

COACHES INFORMATION: Nipissing Invitational
2016

- *** **Coffee/Juice/Water are available to coaches in the entrance to the equipment shed.**
- *** **The coaches' meeting is scheduled for 8:45 am at the equipment shed at the south west corner of the field.**
- *** **TRACK EVENTS START AT 9:00am**
- *** **Canteen outside the equipment shed selling drinks and snacks. Only water permitted inside track/turf field. No athletes permitted on turf/track unless competing.**

Events: **Both Javelin and Discus events are at CHIPPEWA SS. Outdoor Port-a-John, no school access!! Please advise all your javelin athletes that there is: NO THROWING OF JAVELINS OUTSIDE THE JAVELIN AREA.**

Pole Vault will be run as a single flight:

Practice jumps: 12:00pm (height TBD)

Competition: 12:30pm

Seeding: **Lane Events** - All events that run in lanes, have been seeded in heats with the slowest times in the first heat and the subsequently faster times in the following heats. This process has been followed for each age category. Athletes who were registered without seed times have all been grouped together in the first heats. The **exception** is the 100m sprint. The heats have been seeded according to the submitted time. First place in each heat and the next fastest times for a total of eight runners will proceed to the final

Non Lane Events –Each age category will have its own heat unless numbers warrant combining. Athletes who would like to run with a more competitive age category may do so at the Marshall's discretion. Times will be sorted out and recorded to the appropriate age division sheet at the finish line scoring table.

Numbers: We have given each athlete a competitor number. Have your athlete **pin** this number to his/her jersey. In the event that a registered competitor did not get a number, you **must** go to the results room where JF Renaud will assign one to you. **COACHES ONLY PLEASE.**

Scratches: **Please, coaches, see the Marshall to scratch an athlete from an event.**

Awards: **Field event awards** will be handed out to the top 6 high school athletes at the end of the event by the event judge. After that, the athlete may pick them up at the equipment shed at the south west corner of the field.

Track awards will be available at the equipment shed at the south west corner of the field **once the results are posted.**

Results: You will have access to a full results package at:

<http://ndatrackandfield.businesscatalyst.com/>

A special **THANK YOU** to Dave Wilkinson, and the SJSH crew for being gracious hosts of this event. **Have a great day!** Heather Chirico and Jamie Silverthorn