



**2011**

# **Black Fly Relays**



**...they're back!!**

**Saturday, April 30<sup>th</sup>, 2011  
Laurentian University - Sudbury, ON**

**Technical Package for Coaches**

# 2011 Black Fly Relays

## Technical Package for Coaches

**Meet Date:** Saturday, April 30<sup>th</sup>, 2011

**Race Location:** Laurentian University Track and Field Stadium

**Meet Director/All Inquiries:** Darren Jermyn – [jermyn@vianet.ca](mailto:jermyn@vianet.ca)  
Phone: 705-523-7100 ext. 3138 or 705-670-1561  
Cell: 705-507-8246 Fax: 705-523-7170

### Eligible Athletes:

- This competition is open to both high school athletes/teams and non-high school aged club athletes as follows:
  - o All high school aged athletes and teams **must** be entered by their high school coach and compete for their school.
  - o Non-high school aged club athletes will be allowed entry as follows: Bantam/Midget aged athletes (e.g. Grade 6, 7 and 8) will compete in the Midget or Open Category. Open athletes (e.g. College, University, Masters) will compete in the Senior or Open Category.

**Driving Directions:** Please refer to the "Sudbury Map" for directions to Laurentian University.

### Arrival and Parking:

#### Arriving Via Bus:

**Drop-off and Pick-Up Location:** Athletes and coaches arriving via bus should enter the university at the main entrance (See "Campus and Car Parking Map") and proceed through campus until you hit the Raymond Alphonse Building (bottom of the hill just before intersection of University Road and Voyageur Road). Athletes and coaches must be dropped off and picked up here. (Note – from here, it is approximately a 300m walk to the Start/Finish Area). Coaches and athletes should take everything they need for the day off the bus.

#### Arriving Via Car or Small Van:

Athletes or spectators arriving via car or small van can be dropped off at the bus turnaround near Lot **P13** (front of the B.F. Avery Building - see "Campus and Car Parking Map"). Free parking is available on weekends in Lot **P13**. If required, cars can also park at **P11** or **P15**. There may be a charge (\$4 – coin entry) to park in P11 or P15 – please be prepared.

**Parking is prohibited anywhere along the stadium road or inside the stadium.  
You will receive a ticket!!!**

**Registration Package Pick-Up:** Located near the finish line. Registration opens at 9:30am.

**Scratches:** Coaches are asked to please notify the registration desk of any known scratches upon arrival at the meet. This will allow us to run full heats/sections and keep the meet on schedule.

**Team Tent Area:** Room will be available for team tents to be erected along the grass burn behind the steeplechase water jump.

**Outdoor Sheltered Area:** Part of the main stadium seating is covered but teams are asked to come prepared for spending the day outside in rain and/or cool conditions.

**Indoor Sheltered Area:** The bottom floor of the Ben Avery Physical Education Building will be available for athletes and coaches. Washrooms are available on this floor. The remainder of the Ben Avery Building, including the indoor track, cardio room, etc. are off limits.

**Spike Length:** Spike length for both track and field events (LJ and TJ) is limited to **6mm**. This rule will be strictly enforced at the check-in for each event. Please ensure your athletes are prepared for this.

**Entries: Pre-entry Only! No race day registration.**

**ENTRY DEADLINE is Wed. April 27<sup>th</sup> at 7:00pm.**

- All entries must be done online at [www.trackdatabase.com](http://www.trackdatabase.com).
- If you have not used this website before, please do the following:
  - o Under "Members" choose "Register".
  - o For "Team Type", high schools should select "OFSAA". Club athletes should choose "Other"
  - o Complete the requested information for you team. Make sure to store or print out your username and password so you can add/edit entries at a later date!
- Once registered, go to "More Meets" and select "Join a Meet". Enter the following Code: **UL5FLY**

**Relay Event Instructions** (4X100, 4X200, 4X400, 4X800, Sprint Medley Relay)

- Each school can enter **up to 3** teams in a single relay event. (E.g. Lockerby can enter an "A", "B" and "C" team in the Midget Boys 4 X 100m)
- You do not need to include athlete names for your relays.
- Click on "Edit" beside "Relay Entries A" and enter all your "A" relay teams. Submit these entries ("Submit" button at bottom) and then repeat for your "B" and "C" teams if required.
- To the best of your ability, please include a seed time for each relay team as all relays will be timed finals.

**Individual Event Instructions** (100m, 1500m, LJ, TJ)

- Entries are to be done by athlete name.
- Click on "Add Athlete". Fill in the information including: First Name, Last Name, Sex and Division. Age is not required. Check off all the individual events that athlete will compete in.
- Seed times are not required for the 100m, LJ or TJ
- **Seed times ARE required for the 1500m.** Please use your best judgement. This is an Open event and athletes will race in timed sections based on their seed time, not by age group. Athletes without seed times for the 1500m will be placed in the slowest section.
- Click "Submit" and repeat until all your athletes are entered.

**Entry Fees:**

- \$10 per relay team
- \$5 per individual event
- School Team Maximum of \$400

**Late Entries:**

- Late entries will be accepted at the discretion of the Meet Director. Late entries must be submitted via email to the Meet Director and include the athlete or team name, division, event and seed time. Late entries will be charged at \$20 per relay team and \$10 per individual event (over and above the team maximum fee if applicable).

**Entry Confirmation:**

- You will receive a confirmation email of your entries and an email indicating the total amount of entry fees required.

**Payment:**

- Please make cheques payable to: **“Laurentian University Women’s Cross Country Running Team”**. Cheques will be collected at the Registration Desk on the day of the event. Cheques should be issued by the participating school or club. Receipts will be provided. Team Packages will not be given out until payment is received.

**High School Verification of Parental Consent Forms: IMPORTANT!!**

The following single document is required at the Registration Desk on the day of the event:

*A signed attestation / verification (on School letterhead) from the school representative (coach or principal) that indicates that all required official Parental Informed Consents forms have been signed and received from parents' of each participating student for this event.*

**Non-High School Athlete Waiver Form**– All non-high school aged athletes will be required to complete a waiver form prior to competing. This form is available at [www.tracknorth.com](http://www.tracknorth.com)

**Bib Numbers:** Only athletes competing in the individual events (100, 1500m, LJ, TJ) will receive a bib number. Please ensure the bib number is placed on the front of their competitive singlet.

**False Start Rule** – as per OFSAA Regionals & OFSAA Championship:

**Midget** - first false start is against the field; subsequent false starts against the individual and that individual will be disqualified from the event

**Junior, Senior and Open** - all false starts are against the individual who is disqualified from the event

**Relay Events:** All relay events are timed finals. Slower sections will run first.

**Field Events:** All competitors will get 3 attempts. The top 8 athletes will qualify for 3 additional jumps. Non-high school aged athletes will not displace high school athletes in qualifying for the final 3 jumps, the field will simply be expanded to include a minimum of 8 high-school aged athletes.

**Check-In Procedure:****Track Events**

All Relays: The Check-In Marshall will be located just beyond the 100m start line. Relay teams, with all four athletes present, must check-in **no later than 15 minutes prior** to the start of their event. The anchor runner will be given a hip number to wear during the race to assist the phototiming team.

100m: Check-In at the 100m start line no later than 15 minutes prior to the start of the event.

1500m: Check-In at the 1500m start line no later than 15 minutes prior to the start of the event.

**Field Events**

All athletes to check-in at the jumps pit no later than 15 minutes prior to the start of the event.

**High School Team Scoring:**

- A single team high school aggregate champion (All age divisions, Girls + Boys) will be announced at the conclusion of the event.
- Only relay events will contribute towards a team score.

- In events where a school has more than one team (e.g. A and B), points are only awarded to the highest placing team from that school.
- Point system: 1<sup>st</sup> through 8<sup>th</sup> place: 10-8-6-5-4-3-2-1 points
- Tie breaker will be team with more 1<sup>st</sup> place finishes. If still tied, then the team with more 2<sup>nd</sup> place finishes, etc.
- Club teams will not be included in team scoring.

**Awards: TBD**

**Concessions/Food:**

- Pizza, fruit and other snacks and drinks will be available for purchase at the Concessions area throughout the day.

**First-Aid**

- Athletic therapy will be onsite during the competition. It will be located inside the main stadium.

**Washrooms:**

- Public washrooms are accessible from outside of the Stadium (Female – on North End, Male – access from behind stadium). Washrooms are also available on the 1<sup>st</sup> floor of the Ben Avery Physical Education Building.

**Meet Schedule:** Note – all events may run up to 30 minutes ahead of schedule.

**Track**

11:00am – 100m Heats (Top 8 times in heats qualify for finals) – MG, MB, JG, JB, SG, SB

12:00pm – 4 X 800m – Open Girls, Open Boys

12:30pm – 100m Finals – MG, MB, JG, JB, SG, SB

1:00pm – Short Track Break

1:15pm – 4 X 100m - MG, MB, JG, JB, SG, SB

2:00pm – 4 X 200m - MG, MB, JG, JB, SG, SB

2:45pm – 1500m - Open Girls, Open Boys

3:15pm – 4 X 400m - MG, MB, JG, JB, SG, SB

4:00pm - Sprint Medley Relay (200-200-400-800) – Open Girls, Open Boys

**Field**

All competitors will get 3 attempts. Top 8 athletes will qualify for 3 additional jumps.

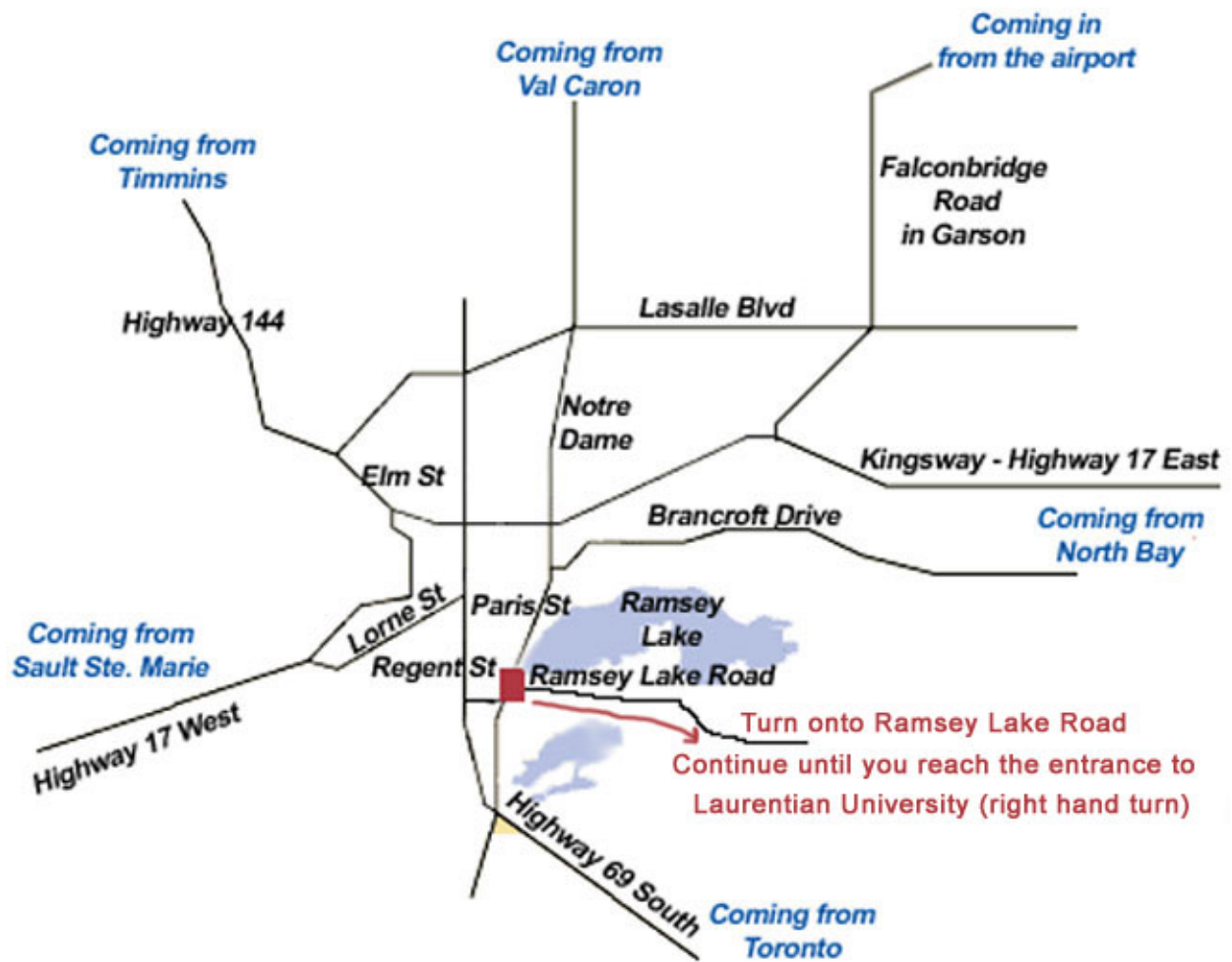
11:00am – Triple Jump – Open Girls

12:00pm – Triple Jump – Open Boys

2:00pm – Long Jump – Open Girls

3:00pm – Long Jump – Open Boys

# 1. Sudbury Map



## 2. Campus and Car Parking Map

