

## NIPISSING INVITATIONAL TRACK AND FIELD MEET 2015

**WHEN:** Saturday May 9, 2015 (9:30am to 6pm)

**WHERE:** **Northern Secondary School, Sturgeon Falls**  
(how to get there: West on Hwy 17 from North Bay, right (north) on Coursol Road and left (west) on Ethel Street.  
Drive for another 600m and turn right (north) at the school parking lot.

**ENTRIES:** Deadline: **Tuesday May 5th at 6 pm** TRACK DATABASE CODE: **KO9VY**  
Entries must be done on line at [www.trackdatabase.com](http://www.trackdatabase.com)  
Be sure to use an email address which is checked often, as any communication with either the entry co-ordinator (J.F. Renaud), or trackdatabase.com 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 Tuesday, May 5<sup>th</sup>. 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.** The only track events that will run in age class are: 400m hurdle races, 100m heats and finals, 100m hurdles and 110m hurdles. **There are no relays.**  
All field events will run as per schedule.

**COST:** **\$5.00** per athlete/event to a school maximum of **\$300.00**. Make cheques payable to **Chippewa Secondary School**.  
**Entry fee must be paid prior to receiving your package on competition day.**

**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:**

**CONVENORS:** Heather Chirico Ph: (705) 475-2341

Email : [Heather.Chirico@nearnorthschools.ca](mailto:Heather.Chirico@nearnorthschools.ca)

Jamie Silverthorne Ph : (705) 472-8240 Email : [silverthj@franco-nord.ca](mailto:silverthj@franco-nord.ca)

<http://www.trackdatabase.com/>

Meet Name: Nipissing Invitational  
Track and Field  
Meet Code: **K09VY**  
Meet Date: May 9, 2015  
Entry Close Date: **May 5, 2015 @ 06:00 pm**

**If this is your first meet with the Track Database online entries:**  
*(Returning Users, see below)*

Select 'Register' from the menu on the left to bring you to the registration page that will allow you to register your team. On your first visit to the registration system you will need to provide all the information required. OFSAA & CISAA have restricted modification abilities as much of their information is generated automatically.

Registration now uses a username and password, the username you create must be unique and cannot be changed. This username and password can be shared between the coaching team to allow multiple coaches to do registrations for segments of the team.

When you enter team data, be sure to use an email address which is checked often as any communication with either the meet convener, or trackDatabase.com will likely be time sensitive. Using the online entry system, 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. These dates are set by your convener and should be noted in your meet package.

**Returning Users:**

Select 'Login' from the menu on the left and use the username and password from your previous meet(s).

**Joining a Meet:**

To join a new meet, select 'Join Meet' from the left menu. You will be prompted to enter the meet code provided by the convener. After entering this code and clicking the join meet button you will be added to the meet and it will now appear on your meet homepage.

**Adding your entries:**

The sign-up for relays is located under the "Athlete" heading. Select 'Relay Entries' to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

For all other events, you can select them in the edit view for each athlete, check the box beside the event to register for it, clicking submit at the bottom of the page will save the data entered. Seed times may optionally be entered for running events in the box provided.

**Copy Entries:**

After choosing the meet to edit, click the "copy entries" button, located at the top of the entries listing. This will bring up a form to select the meet you would like to copy the entries from. After selecting the source meet, a listing of all the athletes and entries from your team will come up, click the box beside the entries you would like to copy and click copy entries. The system will alert you if any of the copied entries are for events that don't match the current meet, or would violate entry limits.

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<b>TRACK A.M.</b>			
TIME	EVENT		ROUND
9:00 AM	#15	Women 300M Hurdles Midget	Finals
9:00 AM	#47	Women 300M Hurdles Junior	Finals
9:00 AM	#79	Women 400M Hurdles Senior	Finals
9:15 AM	#16	Men 300M Hurdles Midget	Finals
9:15 AM	#48	Men 300M Hurdles Junior	Finals
9:15 AM	#80	Men 400M Hurdles Senior	Finals
9:45 AM	#97	Women 1500M Steeplechase Open	Finals
10:00 AM	#98	Men 2000M Steeplechase Open	Finals
TIME	EVENT		ROUND
10:25 AM	#2	Men 100M Midget	Heats
10:25 AM	#34	Men 100M Junior	Heats
10:25 AM	#66	Men 100M Senior	Heats
10:55 AM	#1	Women 100M Midget	Heats
10:55 AM	#33	Women 100M Junior	Heats
10:55 AM	#65	Women 100M Senior	Heats
TIME	EVENT		ROUND
11:25 AM	#13	Women 80M Hurdles Midget	Finals
11:25 AM	#45	Women 80M Hurdles Junior	Finals
11:25 AM	#77	Women 100M Hurdles Senior	Finals
11:55 AM	#14	Men 100M Hurdles Midget	Finals
11:55 AM	#46	Men 110M Hurdles Junior	Finals
11:55 AM	#78	Men 110M Hurdles Senior	Finals
<b>TRACK P.M.</b>			
TIME	EVENT		ROUND
12:45 PM	#9	Women 1500M Midget	Finals
12:45 PM	#41	Women 1500M Junior	Finals
12:45 PM	#73	Women 1500M Senior	Finals
1:10 PM	#10	Men 1500M Midget	Finals
1:10 PM	#42	Men 1500M Junior	Finals
1:10 PM	#74	Men 1500M Senior	Finals
1:30 PM	#5	Women 400M Midget	Finals
1:30 PM	#37	Women 400M Junior	Finals
1:30 PM	#69	Women 400M Senior	Finals
2:00 PM	#6	Men 400M Midget	Finals
2:00 PM	#38	Men 400M Junior	Finals
2:00 PM	#70	Men 400M Senior	Finals

<b>TRACK P.M.</b>			
TIME	EVENT		ROUND
2:30 PM	#1	Women 100M Midget	Finals
2:30 PM	#33	Women 100M Junior	Finals
2:30 PM	#65	Women 100M Senior	Finals
2:45 PM	#2	Men 100M Midget	Finals
2:45 PM	#34	Men 100M Junior	Finals
2:45 PM	#66	Men 100M Senior	Finals
3:00 PM	#11	Women 3000M Midget	Finals
3:00 PM	#43	Women 3000M Junior	Finals
3:00 PM	#75	Women 3000M Senior	Finals
3:30 PM	#12	Men 3000M Midget	Finals
3:30 PM	#44	Men 3000M Junior	Finals
3:30 PM	#76	Men 3000M Senior	Finals
4:15 PM	#3	Women 200M Midget	Finals
4:15 PM	#35	Women 200M Junior	Finals
4:15 PM	#67	Women 200M Senior	Finals
4:45 PM	#4	Men 200M Midget	Finals
4:45 PM	#36	Men 200M Junior	Finals
4:45 PM	#68	Men 200M Senior	Finals
5:15 PM	#7	Women 800M Midget	Finals
5:15 PM	#39	Women 800M Junior	Finals
5:15 PM	#71	Women 800M Senior	Finals
5:35 PM	#8	Women 800M Midget	Finals
5:35 PM	#40	Women 800M Junior	Finals
5:35 PM	#72	Women 800M Senior	Finals

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### FIELD SCHEDULE

#### WOMEN

ROUND ONE		
TIME	EVENT	ROUND
9:30 AM #27	Discus Midget	Finals
9:30 AM #61	Javelin Junior	Finals
9:30 AM #89	Shot Put Senior	Finals
ROUND TWO		
TIME	EVENT	ROUND
10:45 AM #17	High Jump Midget	Finals
10:45 AM #53	Long Jump Junior	Finals
10:45 AM #87	Triple Jump Senior	Finals
ROUND THREE		
TIME	EVENT	ROUND
12:00 PM #29	Javelin Midget	Finals
12:00 PM #57	Shot Put Junior	Finals
12:00 PM #91	Discus Senior	Finals
ROUND FOUR		
TIME	EVENT	ROUND
1:15 PM #23	Triple Jump Midget	Finals
1:15 PM #49	High Jump Junior	Finals
1:15 PM #85	Long Jump Senior	Finals
ROUND FIVE		
TIME	EVENT	ROUND
2:30 PM #25	Shot Put Midget	Finals
2:30 PM #59	Discus Junior	Finals
2:30 PM #93	Javelin Senior	Finals
ROUND SIX		
TIME	EVENT	ROUND
3:45 PM #21	Long Jump Midget	Finals
3:45 PM #55	Triple Jump Junior	Finals
3:45 PM #81	High Jump Senior	Finals

#### MEN

ROUND ONE		
TIME	EVENT	ROUND
9:30 AM #18	High Jump Midget	Finals
9:30 AM #54	Long Jump Junior	Finals
9:30 AM #88	Triple Jump Senior	Finals
ROUND TWO		
TIME	EVENT	ROUND
10:45 AM #30	Javelin Midget	Finals
10:45 AM #58	Shot Put Junior	Finals
10:45 AM #92	Discus Senior	Finals
ROUND THREE		
TIME	EVENT	ROUND
12:00 PM #22	Long Jump Midget	Finals
12:00 PM #56	Triple Jump Junior	Finals
12:00 PM #82	High Jump Senior	Finals
ROUND FOUR		
TIME	EVENT	ROUND
1:15 PM #28	Discus Midget	Finals
1:15 PM #62	Javelin Junior	Finals
1:15 PM #90	Shot Put Senior	Finals
ROUND FIVE		
TIME	EVENT	ROUND
2:30 PM #24	Triple Jump Midget	Finals
2:30 PM #50	High Jump Junior	Finals
2:30 PM #86	Long Jump Senior	Finals
ROUND SIX		
TIME	EVENT	ROUND
3:45 PM #26	Shot Put Midget	Finals
3:45 PM #60	Discus Junior	Finals
3:45 PM #94	Javelin Senior	Finals

**Pole Vault** events will be scheduled as established by the event official at the beginning of the day.