



2011
N.O.S.S.A. TRACK AND FIELD
CHAMPIONSHIPS

WEDNESDAY, MAY 25TH AND THURSDAY, MAY 26TH
LAURENTIAN COMMUNITY TRACK COMPLEX

SECTION I -
MEET PROCEDURES AND REGULATIONS

N.O.S.S.A. TRACK & FIELD 2011
MEET PROCEDURES AND REGULATIONS

DATE: Wednesday, May 25, 2011 3:30 p.m.
Thursday, May 26, 2011 9:00 a.m.

LOCATION: Laurentian Community Track Complex - Laurentian University

CONVENER: Gilbert Briscoe - Confederation Secondary School

MEET MANAGER: Dave Makela - RDSB Training Lab, Northeastern Elementary School

ENTRY DEADLINE: **Friday, May 20th, 9am**
Entries accepted only from district conveners or their designates.
Send to: Dave Makela
Email: makelad@rainbowschools.ca
Phone: (705) 675-0215 x1 Fax: (705) 675-0216

*Use of Hy-Tek Meet Manager software required. 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.
 6. An athlete must participate in all events in which he or she is entered. In the event an athlete scratches he will be ineligible to participate in any subsequent events.

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.

N.O.S.S.A. TRACK & FIELD 2011

MEET PROCEDURES AND REGULATIONS

1. Starting blocks will be provided.
2. No pinspikes will be allowed on the **mondo surface**. **Only pyrammidal or cone shaped permitted** (no longer 6mm or 1/4").
3. a) All approaches except the javelin are mondo (6mm pinspikes only). The Javelin approach is mondo.
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 front 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). When this lot is full, lot #11 (Health Sciences building) is to be used. Parking behind or inside the track stadium is not permitted. **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. Last years's winners:

Girls:	Midget Division	-	Sir James Dunn C & VS
	Junior Division	-	St Basil SS
	Senior Division	-	Lo-Ellen Park SS
	Aggregate	-	Lo-Ellen Park SS
Boys:	Midget Division	-	Manitoulin SS
	Junior Division	-	Lo-Ellen Park SS
	Senior Division	-	Sir James Dunn C & VS
	Aggregate	-	Lo-Ellen Park SS
Combined:	Aggregate	-	Lo-Ellen Park SS
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.** The software should prompt you for an update at first start-up. Using an older version will cause problems with data transfer.
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 to register for NOSSA.
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 advancers (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.

PAYMENT OF ENTRY FEES:

1. Fees are **\$2.00 per competitor/event.** 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 performance amongst all 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**. No payments will be accepted at N.O.S.S.A. for North Region entries.

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. This meeting will be hosted in the Ken Bahnuk Lounge, located within the Ben Avery PhysEd building at Laurentian University. 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, Supervision and Photo 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 29th** (phone: 675-0215 ext 1, email: makelad@rainbowschools.ca). In the event a scratch or error affects the status of an athlete's entry, a coach's contact number will be sought in case he/she needs to be reached prior to the OFSAA entry deadline.
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.

O.F.S.A.A. DECLARATION SHEET 2011

USE THIS FORM TO CONFIRM AN ATHLETE'S INTENT TO COMPETE AT OFSAA
IF NOT ATTENDING THE POST NOSSA MEET OFSAA ENTRIES MEETING

School: _____ Coach: _____

Cell number: _____ (to be used in case of spot opening at OFSAA)

<i>Name</i>	<i>DIV</i>	<i>Event</i>	<i>Place</i>	<i>Result</i>	<i>Yes/No</i>

Coach's Signature: _____

PLEASE MAKE ABSOLUTELY SURE THAT YOUR ATHLETE WILL HONOUR ANY COMMITMENTS **BEFORE** SUBMITTING THIS FORM.

Submit this form to Dave Makela before completion of the meet. At the same time, you must submit the O.F.S.A.A. Eligibility, Practice, Photo, Behaviour and Supervision forms. Thanks for your cooperation.

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LAURENTIAN UNIVERSITY

INFORMATION PACKAGE - SECTION IV

ACCOMMODATIONS



Teams are directed to contact Maija Holla of the Westmont Hospitality Group for any/all accommodations needs.

Toll Free: 1-866-285-7936

Email: maija.holla@whg.com

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INFORMATION PACKAGE - SECTION V - SITE MAP

