

NIPISSING INVITATIONAL TRACK AND FIELD MEET 2017

WHEN: Saturday, May 6th, 2017 (9:00 am to 6 pm)

WHERE: **St. Joseph-Scollard Hall, 675 O'Brien St., North Bay, P1B 9R3**
(how to get there: West on Hwy 11/17, right (south) on O'Brien St. and turn right at school. East on Hwy 11/17, left on O'Brien St.)

ENTRIES: Deadline: **Wednesday, May 3th at 6 pm**
Entries must be done on line at www.Trackiereg.com/nipin
Be sure to use an email address which is checked often, as any communication with either the entry co-ordinator (J.F. Renaud), or online registration will likely be time sensitive. After entering online your entries will be emailed to you prior to the entry close date in order to allow you time to review your entries and make any changes needed.

Absolutely no late entries, additions or changes will be accepted after Wednesday May 3rd. If you miss the cut-off, same day registration is possible as an exhibition athlete. These entries are not included in the results.

PLEASE NOTE: All track events will be run in heats Slow to Fast based on seed time. This is the only way we can give your athletes a fair and competitive race. **PLEASE BE SURE TO INCLUDE A SEED TIME. There are no relays.**
All field events will run as per schedule.

Discus will be held at Chippewa Secondary School, 539 Chippewa Street, a 5 minute walk east from SJSH. Javelin will be held at École Secondaire Catholique Algonquin, 555 Algonquin Ave, a 10 minute walk west of SJSH.

COST: **\$5.00** per athlete/event to a school maximum of **\$350.00**. Make cheques payable to **Nipissing District Athletics** please.
Entry fee must be paid prior to receiving your package on competition day from Registration Table inside the school.

AWARDS: Ribbons to top 6 finishers in each age category.
Open entries (not of high school age) are welcome. There are no awards or results for Open.

RESULTS: Results will be available at the following sites: www.ndaathletics.org

CONVENORS:

Jamie Silverthorn Ph : (705) 472-8240 Email : silverthj@franco-nord.ca

Heather Chirico Ph: (705) 475-2341 Email : Heather.Chirico@nearnorthschools.ca

ENTRY CO-ORDINATOR : J.F. Renaud : renaudj@franco-nord.ca

COACHES INFORMATION: Nipissing Invitational
2017

- *** Coffee/Water available to coaches in the entrance to the equipment shed. (South West corner of the field)
- *** 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
- *** **Only water permitted inside track/turf field. No athletes permitted on turf/track unless competing. (No Canteen available)**

- 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 **We will modify times or cancel the event if weather makes competition dangerous for athletes.**
- 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:

A special **THANK YOU** to staff and assistants, particularly those at St.Joseph-Scollard Hall for being gracious hosts of this event. **Have a great day!**

Jamie Silverthorn and Heather Chirico