



2022 NOSSA Track and Field Championships

Wednesday May 25th & Thursday May 26th

Sault Ste. Marie

Results will be posted throughout the day on Instagram.

Please follow [**ssm_trackandfield2022**](#) for results!

MEET PROCEDURES AND REGULATIONS

DATE : Wednesday, May 25th, 2022 3:00 PM
Thursday, May 26th, 2022 9:00 AM

LOCATION : Jo Forman Track, Elizabeth Street, Sault Ste. Marie

CONVENOR : Kim Policicchio (lidstok@adsb.on.ca)

DEADLINE FOR ENTRIES : Friday, May 20th, 2022 – 3pm
Entries will be accepted from district convenors or designates. **Only one submission from each district please.**

Please send to : Lorri Purnis
Email : purnisl@adsb.on.ca
Phone : 705-945-7177

No Post Entries accepted. Substitutions will be permitted provided that the competitor has been registered and with concurrence of district involved.

See Appendix « B » for further instructions regarding the forwarding of entries.

ELIGIBILITY : District convenors must bring a copy of their district's eligibility lists to the meet.

- ENTRIES :**
1. The following number of qualifiers will be eligible :
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 (except relays) will be permitted after the meet has been seeded.**
 4. « Spares » shall be permitted (if so listed) and shall receive competitor numbers provided that the entry fee is paid for each.
 5. An athlete must participate in all events in which they are entered. In the event an athlete scratches they will be ineligible to participate in any subsequent events.

ENTRY FEES : The entry fee shall be **\$ 1.75 per competitor per event** (including relays) payable at registration. Spares will be charged a fee of \$ 0.75 per athlete.

District convenors must include a cheque for all fees for their schools upon arrival, payable to « Korah c/o SSMWAA »

HOTELS : Comfort Inn Sault Ste. Marie (ask for NOSSA rate)

APPAREL : Team Essentials has a website to their online store. From this site anyone can order. Here is some information from the company (They will post similar instructions on their website):

- No in person sales. The lack of wifi will make this difficult for them.
- Bulk Orders to all schools. The website will be open for bulk orders and they can ship directly to each school. They suggest that each school place an order 'for pickup' and they will invoice for shipping. Shipping will be a flat rate of \$25 unless the school has a very small order, in which case it will likely be less than that and they will invoice accordingly.
- Local schools (or individuals if they prefer) can of course just select local pickup.
- Orders will be open until May 23rd (this date is flexible if the coaches feel they need more time)

<https://www.superiorsentiments.com/collections/nossa-track-field>

N.O.S.S.A. TRACK & FIELD 2022

MEET PROCEDURES AND REGULATIONS

1. Starting blocks will be provided.
2. Only short spikes (6 mm) will be allowed on the track.
3. Approaches for jumping are asphalt.
4. The javelin approach is asphalt. The javelin is located behind the east stands (as shown on the map), although they will be throwing in the opposite direction to that indicated on the map, which is on the last page of this document.
5. Discus and shotput pads are cement.
6. The 2000 m Steeplechase events have a water jump.
7. Competitors' numbers are to be worn on the back for track events up to and including 400m. For all events over 400m, including field event competitors, the numbers are to be worn on the front.
8. There will be **NO POLE VAULT** competition in Sault Ste. Marie.
9. The John Rhodes Arena will be open for registration at 1 pm on Wednesday May 25th.
10. Weigh in for throwing implements will take place in the front foyer of the John Rhodes arena from 1:30pm to 4:00pm on Wednesday May 25th and from 8:00am to 10:00am on Thursday May 26th.
11. There will be a Coaches meeting at 2:30 PM on Wednesday May 25th inside the John Rhodes Arena
12. Public washrooms are located near the entrance of the facility.
13. No one is allowed on the track or field unless they are competing or are a NOSSA official. Any athlete violating this rule will subject their teammates to possible disqualification.
14. Parking is available in the John Rhodes parking lot.
15. There are to be NO pegs to be put into the ground to hold down tents. Teams with tents will need to have a weight system for anchoring.
16. A complete set of printable results will be uploaded to the NOSSA website at the end of the competition. No hard copies will be distributed.
17. Schools with N.O.S.S.A. trophies are reminded to bring them to the meet.
18. OFSAA entries : NO post-meet meeting will be hosted this year. See Appendix "C" of this information package for further information on the OFSAA entries process.

APPENDIX A : 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 may cause problems with data transfer.
2. **It is expected that the birthdates for all athletes will be entered** as part of the local district entry process. Please do not expect the NOSSA convenor or OFSAA entries coordinator to do this for you.
3. 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.**
4. 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.
5. 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.
6. Send an email to Lori Purnis (purnisl@adsb.on.ca) WITH TWO ATTACHMENTS: one will contain your advancers information, the other will be a back-up of your district results (to be posted on the NOSSA website). 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.

APPENDIX 'B' - NORTH REGION ENTRIES PROCESS – 2022 *NEW*

Good evening all,

I hope the long weekend was enjoyable!

I wanted to reach out to all schools attending NOSSA track in the Soo this week because the procedure to confirm North Region entries to OFSAA will be different than that of past years.

Last week, NWOSSAA threw us a curve ball - apparently their meet was bumped and will now be hosted on Thursday at the same time as NOSSA day 2. Normally, we would have both NEOAA and NWOSSAA advancers in hand to compare performances at the NOSSA post-meet entries meeting but not this year.

As a result, there will BE NO POST NOSSA MEET ENTRIES MEETING hosted this year.

Our plan is to carry forward the top four positions in each event and use this information to compare against NEOAA and NWOSSA positions as soon as we can post-meet.

TO ASSIST IN THE PROCESS, PLEASE MAKE CAREFUL NOTE OF THE FOLLOWING:

Coaches attending NOSSA must advise Lorri Purnis of the following before they leave the meet (should any apply):

(a) that an athlete or relay team finishing in the TOP FOUR @ NOSSA DOES NOT WISH TO ADVANCE TO OFSAA, or,

(b) that an athlete's interest in advancing in one event is dependent upon qualification in another event.

This information will help Lorri advance the proper NOSSA athletes for consideration by me in the North Region entries process.

A list will be posted on the NOSSA website sometime Thursday evening and will feature up to four qualifiers for each event (to be highlighted).

This process may render more vacancies than usual and if it does, I will need to reach out to district conveners for assistance in filling holes on the evening of Thu, May 26th. If needed, I'm hopeful that I can count on Lorri, Dave Gallant and Jamie Silverthorne to forward info to district coaches in this regard.

The payment process will remain unchanged. SDSSAA will cover OFSAA entry fees for the entire North Region and each district will receive an invoice for payment of their share of costs payable back to SDSSAA.

O.F.S.A.A. Forms Submission Process 2022

The forms submission process in support of OFSAA T&F has changed this year. P.E. Program Leaders or designates are to upload the forms (**rules of behaviour, eligibility, release of liability, studentathlete/parent and coach/trainer concussion review info and para forms-where applicable**) to the OFSAA Hub upon confirmation of qualification, not later than **Monday, May 30th**. A copy of all updated forms may be located on the OFSAA track website at the following link address:

<https://www.ofsaa.on.ca/track-field/coaches/regional-convenors>

Important Reminders to Coaches re: O.F.S.A.A. Track & Field

1. When filling out all OFSAA forms, coaches must use the whole school name as it appears in the meet manager program. No short forms or abbreviations.
2. Only those names listed on the supervision form can pick up team packages at time of registration. If that name changes after NOSSA, a revised copy should be uploaded to the OFSAA Hub and coaches should bring a revised hard copy form with them to the registration table.
3. Every attempt will be made to seek replacements to scratches communicated by noon on May 27th. After noon on Friday, the process will be considered closed and fees owing will be calculated based on information available at the time. Further changes will not result in changes to fees payable, and will only be accommodated time permitting and with OFSAA's approval.

