire but will need to find places to park.

We sincerely regret that parking is not available. If you are staying at the residences or in one of the meet hotels, the organizing committee and the University of Toronto suggest that your driver drops you off at the start of the competition and returns to pick you up at the conclusion. Bus companies will need to arrange parking with one of their affiliates.

WEB SITE INFORMATION

Can be found at www.ofsaa.on.ca. Click on championships. Scroll to Track.

RULES

Per the Playing Regulations

- a) OFSAA Rules
- b) Current IAAF Handbook

The current OFSAA Track & Field playing regulations are available at www.ofsaa.on.ca. Click on “Playing Regulations”. Scroll down to Track and Field.

DEADLINE FOR ENTRIES

Saturday May 30 , 2009 at 11:00 pm

Entries will only be accepted from Regional Entry Coordinators.

Entries will be sent electronically to Al Baigent. He will contact entry coordinators for further instructions. Al May be reached at either 416.393.5502 or 416.694.1789 or alanbaigent@sympatico.ca

Please note that we will be using relay cards again in 2009 . The relay cards have been sent to the regional convenors. Relay cards must be submitted for the teams to be deemed eligible. A team may submit a maximum of six (6) runners for a relay team. ALL RELAY RUNNERS must be entered on the relay card and in the electronic entries as all runners must have a competitor number. Coaches are also reminded that ALL runners must be wearing identical school tops in order to participate in the relays.

ENTRY FEES

Individual Events : \$ 8.00 per competitor per event

Relays : \$ 25.00 per relay

Participation Fee : \$ 2.00 per competitor

Regional convenors are asked to submit one cheque for the entire region . Individual cheques from a school or individual will not be accepted.

REGISTRATION

Will take place in the “Buttery “ of Trinity College .Packages will be available on the main floor.

The Buttery is located just south – west of the stadium .

ONLY SCHOOL COACHES WILL BE ALLOWED ACCESS TO REGISTRATION AREA.

Registration will take place

Thursday June 4 12: 00 am – 6: 00 pm

Friday June 5 7: 30 am – 4: 30 pm

Saturday June 6 7: 30 am - 3: 00 pm

Registration packages will be given out to the school coach listed on the OFSAA Supervision Form unless you present a letter from the school administration giving you permission to pick up the package .

If the applicable forms have not been submitted by the regional convenor in advance, they must be submitted at the time of registration in order for the registration package to be released.

COACHES PASSES

Each year , the number of passes that are available for coaches is always questioned and debated. The Sports Advisory Committee set up a schedule for the distribution of coaches passes based on the number of participants from each school. This motion (schedule) was passed at the recent OFSAA Board of Directors Meets . The following schedule will be in place for the 2009 OFSAA Track & Field Championships.

1 – 10 athletes	1 pass (single gender) or 2 passes (both genders)
11 – 16 athletes	2 passes (single gender) or 3 passes (both genders)
17 – 25 athletes	3 passes (single gender) or 4 passes (both genders)
26 + athletes	4 passes (single gender) or 5 passes (both genders)

In the case that an entire association or region travels together to the OFSAA Championship, and a select group of teachers are supervising the athletes from that association or region, the number of passes will be determined by the convener in consultation with the association or regional convener .

ATHLETES CONTROL CENTRE

The ACC for both Track events and field events is located in the arena . Signs will be posted inside the stadium directing athletes to the ACC .

Once an athlete enters the ACC , they may not leave. There will be a warm up area inside the arena.

For Track Events , the athlete must enter the ACC no earlier than thirty (30) minutes prior to and no later than twenty (20) minutes prior to the scheduled race time. Athletes will be walked to the track 10 – 15 minutes prior to the scheduled start of the race.

For Field Events , the athlete must enter the ACC no earlier than sixty (60) minutes prior to start of the event, except Pole Vault who must check in seventy –five (75) minutes prior to their event. Athletes will be walked to their event 30 minutes prior to the scheduled start of the event, except pole vault who will be walked out one hour before the event.

All implements must be at the technical weigh-in located in the arena ninety (90) minutes before the event.

If an athlete is not present when their section (track event) is called , they will not be permitted to compete. From the posted schedule, athletes should be aware of the time that their event is slated to occur. There will not be any public address announcements.

Any taping or medical treatments must occur before an athlete enters the ACC

If an athlete requires medical attention, the appropriate attendant / therapist will be called.

Once an athlete enters the ACC, an athlete may speak with their coach over the fences as long as this does not disturb another athlete's concentration.

No I-pods ,portable radios, MP3 players , CD players or tape players are permitted in the ACC or at the competition site.

UNIFORMS

Athletes must wear a top that identifies their school

For relays , all runners must wear IDENTICAL school tops.

IMPLEMENT WEIGH IN

All athletes competing in discus, javelin, and shot put must have their implements weighed in before the event . The weigh in will take place inside the arena. Signs will direct you to the location;

Times : Ninety minutes before the event . Implements may be left overnight with the technical officials. They will be left in a secure place.

OFSAA SCHEDULE

The OFSAA Schedule may also be found on the OFSAA Track & Field Site.

Note:

There have been a few changes in both the Track schedule and the Field schedule from previous years. Please check the schedule carefully for the events that your athletes are entered.

**A MAXIMUM 6MM SPIKES ONLY WILL BE PERMITTED ON THE TRACK.
NO SPIKES MAY BE WORN IN THE ATHLETES CONTROL CENTRE (ACC)**

Location of Events

Varsity Centre ; All Track events ; High Jump; Pole Vault ; Long Jump; Triple Jump

Trinity College Field : Shot Put ; Discus

Hart House Field : Javelin

Entry To Varsity Centre

Access off Bloor Street at the north end of the stadium ** Note: this is the only entrance at which tickets for spectators will be sold. **. Once you have received a stamp or have a coach, athlete , or media pass , you may enter from the south end of the stadium on either the east or west side. Athletes will be required to show their competitor number . Coaches , media and guests will require proper accreditation

Entry to Trinity Field – south of stadium

Entry to Hart House Field – is located 50 metres south of the Stadium past Hoskin Ave. off

ACCOMMODATION

The list of residences and hotels that are providing accommodation are posted on the OFSAA Site

TICKET PRICES

\$ 15.00 – Meet Pass (all three days)

\$ 5. 00 – Thursday

\$ 8. 00 – Friday

\$ 8. 00 - Saturday

Senior Citizens

\$ 5: 00 each day

High School Students (must present student ID)

\$ 5:00 each day

FACILITY INFORMATION

- a) All Javelin events will be run on a grass runway
- b) Maximum 6mm spikes only on the track
- c) No spikes will be permitted in the ACC

ADDITIONAL TECHNICAL INFORMATION

- 1) For all track and runway events inside the stadium , spike length is 6mm and will be strictly enforced.
- 2) For track events , an athlete who qualifies for a final from a heat and scratches from the final is ineligible to compete for the remainder of that day , including relays and field events.
- 3) Starting blocks do not have to be used . The false start rule is in effect at OFSAA Track Championships except that the Track Referee may not over rule the Starter.

HURDLES

Sprint Hurdles

Midget & Junior Girls – 80m (30”)

Senior Girls – 100m (30”)

Midget Boys – 100m (33”)

Junior Boys – 100m (36”)

Senior Boys – 110m (36”)

Intermediate Hurdles

Midget & Junior Girls – 300m (30”)

Senior Girls – 400m (30”)

Midget & Junior Boys – 300m (33”)

Senior Boys – 400m (36”)

Steeplechase

Open Girls – 1500m (30”)

Open Boys – 2000 m (36”)

Implement Weights

Discus

All Girls , Midget and Junior Boys	1kg
Senior Boys	1.613kg

Javelin

All Girls , Midget and Junior Boys	600 gram
Senior Boys	800 gram

Shot Put

All Girls, Midget and Junior Boys	4kg
Senior Boys	5.443 kg

For all throwing events, long jump and triple jump , athletes must REPORT before the final trial of the third round to be eligible to compete in the event. Once the officials have assembled to determine the final eight(8) in the event , the third round is deemed over and no further attempts shall be allowed.

AWARDS

OFSAA medallions shall be presented to the first three (3) finishers in each event . The awards will be presented immediately after the conclusion of the race at the awards podium. For field events , the medallions will be presented at the competition site.

Athletes finishing in positions 4th – 8th will receive ribbons

SCORING

Scoring for the team championship will be as follows

1 st – 10 Points	2 nd – 8 points	3 rd – 6 Points	4 th – 5 Points
5 th - 4 points	6 th – 3 Points	7 th – 2 Points	8 th – 1 Points

A pennant will be awarded to the Overall Girls Team Champion and the Overall Boys Team Champion.

MEDICAL

There will be accredited Athletic Therapists on hand to deal with injuries as they occur. Therapist can do preventive taping . If you do not provide a supply of tape , there will be a charge .

PROTESTS

Per the OFSAA Playing Regulations , any protests must be submitted within 30 minutes of the event / occurrence becoming final along with a \$ 50.00 fee. The fee will be returned if the protest is upheld , that is, successful to the applicant. There will be a Jury of Appeal formed from a panel of six . Appeals will be held expeditiously and the decision(s) of the Jury is final.