

O.F.S.A.A. Track and Field Championship
University of Western Ontario – TD Waterhouse Stadium
June 3-5, 2010

GENERAL INFORMATION

Contacts: **Convenor** – John Allan
 Sir Frederick Banting S.S.
 125 Sherwood Forest Sq.
 London, ON N6G 2C3
 519.452.2800
 j.allan@tvdsb.on.ca

Consultant – Peter Morris
 3 Concorde Gate
 Suite 204
 Toronto, ON M3C 3N7
 905.826.0706
 pgm@idirect.com

Track Officials – Dave Mills
 d.mills@tvdsb.on.ca

Field Officials – Jerry Roukema
 roukemas@rogers.com

LOCATION

The University of Western Ontario, Don Wright Track and TD Waterhouse Stadium, is located at 100 Philip Aziz Ave, near the intersection of Sarnia Rd. and Western Rd. A map can be found at: www.ofsaa.on.ca/track

GATES WILL OPEN

Thursday 12:00 p.m.
Friday 7:30 a.m.
Saturday 7:30 a.m.

PARKING

Athletes / Volunteers

All team vans / buses as well as volunteers may park free of charge at the Althouse Parking Lot. If housing accommodation expands to a third residence, parking for those using that residence will be provided in the appropriate lot.

Public

The Huron Flats (Stadium) Lot will be available to the public for a **\$5 daily fee**. In / out privileges will be granted on a first come first serve basis. Any athletes, volunteers or coaches that want to use this lot will have to pay.

The overflow lot will be the Springett (Brescia) Lot on a **\$4 coin entry**. An attendant will be present to make change if necessary.

WEB SITE INFORMATION

Can be found at www.ofsaa.on.ca/track

RULES

In order to clarify rules of competition the following order of interpretation will be used:

- i. OFSAA Rules
- ii. Current IAAF Handbook

The current OFSAA Track & Field playing regulations are available at www.ofsaa.on.ca

DEADLINE FOR ENTRIES

Sunday, May 30, 2010 at 11:59 p.m.

Entries/changes will only be accepted from Regional Entry Coordinators.

Entries will be sent electronically to Franco Ielapi. He will contact entry coordinators for further instructions. Franco may be reached at 519.660.2797 or f.ielapi@ldcsb.on.ca

A team may submit a maximum of six (6) runners for a relay team. **ALL RELAY RUNNERS / ALTERNATES must be entered in the relay event electronically, as all runners must have a competitor number.** Please ensure that they are entered correctly as there will be no relay cards this year. Coaches are also reminded that ALL runners must be wearing identical school tops in order to participate in the relays.

ENTRY FEES

Individual Events: \$ 8.00 per competitor per event
Relays: \$25.00 per relay
Participation Fees: \$ 2.00 per competitor

Regional convenors are asked to submit one cheque for the entire region. Individual cheques from a school or individual will not be accepted.

Please make the **Entry Fee cheque payable to Sir Frederick Banting Secondary School.**
(One cheque for entire Region.)

Please make the **OFSAA Participation Fee cheque payable to OFSAA.**
(One cheque for entire Region.)

REGISTRATION

Will take place in the front of the field house of TD Waterhouse Stadium.

The field house is located at the North end of the stadium.

ONLY SCHOOL COACHES WILL BE ALLOWED ACCESS TO REGISTRATION AREA.

Registration will take place:

Thursday June 3 12:00 p.m. – 6:00 p.m.

Friday June 4 8:00 a.m. – 4:00 p.m.

Saturday June 5 7:30 a.m. – 3:00 p.m.

Registration packages will be given out to the teacher, whose name appears on the OFSAA Supervision Form accompanying the team/athlete(s), unless you present a letter from the school administration giving you permission to pick up the package.

The following forms, which can be found on the OFSAA Track & Field website, must be received by the OFSAA Convenor before a school will receive its package at registration:

- a) OFSAA Supervision Form
- b) OFSAA Rules of Behaviour
- c) OFSAA Practice Eligibility Form
- d) Photo Waiver Form (*Necessary only if an athlete does not want their photo taken.*)
- e) OFSAA Eligibility Form

Regional Convenors can submit the applicable forms in advance to the following address by **Tuesday, June 1st, 2010 via Purolator/Fedex/Priority Post:**

**Attention: Jacki Trudeau
London Central Secondary School
509 Waterloo Street
London, ON N6B 2P8**

COACHES' PASSES

Coaches will be issued wrist bands for passes this year. Coaches' passes will be distributed according to the number of athletes that are competing from their school. There are no exceptions.

1 – 10 athletes	1 pass (single gender) or 2 passes (both genders)
11 – 16 athletes	2 passes (single gender) or 3 passes (both genders)
17 – 25 athletes	3 passes (single gender) or 4 passes (both genders)
25 + athletes	4 passes (single gender) or 5 passes (both genders)

In the case that an entire association or region travels together to the OFSAA Championships, and a select group of teachers are supervising the athletes from the association, the number of passes available will be determined by the convenor.

ATHLETES CONTROL CENTRE (ACC)

The ACC for both Track and Field events is located at the Northeast end of the stadium, under the large tent. Entrance to this area shall be through the Northeast Gate #3. This is an athletes' only entrance.

Once an athlete enters the ACC, they may not leave.

For Track Events, the athlete must enter the ACC no earlier than thirty (30) minutes prior to and no later than twenty (20) minutes prior to the scheduled race time. Athletes will be walked to the track 10-15 minutes prior to the scheduled start of the race.

For Field Events, the athlete must enter the ACC no earlier than sixty (60) minutes prior to start of the event, except Pole Vault who must check in seventy-five (75) minutes prior to their event. Athletes will be walked to their event forty-five (45) minutes prior to the scheduled start of the event, except pole vault athletes who will be walked out sixty (60) minutes before the event.

If an athlete is not present when their section (track event) is called, they will not be permitted to compete. From the posted schedule, athletes should be aware of the time that their event is slated to occur. There will not be any public address announcements.

Any taping or medical treatments must occur before an athlete enters the ACC. If an athlete requires medical attention, the appropriate attendant / therapist will be called.

Once an athlete enters the ACC, an athlete may speak with their coach over the fences as long as this does not disturb another athlete's concentration.

No cell phones, I-pods, portable radios, MP3 players, CD players, tape players or other electronic devices are permitted in the ACC or at the competition site.

UNIFORMS

- a) Competitors must compete in their school uniforms. All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's / Association's name, colours and logos. All tops must have the school colour or crest or school name only. No sport club insignia on uniforms shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi sport programs. Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlined in By-Law 6, Section 2(h). This criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies.
- b) The tops of all four (4) relay competitors must be identical.
- c) Student-athletes must remain fully clothed in the appropriate attire in the competition area, AND use the designated locker room or change area to change to and from competition attire. Incidents of non-compliance shall be forwarded to the Competition Committee for resolution.

IMPLEMENT WEIGH IN

All implements must be weighed at the technical weigh-in located inside the field house (in the hallway), 2 hours prior to the event. Use the entrance closest to the ACC. Implements may be weighed the night before the competition. Once it has been weighed, it will remain inside the weigh-in station until it is taken out for the competition.

OFSAA SCHEDULE

The OFSAA Schedule may also be found on the OFSAA Track & Field Site.

Note:

There have been a few changes in the schedule from previous years. Please check the schedule carefully for the events that your athletes are entered.

Location of Events

All Track and Field events will take place at TD Waterhouse Stadium.

Warm-up Facility

Athletes are welcome to use the Thompson Recreation and Athletic Centre as a warm-up facility. Please check map on the OFSAA Track & Field website for location. It is located north of the stadium, approximately a five minute walk. Announcements will not be made in the Thompson Recreation and Athletic Centre, so athletes are asked to keep close track of time.

Athletes may also warm-up in the grass area east of the stadium parking lot and stands.

Entry to TD Waterhouse Stadium

Two entrances will be available at the front of the stadium.

Athletes will be required to show their competitor number. Coaches, media and guests will require proper accreditation.

SUSPENSION OF MEET DUE TO WEATHER:

The meet will only be suspended in the event of thunderstorms, with athletes evacuated to the Thompson Recreation and Athletic Centre. If the meet is to be suspended, the information will be posted on the OFSAA Track and Field website immediately. Prior to the meet resuming, information will once again be posted on the website informing everyone as to when the meet will resume. Updates will also be announced at the Thompson Recreation and Athletic Centre.

ACCOMMODATION

The list of residences and hotels that are providing accommodation are posted on the OFSAA Site.

TICKET PRICES

\$15.00 - Meet Pass (all three days)

\$ 5.00 - Thursday

\$ 8.00 - Friday

\$ 8.00 - Saturday

Senior Citizens & High School Students (must present student ID)

\$10.00 - Meet Pass (all three days)

\$ 3.00 - Thursday

\$ 5.00 - Friday

\$ 5.00 - Saturday

FACILITY INFORMATION

No tents, radios, CD players, etc. are allowed within the confines of the stadium.

ADDITIONAL TECHNICAL INFORMATION

1. For all track and field events, the maximum spike length is 6mm, except for Javelin and High Jump, in which case 7mm is allowed.
2. For track events, an athlete who qualifies for a final from a heat and scratches from the final is ineligible to compete for the remainder of that day, including relays and field events.
3. Starting blocks do not have to be used. If an athlete does not use starting blocks, they must use a stand up start.
4. OFSAA will **not** be using the “New False Start Rule”, which now indicates that an athlete is eliminated upon a false start. OFSAA will continue to follow the old rule:
 - a. First False Start – charged against the Field
 - b. Additional False Start – athlete is eliminated
 - c. The track referee will not have the right to overrule the starter’s decision.

HURDLES

Sprint Hurdles

Midget & Junior Girls – 80m (30")
Senior Girls – 100m (30")
Midget Boys – 100m (33")
Junior Boys – 100m (36")
Senior Boys – 110m (36")

Intermediate Hurdles

Midget & Junior Girls – 300m (30")
Senior Girls – 400m (30")
Midget & Junior Boys – 300m (33")
Senior Boys – 400m (36")

Steeplechase

Open Girls – 1500m (30")
Open Boys – 2000m (36")

IMPLEMENT WEIGHTS

Discus

All Girls, Midget and Junior Boys	1 kg
Senior Boys	1.613 kg

Javelin

All Girls, Midget and Junior Boys	600 grams
Senior Boys	800 grams

Shot Put

All Girls, Midget and Junior Boys	4 kg
Senior Boys	5.443 kg

For all throwing events, long jump and triple jump, athletes must REPORT before the final trial of the third round to be eligible to compete in the event. Once the officials have assembled to determine the final eight (8) in the event, the third round is deemed over and no further attempts shall be allowed.

For all field events please review proper procedures for conflicts of events.

RESULTS

Results will be posted at the north end of the west stands (near the 100m start line).

Results will also be posted live on the OFSAA Track & Field website.

AWARDS

Medal presentations will take place at the times listed below at the podium in center field.

For both Track and Field Events: Medalists will meet at the awards table located inside the ACC, 15 minutes prior to the scheduled medal presentation time.

Written instructions will be handed out to the medalists with these instructions immediately after their event.

Athletes finishing in positions 4th-8th will receive ribbons

Track Events: pick up ribbons at the awards table after the official results have been posted.

Field Events: pick up ribbons at event.

SCORING

Scoring for the team championship will be as follows

1 st – 10 points	2 nd – 8 points	3 rd – 6 points	4 th – 5 points
5 th – 4 points	6 th – 3 points	7 th – 2 points	8 th – 1 point

A pennant will be awarded to the Overall Girls Team Champion and the Overall Boys Team Champion.

MEDICAL

The following services will be available: First Aid, Physiotherapy (athletes with pre-existing conditions must bring their own supplies) and Massage Therapy. Physiotherapy and Massage Therapy will be located in rooms #1 and #5 in the field house.

In case of an Emergency, University Hospital is located on campus.

PROTESTS

Per the OFSAA Playing Regulations, any written protests must be submitted within 30 minutes of the results being posted along with a \$50.00 cash fee. The fee will be returned if the protest is upheld, that is, successful to the applicant. There will be a Jury of Appeal formed from a panel of six. Appeals will be held expeditiously and the decision(s) of the Jury is final.