



2006
N.O.S.S.A. TRACK AND FIELD
CHAMPIONSHIPS

THURSDAY, MAY 25TH AND FRIDAY, MAY 26TH
LAURENTIAN UNIVERSITY

SECTION I -
MEET PROCEDURES AND REGULATIONS

N.O.S.S.A. TRACK & FIELD 2006
MEET PROCEDURES AND REGULATIONS

DATE: Thursday, May 25, 2006 3:30 p.m.
Friday, May 26, 2006 9:00 a.m.

LOCATION: Laurentian University Track and Field Complex - Laurentian University

CONVENER: John Roberts - Retired Teacher

MEET MANAGER: Dave Makela - Educational Media Centre

ENTRY DEADLINE: **Tuesday, May 23rd, noon**
Entries accepted only from district conveners or their designates.
Send to: Dave Makela
c/o Educational Media Centre, 85 MacKenzie
Sudbury, Ontario P3C 4Y2
Tel (705) 674-2150, Fax (705) 675-1547, Email: makelad@rainbowschools.ca

*Use Hy-Tek Meet Manager and follow instructions provided. See section II for further information.

No Post Entries accepted. Substitutions will be permitted provided that the competitor has been registered and with concurrence of district involved.

ELIGIBILITY: District conveners must bring a copy of their district's eligibility lists to the meet

- ENTRIES:**
1. The following number of competitors (except relay teams) are eligible for each competition: Sudbury - 5, North Bay - 4, Sault - 4, North Shore -3.
 2. Each competitor may compete in three events plus one relay plus the open relay.
 3. All scratches must be submitted through the District Convener (or their designate) at least forty-five minutes before the commencement of the day's events. No substitutions will be permitted after 6pm of the Wednesday previous to the start of the meet.
 5. 'Spares' shall be permitted (if so listed) and shall receive competitor numbers provided that the entry fee is paid for each.

ENTRY FEES: The entry fee shall be **\$2.00 per competitor per event** (including relays) payable at registration. District conveners must include a cheque for all fees for their schools upon arrival, payable to "S.D.S.S.A.A." Spares will be charged a fee of \$0.75/athlete.

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1. Starting blocks will be provided.
2. Only short spikes (5mm or 1/4") will be allowed on the **track**.
3. a) All approaches except the javelin are regapol (5mm spikes only). The Javelin approach is rubberized, and will take a 7mm spike.
b) Discus and shot put pads are concrete surfaces.
4. The 1500m and 2000m steeplechase events have a water jump.
5. Competitors' numbers are to be worn on the back for track events up to and including 400m. For all events over 400m (800m+) the numbers are to be worn on the front. Field event competitors should wear them on the front.
6. The field house under the covered stands will be open for registration at 2:30 p.m. on Thursday.
7. Food and drinks will be available at the concession area.
8. Weigh-in for the throwing implements will take place in the Equipment Storage area underneath the photo-timing tower.
9. Public washrooms are located at each end of the main stadium (roof section).
10. Parking will be restricted to lot #13 (in front of phys-ed building). Parking behind or inside the track stadium is limited to volunteers and track officials. Laurentian security will ticket offenders!
11. No one is allowed on the track or infield unless he/she is competing, or is a N.O.S.S.A. official. Any athlete violating this rule will subject his/her team mates to possible disqualification.
12. A complete set of printable results will be uploaded to the NOSSA website after each complete day of competition. No hard copies will be distributed.
13. Schools with N.O.S.S.A. trophies are reminded to bring them to the meet.

Girls:	Midget Division	-	Sir James Dunn C & VS
	Junior Division	-	Sir James Dunn C & VS
	Senior Division	-	Widdifield SS
Boys:	Aggregate	-	Sir James Dunn C & VS
	Midget Division	-	Sir James Dunn C & VS
	Junior Division	-	Lasalle SS
	Senior Division	-	West Ferris SS
Combined:	Aggregate	-	Sir James Dunn C & VS
	Aggregate	-	Sir James Dunn C & VS
14. O.F.S.A.A. Entries:
A post meeting will be hosted following awards presentations to decide upon O.F.S.A.A. entries. See Section III of this information package for further information on the O.F.S.A.A. entries process.

Dave Makela
Meet Manager

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INFORMATION PACKAGE - SECTION II ENTRY INSTRUCTIONS

Number of eligible competitors per district:

Nipissing, Soo	-	4
Sudbury	-	5
North Shore	-	3

PROCEDURE FOR USING HY-TEK PROGRAM TO COMPLETE ENTRY PROCESS:

1. Before using the Hy-Tek Program for your local meet, **be sure you are using the correct, updated version, 1.2Kf**. Using an older version will cause problems with data transfer. This update may be downloaded free at the following web address:
<http://www.hy-tek ltd.com/track/winmm/updates.html>
2. Before completing your final results file back-up, please ensure you have entered the **names of all relay runners** on the teams you are entering. Also, please ensure **all your athletes have their birthdate entered**.
3. Go to "File" and select "Back Up ..." to complete back-up of district results. This is one of the files that you will be emailing.
4. After back-up, from "File" pull-down menu, select "Export Advancers". "Select All" events, then advance athletes using the boxes provided to customize your needs (typically, custom select advancers would be checked as not necessarily the top performers advance in all events). Upon completion, you will be prompted to select a location and name for the file.
5. Send an email to Dave Makela WITH TWO ATTACHMENTS. One will contain your advancers information, the other will be a back-up of your district results. Be sure to include the district name in the subject line and a contact number where you can be reached in case there are problems.
6. In addition, fax a hard copy of your entries to Dave Makela at (705) 675-1547 - **this fax should clearly identify the athletes that will be participating at NOSSA**.

PAYMENT OF ENTRY FEES:

1. Fees are **\$2.00 per competitor/event** (whenever event is hosted in Sudbury). Spares will be charged a flat rate of **75 cents per competitor**.
2. Make cheque payable to "S.D.S.S.A.A." and submit upon arrival to event.

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INFORMATION PACKAGE – SECTION III

O.F.S.A.A. ENTRIES

1. The North Region is allowed a maximum of 4 entries per event. N.W.O.S.S.A. and the N.E.O.A.A. are entitled to send their district champ in each event, while the fourth entry is represented by the athlete that enters the next best performances amongst the three regions.
2. In order for an athlete to be considered for O.F.S.A.A., the athlete must have participated at the N.O.S.S.A. meet. Only athletes with a bonafide performance at N.O.S.S.A. will be considered.
3. Entry fees for O.F.S.A.A. are as follows:

Individual Event	\$8.00
Relay Teams	\$25.00
O.F.S.A.A. Administration Fee	\$2.00 per athlete

Each district, via its District Secretary, will be invoiced for O.F.S.A.A. fees which are to be made payable to "S.D.S.S.A.A." **upon receipt of invoice.**

4. At the end of the meet, a meeting will be hosted to decide upon O.F.S.A.A. entries. All Districts must be represented at this meeting. Not all schools have to be in attendance, however, and for those who choose not to attend, an O.F.S.A.A. Confirmation of Entry Form must be submitted prior to departure. District reps in attendance will be responsible to confirm entries for all schools within their district.
5. O.F.S.A.A. Eligibility, Practice, Behaviour and Supervision forms must be submitted for any athletes attending the O.F.S.A.A. meet. For schools not attending the O.F.S.A.A. entries meeting, these forms must be submitted to the entries/results area prior to departure from the N.O.S.S.A. meet.
6. Upon completion of the meeting, a complete list of qualifiers will be developed and uploaded to the N.O.S.S.A. website (www.rainbowschools.ca/nossa). Errors or omissions should be reported to Dave Makela not later than **noon on Saturday, May 27th** (phone: 674-2150, email: makelad@rainbowschools.ca)
7. A competitor list will be faxed to each N.O.S.S.A. District Secretary along with an invoice. One payment shall be collected for all schools within each district (two for the Soo - male & female), payable to "S.D.S.S.A.A." All O.F.S.A.A. fees will be paid by S.D.S.S.A.A. by cheque and will accompany the hard copy of the O.F.S.A.A. entries.

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INFORMATION PACKAGE - SECTION IV
ACCOMMODATIONS - THE OFFICIAL HOTEL OF NOSSA



Track and Field
On May 24, 2006

Presents the Travelodge Hotel Sudbury for your hotel reservations
Contact the hotel directly & ask for "NOSSA" rate

\$94.00

Travelodge Hotel
1401 Paris Street
Sudbury, ON P3E 3B6
Direct: 705-522-1100

The Travelodge Hotel Offers:

140 Comfortable Guestrooms including Deluxe Two Room Suites



Open - 6am-10pm daily

Indoor Pool & Hot-tub
Fitness Room & Guest Laundry
Glow Aesthetics & Fantasy Tan On-Site (Suite 152)
In-room Coffeemaker, Hairdryer, Iron and Board
Plenty of Convenient Free Parking
Complimentary Wireless High Speed Available

We are centrally located -only minutes to Science North and Bell Park
And a short drive to shopping and other attractions!

Call us today to book your room!

Angela Labbe - Sales Coordinator
705-522-1100 x260

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INFORMATION PACKAGE - SECTION V

SITE MAP



