

2008 NOSSA TRACK AND FIELD CHAMPIONSHIPS

HOSTED BY SAULT STE. MARIE

NOSSA PROCEDURES AND INFORMATION

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**NOSSA TRACK AND FIELD 2008
MEET PROCEDURES AND REGULATIONS**

DATE: Thursday, May 29th, 2008 3:30 pm
Friday, May 30th, 2008 9:00 am

LOCATION: Jo FormanTrack, Elizabeth Street, Sault Ste. Marie

CONVENERS: Lorri Purnis and Terri Lyn Della Penta (Sir James Dunn CVS)

DEADLINE FOR ENTRIES: **Tuesday, May 27th, 3:00pm**

Entries accepted only from district conveners. Please send to:

Lorri Purnis
Sir James Dunn CVS
1601 Wellington Street East
Sault Ste. Marie, Ontario
P6A 2R8
Tel: 705-945-7177 Fax 705-945-8737 Home phone: 705-248-1878
And for a good time call 1-900-RUN-FAST...ha ha ha ha!

Entries can be emailed to purnisl@email.adsb.on.ca. Confirmation will be e-mailed.

The OFSAA entry package has been included as separate links on the NOSSA track home page. Please be sure to have all necessary signatures before leaving for NOSSA as the entries will be done at the post-NOSSA meeting and all forms will need to be handed in.

General Information

1. Starting blocks will be provided.
2. Only short spikes (5mm) will be allowed on the track.
3. Approaches for jumping are rubberized asphalt
4. The javelin approach is asphalt so advise throwers to bring appropriate footwear (spikes may not be appropriate). The javelin will be located as shown on the map (although they will be throwing in the opposite direction to that indicated on the map) of the track and not beside the triple jump area as in previous years.
5. Discus and shot put pads are cement.
6. The 1500m and 2000m steeplechase events have a water jump.
7. There will be **no pole vault** competition in Sault Ste. Marie.
8. Competitors' numbers are to be worn on the back for track events up to and including 400m. For all events over 400m the numbers are to be worn on the front. Field event competitors should wear their numbers on the front also.
9. The John Rhodes Arena will be open for registration at 1:00pm on Thursday.
10. Weigh in for the throwing implements will take place in the John Rhodes Arena.
11. There will be food and drink available in the John Rhodes Arena.
12. Public washrooms are located in the John Rhodes Arena.
13. No one is allowed on the track infield unless he/she is competing, or is a NOSSA official. Any athlete violating this rule will subject his/her teammates to possible disqualification
14. Schools having NOSSA trophies in their possession are reminded to please bring these awards to the meet. I think that many of the trophies are missing and if you could look at your schools to see if you have them, that would be helpful.
15. T-shirts will be available for sale. I am not sure of the price but I am sure it will be typical of any school event.

Hy-tek Entry Instructions

1. Before using the Hy-tek program you must be sure to have Hy-tek version 1.2lb or 2.0 of Meet Manager. Since you can no longer get the 1.2lb update, you may have to purchase the 2.0.
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 (otherwise a relay team member may not get a number). Also, please ensure that **all your athletes have their birthdate entered**.
3. Go to File and select Back Up to complete the back-up of district results. This is one of the files you will be emailing. Please name the file something appropriate so that I can keep track of things more easily.
4. After the back-up, from File select Export Advancers. Select All the events then advance athletes using the boxes provided to customize your needs (check off the custom select advancers as you may not be advancing only the top finishers in each event). Upon completion, you will be prompted to select a location and name for the file.
5. Send an email with two attachments, your back-up and your advancers, to Lorri Purnis at the email address given. Fax me a hard copy of the advancers at the given number and leave me a contact number where you can be reached if I have any problems.
6. Entry fees are \$1.75 per competitor/per event and spares are \$0.75. Please have your district convener write a cheque to Sir James Dunn CVS and submit upon arrival to the meet.

HOTELS

Please see the attached 'brochures' for some of the hotels listed for more information on the facilities offered.

1. Comfort Inn (see brochure)
333 Great Northern Road
705-750-8000
Rate: \$87.00

2. Days Inn
320 Bay Street
705-759-8200
Rate: \$79.00 (includes continental breakfast)

3. City Centre Travelodge (see brochure)
332 Bay Street
705-759-1400/1-866-759-1400
Rate: \$65.99

4. Sleep Inn (see brochure)
727 Bay Street
705-253-7533
Rate: \$74.00

5. Quality Inn
180 Bay Street
705-945-9264
Rate: \$89.00 (ask for NOSSA Track and Field Rate)



BY CHOICE HOTELS

Sleep Inn

Sault Ste. Marie



Great Sports Rates

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Complimentary Continental Breakfast

32 inch LCD Flat Panel Televisions

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Fridges in all Rooms

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BY CHOICE HOTELS



727 Bay St.
Sault Ste. Marie,
Ontario
P6A 6Y3

email: info@sleepinn.on.ca

www.sleepinn.on.ca

***City Centre Travelodge Welcomes All
NOSSA Participants!***

Special NOSSA rate \$65.99 per night

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- *café and fitness centre*
- *complimentary indoor parking*
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**City Centre Travelodge
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Sault Ste. Marie, ON P6A 1X1
705 759 1400 / 1 866 759 1400
www.tlodgesm.com
info@tlodgesm.com**



BY CHOICE HOTELS

333 Great Northern Rd.
Sault Ste. Marie, ON P6B 4Z8
705-759-8000
866-529-1019

NOSSA CHAMPIONSHIP
SAULT STE. MARIE
MAY 29 & 30, 2008

\$87.00

plus taxes, standard rooms (1-4 persons)

- Includes deluxe continental breakfast
- Free local, calling card calls, & high speed internet
- Pay per view movies
- Extended check-out times, upon request
- Just minutes from track.
- Next to Tim Horton's, Wendy's, KFC & Taco Bell, McDonald's, Swiss Chalet, Boston Pizza.

Call us direct at *1-866-529-1019* and quote NOSSA Meet to ensure this rate. If more convenient, fax in the request below to *705-759-8538* OR e-mail cn293@whg.com and we will contact you.

GROUP NAME _____

CONTACT _____

Phone # or email _____ City _____

Number of rooms requested _____

Visit us on line at www.choicehotels.ca/cn293
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