

NOSSA Track and Field 2023 Coaches Meeting



Thanks for taking the time out of your busy schedule to attend!

OUR FEARLESS (FUL) LEADERS

- Co-Conveners
 - Karin Augenstein – Lockerby CS - marshalling
 - Laura Stanyon – Lockerby CS – on site or near LCS tent
- Meet Manager
 - Dave Makela – usually near timing room



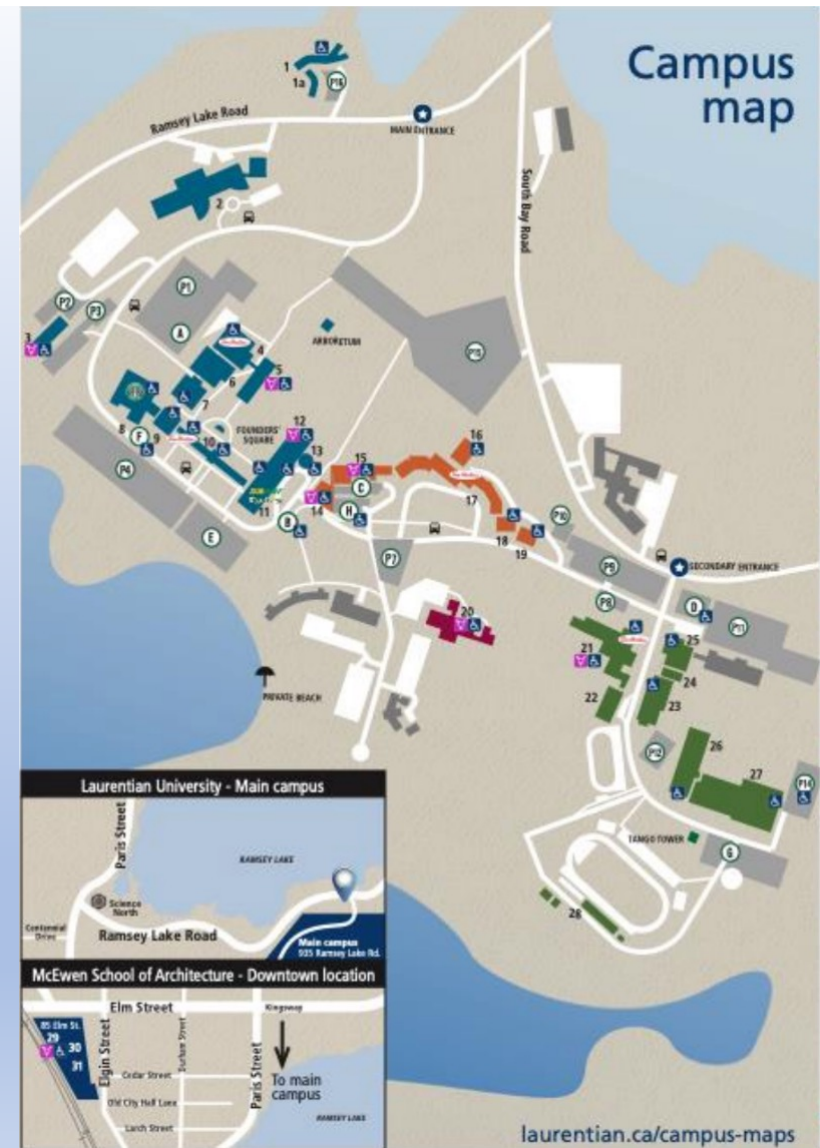
- Download or print a copy of the official 2023 programme on the NOSSA track home page: nossa.rainbowschools.ca/pages/tfhomepage.html
- No hard copies will be included in the coaches' information packages
- This webpage also contains links to heat sheets, links to OFSAA forms and North Region entries (when available)



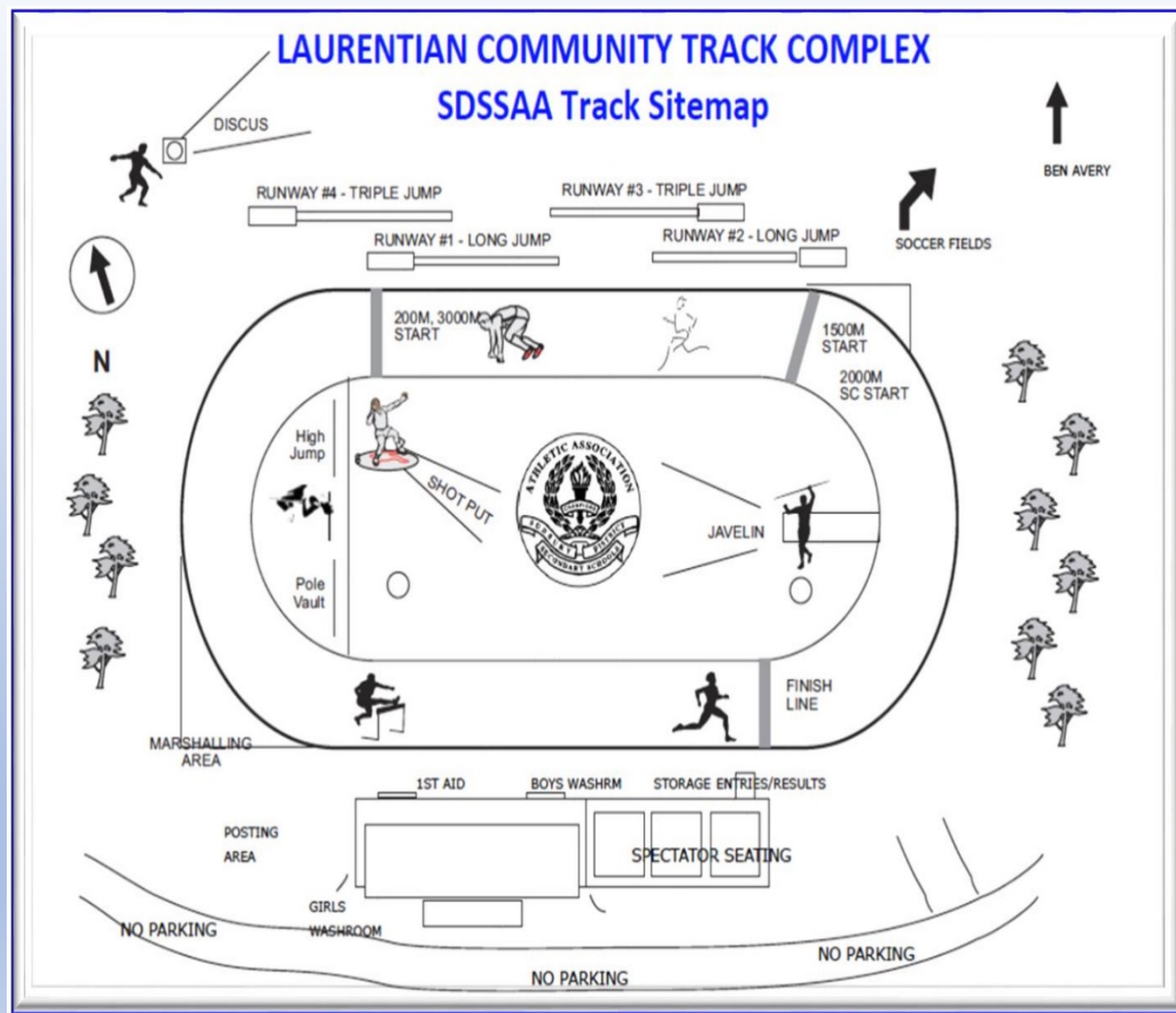
And speaking of seeded heat sheets:

- An adjusted summary has just been uploaded to the NOSSA website
 - 100mH novice boys finals only
 - Sprint advancement formula adjusted to top 2 plus 4 per playing regulations
 - Following events adjusted to close gaps and separate runners from same team:
 - 200m JB, 400m JG, 800m SB, 3000m SG, 2000m G St, HJ JG, TJ SG
- No further adjustments will be made after tonight, unless a scratch causes heats to collapse

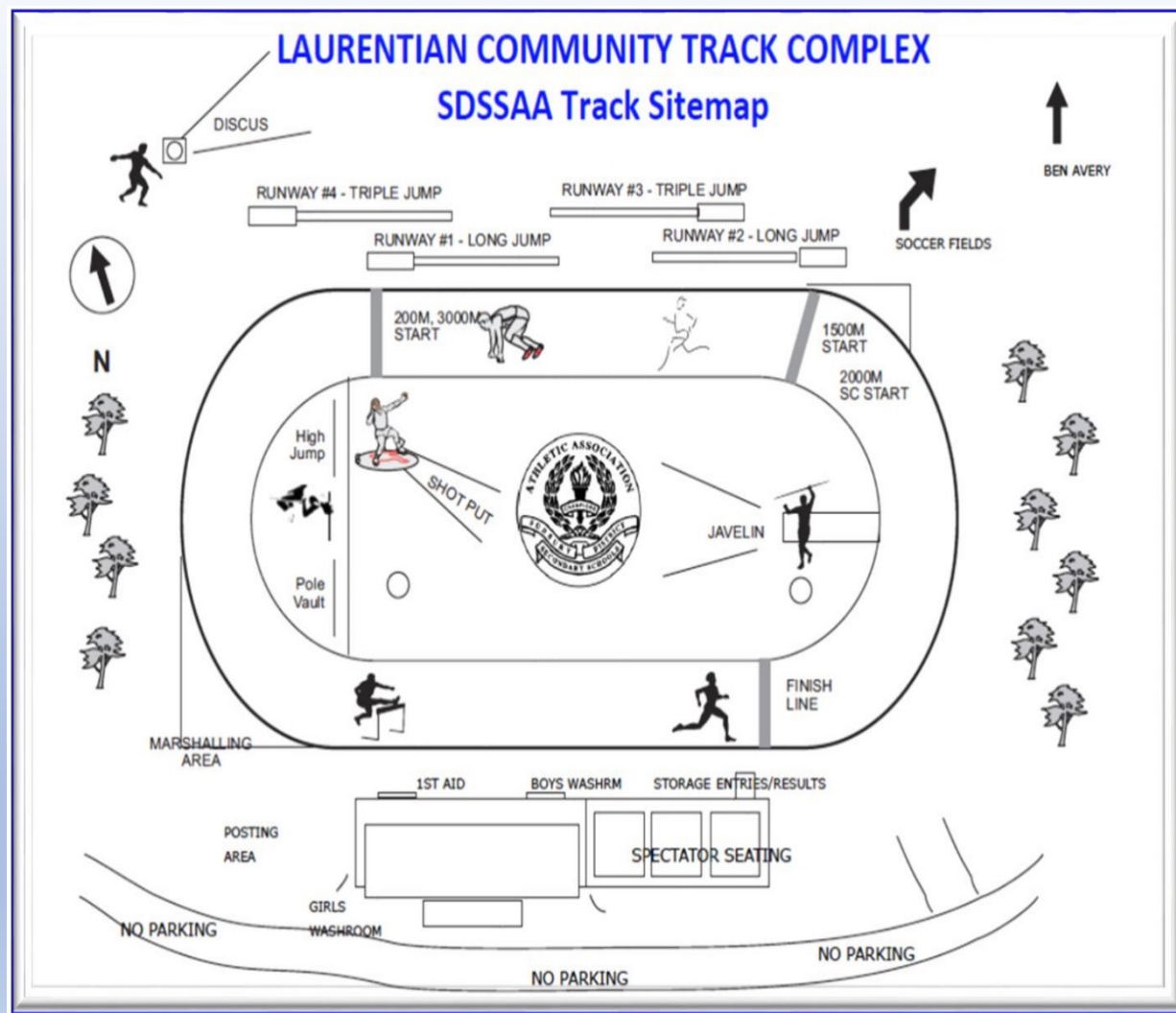
- Use second entrance to university
- Pass by lot 15, take first right, proceed straight through four-way stop, turn right at lot G
- Busses use turn-around next to lot G, return to lot 15
- Busses advised to park closest to the rock end in lot 15
- School bus will shuttle spectators from lot 15 to track stadium on Thursday
- Lots G, D and 15 are pay and display lots - \$2/hr, max \$8/day
- Vehicles parked in posted areas will be ticketed
- For afternoon runs, busses may be directed by LU security to go behind stadium to pick up passengers



- Coaches check in in centre section of stadium below grandstand (look for filebox)
- Washrooms – boys access through front or rear centre of stadium, girls access at west end of stadium, male coach/official access in same area as first aid, female coach/official access in same area as coach check in
- Stands adjacent to jumping pits have been condemned and are off limits to spectators
- Coaches please be mindful of coaching areas delineated near each field event
- Concessions for sales are available near finish line



- Coaches please instruct your students to stay away from the finish line when not competing
- Athletes can claim awards (1st through 8th) after events have been posted on the west side of the announcers' booth located along the top of the grandstand – coaches check to see all awards have been received prior to departure
- Area along west outer side of track available for school tents
- Schools requested to leave area as clean as they found it – NOSSA will be billed if error is left a mess and extra cleaning is required



Rules to Remember:

- Scratch rule – scratch an event, scratch the meet – use forms available near coaches' file box – submit to timing area
- Coaches' checking in implements – see Matt Cootes in equipment storage area – implements checked in must be made available to all participants registered in the event

North Region Entries to



- No post-meet meeting
- All qualifiers to OFSAA will be confirmed, UNLESS
- Coaches provide notification (to Dave) of any student finishing top 6 at NOSSA who does not plan to attend OFSAA OR if the results from one event will affect their entry in another
- First draft of qualifiers will be posted to NOSSA track home page Thursday night – process closes Friday at noon
- Each district will be sent an invoice for fees – no individual school payments will be accepted
- VERY IMPORTANT: **By Monday morning**, each school MUST complete and upload their supervision forms to the OFSAA Hub

Questions? Discussion Items?

