

2007

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

THURSDAY, MAY 31st AND FRIDAY, JUNE 1st

ST-JOSEPH-SCOLLARD HALL, NORTH BAY, ONTARIO – CUNDARI FIELD

SECTION I -

MEET PROCEDURES AND REGULATIONS

N.O.S.S.A. TRACK & FIELD 2007
MEET PROCEDURES AND REGULATIONS

DATE: Thursday, May 31, 2007 3:30 p.m.
 Friday, June 1, 2007 9:00 a.m.

LOCATION: ST-JOSEPH-SCOLLARD HALL, NORTH BAY, ONTARIO – CUNDARI FIELD

CONVENER: Ted Gawinski, Widdifield Secondary School

MEET ENTRIES: Mike Ohlman, Ecole Secondaire Algonquin

ENTRY DEADLINE: Monday, May 28th, 4:00 p.m.

Entries accepted only from district conveners or their designates.

Email to: Mike Ohlman: mjhohlman@sympatico.ca

See entry instructions section II

*Use Hy-Tek Meet Manager and follow instructions provided.

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.
4. 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 **\$1.75 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 "Widdifield Secondary School." Spares will be charged a fee of \$0.75/athlete.

N.O.S.S.A. TRACK & FIELD 2007

MEET PROCEDURES AND REGULATIONS

1. Discus will be held at Chippewa Secondary School. A shuttle will be provided.
2. Only short spikes (5mm or 1/4") will be allowed on the track. Starting blocks will be provided.
3.
 - a) The long, triple and high jump approaches are tarmac.
 - b) Discus and shot put pads are concrete surfaces.
 - c) The Javelin approach is grass.
4. The 1500m and 2000m steeplechase events **DO NOT** 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. Registration at 2:30 p.m. on Thursday, will take place in SJSH opposite the Gymnasium
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 at the track.
9. 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.
10. Schools with N.O.S.S.A. trophies are reminded to bring them to the meet.
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.

**N.O.S.S.A. TRACK AND FIELD CHAMPIONSHIPS
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, 1.2Lb.** 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. Compress the two files before emailing.
6. Send an email to Michael Ohlman at mjhohlman@sympatico.ca 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.
7. In addition, fax a hard copy of your entries to Ted Gawinski at (705) 474 – 4223 - **this fax should clearly identify the athletes that will be participating at NOSSA.**

PAYMENT OF ENTRY FEES:

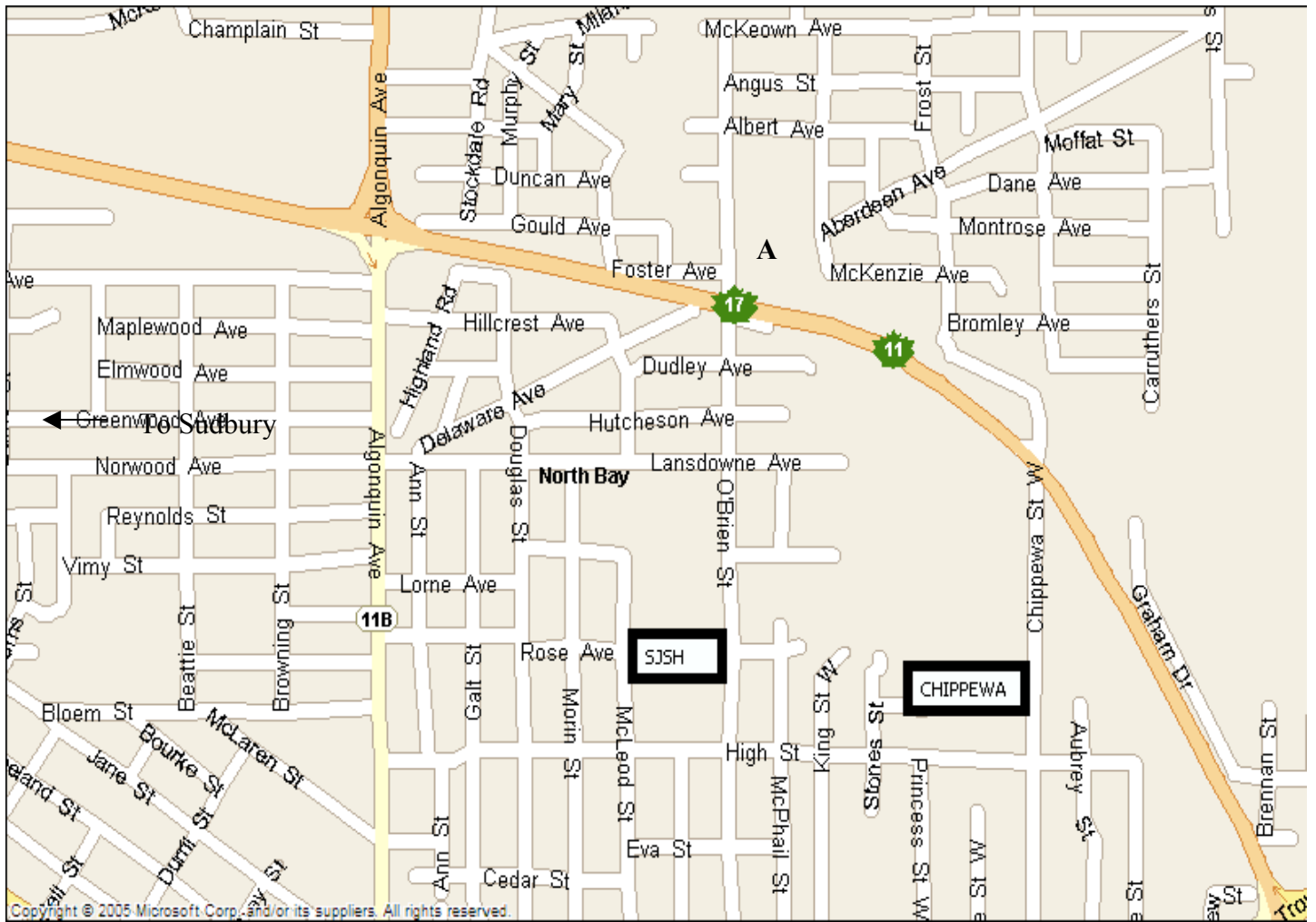
1. Fees are **\$1.75 per competitor/event** . Spares will be charged a flat rate of **75 cents per competitor.**
2. Make cheque payable to "Widdifield Secondary School" and submit upon arrival to event.

N.O.S.S.A. TRACK AND FIELD CHAMPIONSHIPS
Thursday, May 31" and Friday, June 1st
N.O.S.S.A. ENTRIES TO O.F.S.A.A.

1. The North Region is allowed a maximum of four entries per event. N.W.O.S.S.A.A. and N.E.O.A.A. are entitled to send their district champion in each event, while the fourth entry is awarded to the athlete with the next best performances amongst the three Northern regions.
2. In order for an athlete to be considered for O.F.S.A.A. entry, he/she must have participated at the N.O.S.S.A. meet. Only those with a legitimate 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 in their district. **Please ensure declared athletes honour their commitment to attend O.F.S.A.A. - late withdrawals prevent others from participating.**
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, June 2nd** (phone: 674-2150, [email: makelad@rainbowschools.ca](mailto: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.



Accommodations:
This is the closest:



Comfort Inn Airport

A on map

1200 O'Brien St.
North Bay, Ontario, Canada P1B 9B3

Phone: (705) 476-5400
Fax: (705) 476-1295
1-800-866-8261

Check out the North Bay Accommodations Website:

<http://www.city.north-bay.on.ca/lodgings/index.htm>