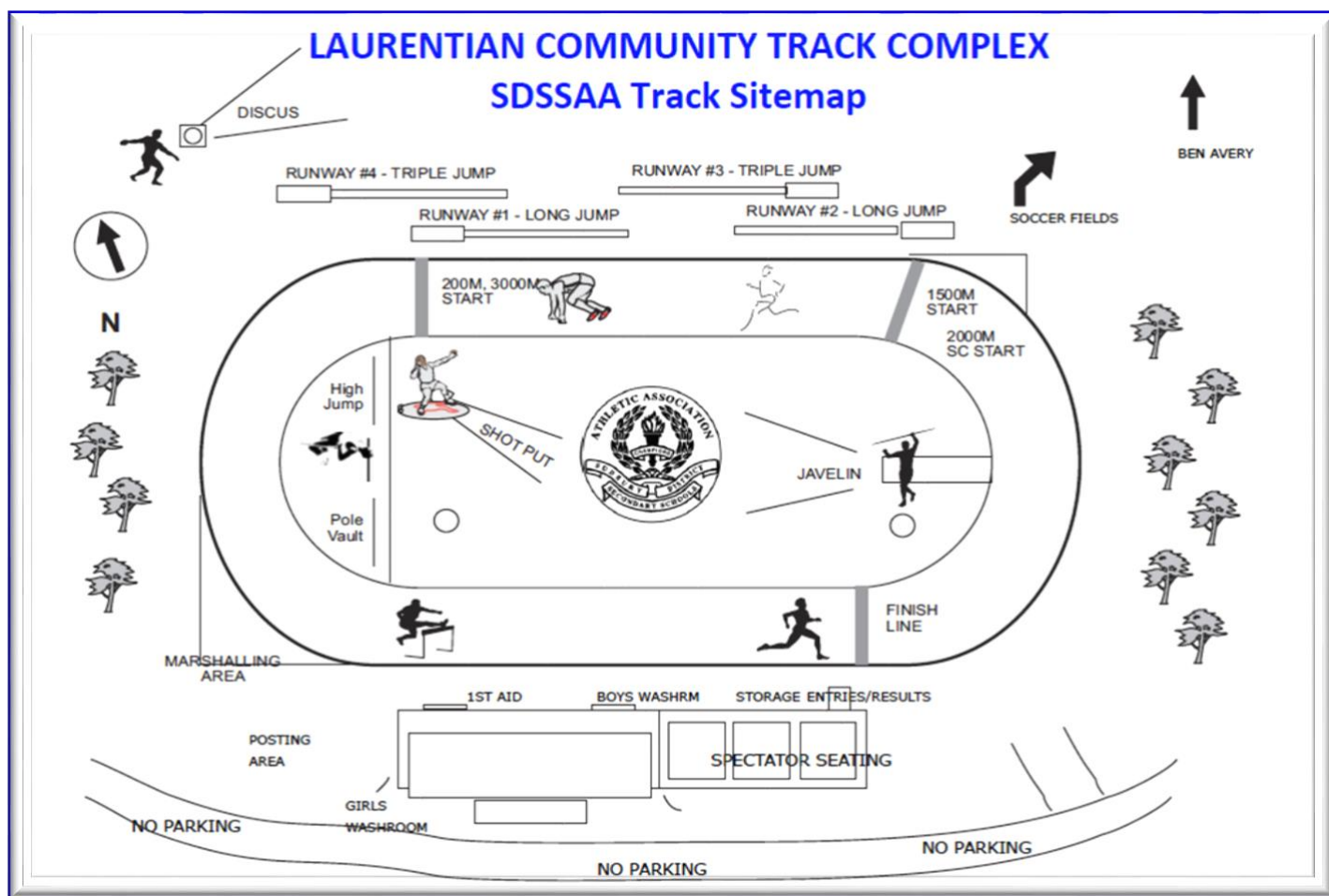




2023 NOSSA Track & Field Championships

Wed-Thu, May 31st-June 1st – Sudbury



MEET PROCEDURES AND REGULATIONS

DATE:	Wednesday, May 31 st	2:00 PM
	Thursday, June 1 st	9:00 AM
LOCATION:	Laurentian Community Track	Ramsey Lake Road, Sudbury
CONVENERS:	Karin Augenstein / Laura Stanyon	Lockerby Composite School

DEADLINE FOR ENTRIES: **Monday, May 29th, 2023 – 3pm**
Entries will be accepted from district conveners or designates.
Only one submission/district please.

Please send to: Dave Makela
Email: makelad@rainbowschools.ca
Phone: 705-675-0215 ext 8301 - Fax: 705-675-0216

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.

PLAY REGS: [Click here](#) for an updated version of the NOSSA track playing regulations.

ELIGIBILITY: District conveners 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/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 meet has been seeded.**
4. 'Spares' shall be permitted (if so listed) and shall receive competitor numbers.
5. An athlete must participate in all events in which he or she is entered. In the event an athlete scratches he will be ineligible to participate in any subsequent events.

ENTRY FEES: The entry fee shall be **\$3.00 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 "S.D.S.S.A.A."

HOTELS: If you are interested in securing accommodations, please contact Saverio Gioffre at InnVest Hotels Group – saverio.gioffre@investhotels.com.

N.O.S.S.A. TRACK & FIELD 2023

MEET PROCEDURES AND REGULATIONS

1. Starting blocks will be provided.
2. No pin spikes will be allowed on the Mondo surface. Only pyramidal or cone shaped permitted (no longer than 6.24mm or 1/4"). See Appendix "C" for visual reference.
3.
 - a) All approaches are Mondo (same spikes as described above).
 - b) Discus and shot put pads are concrete surfaces.
 - c) High jump is Mondo.
4. The 2000m steeplechase races will have a water jump.
5. Competitor's numbers are to be worn on the **front** for all track and field events.
6. Registration will take place under the main grandstand starting at 12pm on Wednesday. After the events have begun, check-in can take place at entries and results adjacent to the finish line.
7. Food and drinks will be available at the concession near the finish line area.
8. Weigh-ins and check-ins for the throwing implements will take place under the main grandstand beside the timing room (see equipment manager Matt Cootes).
9. Washrooms are located beneath the main grandstand – boys in the center, girls on the northwest corner.
10. Clothing items will be available for sale from King Sportswear. Refer to Appendix "E" for further information.
11. Space permitting, spectators may park in lot G (metered lot in front of Ben Avery building), lot D (metered lot adjacent to Medical Sciences building) or "the pit" lot #15 on the lower level. If staying on site, buses may only park in lot #15. **A shuttle from Lockerby Bus Lines will be available on Thursday from 9am to 3pm to transport spectators from "the pit" to the venue.** Parking for officials and volunteers with permit will be made available in lot #14 (adjacent to Ben Avery building). See campus map and spectator parking instructions attached (Appendix "A").
12. No one is allowed on the track or infield unless he/she is competing, or is a N.O.S.S.A. official. Any athlete violating this rule will subject his/her teammates to possible disqualification.
13. 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.
14. Schools with N.O.S.S.A. trophies are reminded to bring them to the meet.
15. See Appendix "D" of this information package for further information on the OFSAA entries process. No post-meet meeting will be hosted, nor is there any need to submit a declaration form this year.

Appendix "A-1" - Laurentian University Campus Map



Appendix “A-2” - Laurentian University Parking Options (e)

Hotspot parking at Laurentian - preferred method

Pay for metered parking on your mobile device at [Lot G or D](#) from Monday to Friday 7:00 a.m. to 10:00 p.m at a rate of \$2.00 per hour to a maximum of \$8 per day. You need your license plate information, the meter number (below) and your debit/credit card. [Click here for more information](#), and download the app from [the App Store](#) or [the Google Play Store](#).

Lot G- Ben Avery - 5906

Lot D - Medical School - 5903

Features:

- New users receive 30 minutes of free parking upon signup.
- Users can top up parking remotely from a phone instead of needing to go back to the meter.
- If a user ends a parking session early, unused time is refunded to the account, and can be used for future parking sessions.
- The app automatically notifies users when their meter is close to expiring.

Support for the app is available by emailing support@htsp.ca or calling **1-855-712-5888**.



Pay and Display information:

Visitors may use Pay and Display machines at [Lot G or D](#) from Monday to Friday 7:00 a.m. to 10:00 p.m at a rate of \$2.00 per hour to a maximum of \$8 per day. (coin or credit card only)

If you have any questions, please contact the Parking at **705-675-1151 ext 1545** or parking@laurentian.ca.

A campus map can be viewed at www.laurentian.ca/parking

Appendix "A-3" - Laurentian University Parking Options (f)

Options de stationnement pour les compétitions d'athlétisme de l'Université Laurentienne

Stationnement Hotspot sans contact à la Laurentienne

Payez votre stationnement au parcomètre à l'aide de votre cellulaire dans les parcs **Lot G or D** . Il vous faut tout simplement le numéro de votre plaque d'immatriculation, le numéro du parcomètre et votre carte de débit/crédit. [Appuyez ici pour obtenir d'autres renseignements](#) et télécharger sur [l'Apple App Store](#) ou le [Google Play Store](#).

Parc G - Ben Avery - 5906

Parc D – EMNO - 5903

Caractéristiques spéciales

- Les nouveaux utilisateurs reçoivent 30 minutes de stationnement gratuit lors de l'inscription.
- Les utilisateurs peuvent ajouter du temps de stationnement à partir d'un téléphone mobile au lieu de retourner au parcomètre.
- Quand un utilisateur écourte sa période de stationnement, le temps de stationnement non utilisé est remis dans son compte et peut être utilisé pour de futures périodes de stationnement.
- L'application avertit automatiquement l'utilisateur lorsque la période de stationnement expirera.

Il est possible d'obtenir un soutien pour l'appli en envoyant un message à support@htsp.ca ou en composant le **1-855-712-5888**.

Renseignements généraux

Les visiteurs peuvent se servir des horodateurs dans les parcs **G ou D** , du lundi au vendredi, de 7 h à 22 h, au taux de 2 \$ l'heure, pour un maximum de 8 \$ par jour. (pièces de monnaie ou carte de crédit uniquement)

Si vous avez des questions, n'hésitez pas à communiquer avec le Service du stationnement au **705-675-1151, poste 1545**, ou à parking@laurentian.ca.

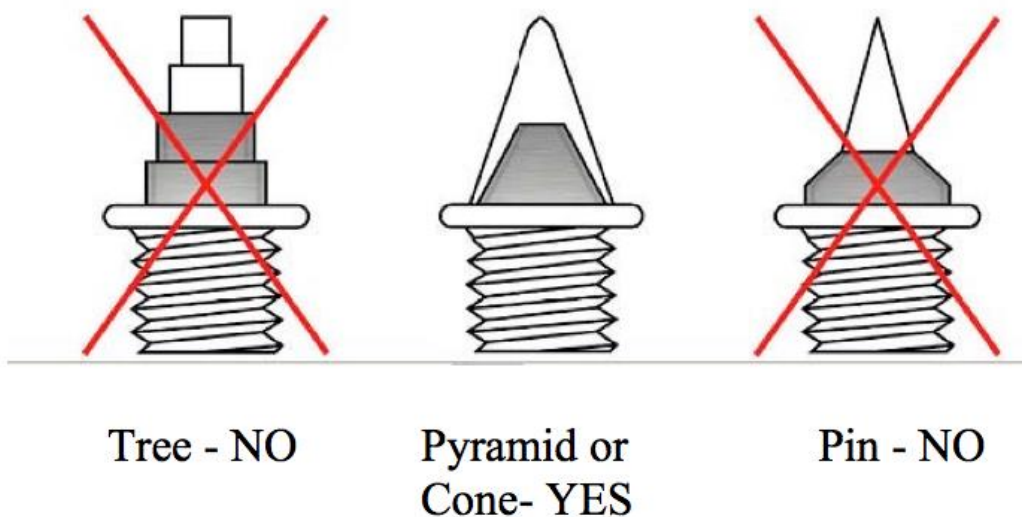
Un plan du campus peut être consulté à l'adresse suivante : www.laurentian.ca/parking



Appendix “B”: 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 convener or OFSAA entries coordinator to do this for you.
3. **PLEASE** – do not use anything other than the school abbreviations that are listed in the NOSSA track playing regulations and use only the OFSAA event numbers that were emailed earlier.
4. 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.
5. 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.
6. 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.
7. Send an email to Dave Makela (makelad@rainbowschools.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 “C”: Spike Diagram (max length 6.24mm or ¼”)



Appendix “D”: North Region Entries to OFSAA Track and Field:

1. The North Region is allowed a maximum of 4 entries per event. NOSSA, NWOSSAA and NEOAA are entitled to send their district champion in each event, while the fourth entry is represented by the athlete(s) that enters the next best performance(s) amongst the three regions.

It is important to point out that NEOAA and NWOSSAA do not enter athletes in all events – when this happens, more student from NOSSA can qualify.

2. In order for an athlete to be considered for OFSAA entry, the athlete must have participated at the NOSSA meet. Only athletes with a legitimate performance at NOSSA will be considered.
3. **2023 OFSAA Entry Fees:** Individual event: \$10.00 Relay teams: \$25.00
OFSAA Administration Fee: \$3.00 per athlete

Each **district**, via the District convener and after the NOSSA meet, will be invoiced for the OFSAA fees. **One payment** from each district is to be forwarded, made payable to SDSSAA, upon receipt. Individual school payments for North region entry fees will not be accepted.

4. There will be no post NOSSA meet entries meeting this year, nor is there any form to complete to confirm your OFSAA entries. **It will be assumed that students qualifying from the NOSSA meet will advance**, unless notified otherwise. For those athletes whose qualification in one event depends upon the status of another, it is possible to address these situations on an as-needed basis with Dave Makela (at contact info below). **This must be done prior to completion of the NOSSA meet.**
5. Following NOSSA, a qualifiers’ list will be posted to the NOSSA website (nossa.rainbowschools.ca). Errors or omissions must be reported to Dave Makela no later than **noon on Friday, June 2nd** (phone 705-675-0215 x8301), email: makelad@rainbowschools.ca.

Every attempt will be made to seek replacements to scratches communicated by this deadline. Afterwards, the process will be closed and fees owing will be calculated based on information available at that time. Further changes will not result in changes to fees payable, and will only be accommodated time permitting and with OFSAA’s approval.

6. A competitor list will be emailed to each NOSSA District Secretary with an attached invoice. **One payment shall be collected for all schools within each district payable to SDSSAA.** All OFSAA fees will be paid by SDSSAA by cheque and will accompany the hard copy of the OFSAA entries.
7. Upon confirmation of qualification, P.E. program leaders (or designates) are to use the OFSAA Hub to upload the supporting forms described at the following link:

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

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.

It is a school responsibility to ensure all forms are uploaded in accordance with OFSAA rules. As North Region entries coordinator, I have access to a master list and, time permitting, can remind coaches of any missing items.

Appendix "E": Items Available for Sale on Site:



NOSSA

SPIRIT WEAR
On site: May 31-June 1st 2023



Black or grey Tshirt
Adult
printed logo
\$25 tax included



Black Hoodie
Adult
printed logo
\$50 tax included



Cinder Mamort 1/4 zip
Adult Unisex
printed logo
\$65 tax included



Black long sleeve
Adult
printed logo
\$30 tax included



Black shorts
Adult
printed logo
\$30 tax included



Ball Cap
Adult
printed logo
\$25 tax included