

2014 Laurentian Voyageur  
Pre Nossa Cross Country Challenge  
Friday September 26<sup>th</sup>, 2014  
Laurentian Community Track Complex  
Secondary School Races Information Package

**Date:** Friday, September 26<sup>th</sup>, 2014

**Location:** Laurentian Community Track Complex, Sudbury Ontario

**Meet Director:** Kerry Abols – [abolsk@rainbowschools.ca](mailto:abolsk@rainbowschools.ca)

**Eligibility:** Open to all secondary students. All competitors must represent and be registered by their school.

**Spike Length:** All races finish on the rubberized track surface so spikes must pyramid shape and cannot exceed 6mm in length. Athletes wearing spikes exceeding 6mm will be disqualified. Spike can be checked at the officials room after 10:00.

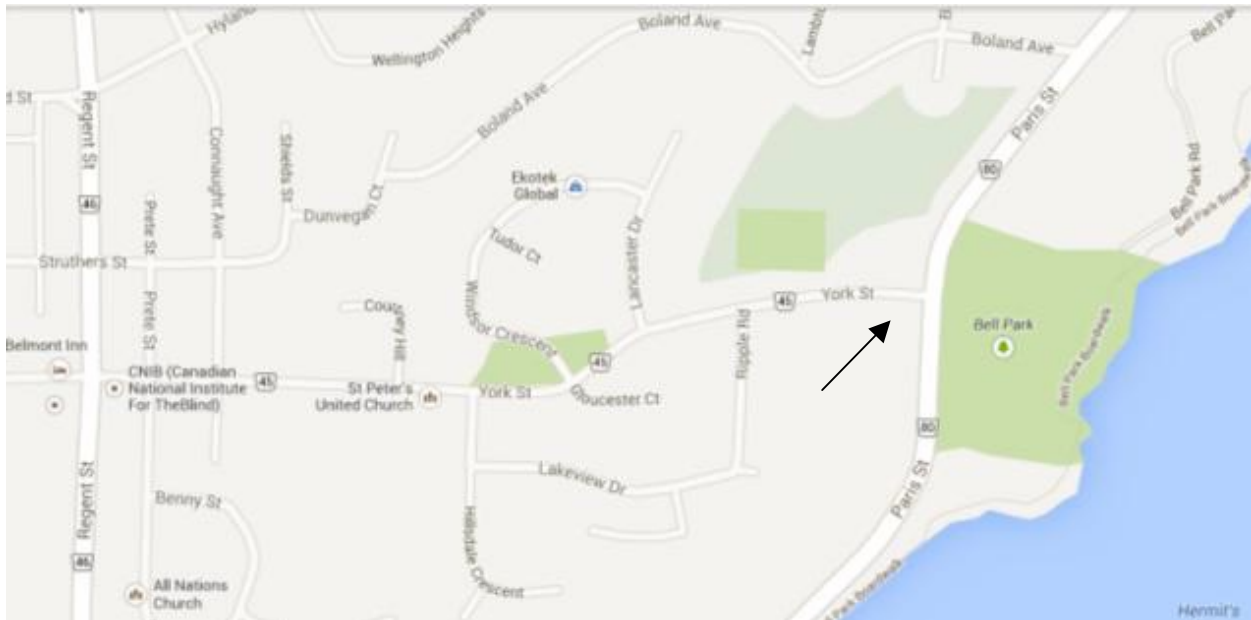
**Entry Fee:** \$5 per athlete registered, cheques payable to SDSSAA. Sudbury Schools will be charged back through SDSSAA.

**Registration:** All athletes must be registered by their school using trackdatabase.com. See the accompanying trackdatabase.com instructions. Meet code is **SX39K**. Registration deadline is Tuesday **Sep 23, 2014 @ 09:00 pm**.

**Schedule:** - 9:00 am – 9:45 busses arrive (see bus protocol below)

- 9:30 – 10:00 payment and number pick up in officials room (under stadium by the finish line)
- 10:30 Midget girls and para 3km race
- 11:00 Midget boys 5km race
- 11:30 Junior girls 4km race
- 12:00 Junior boys 6km race
- 12:45 Laurentian University Senior girls 5km race
- 1:20 Laurentian University Senior boys 7km race
- 2:00 Busses pick up along stadium road

**Parking:** Due to the very limited parking available on campus during the week and the size of our event, the university has mandated that we run a shuttle service for anyone not arriving by bus. There will be **NO** personal vehicle parking available on campus. Any competitors, teachers, parents, guardians or general spectators that do not plan to arrive by school bus must park their vehicle at the designated shuttle location (Bell Park parking lot – York Street). The shuttle service will be provided free of charge. Laurentian University Security will be turning people away if they arrive by personal vehicle. We appreciate this is an inconvenience but please forward this information to parents/guardians so they can prepare ahead of time. The Shuttle will run from 9:00 am -10:30 am and again from 1:00 – 2:30pm.



**Buses:** In collaboration with Laurentian University Security, we have developed a new Bus Protocol for our event. You will no longer need to make the long walk to the Stadium! Please read the instructions below and refer to the attached Bus Protocol Map.

#### **AM Drop Off Protocol:**

All teams must plan to arrive at the race site between **0900 and 945am. No exceptions.**

As the new Bus Drop Off/Pick Up zone is directly adjacent to the stadium and racing trails, we cannot have any buses in the area during the competition portion of the event.

All team buses will now enter campus via the **South Bay Road entrance** (entrance past main university entrance) and proceed directly to the Stadium (follow the signs – buses must travel in clockwise direction around Stadium Road). Buses will pull as far forward as possible within the marked **“Stadium Bus Drop Off/Pick Up Zone”** on Stadium Road prior to temporarily parking. Once buses have unloaded, they will depart the stadium area via the Stadium Road. Buses will exit the University via South Bay Road. Bus departures may be staggered to avoid lineups at South Bay Rd exit.

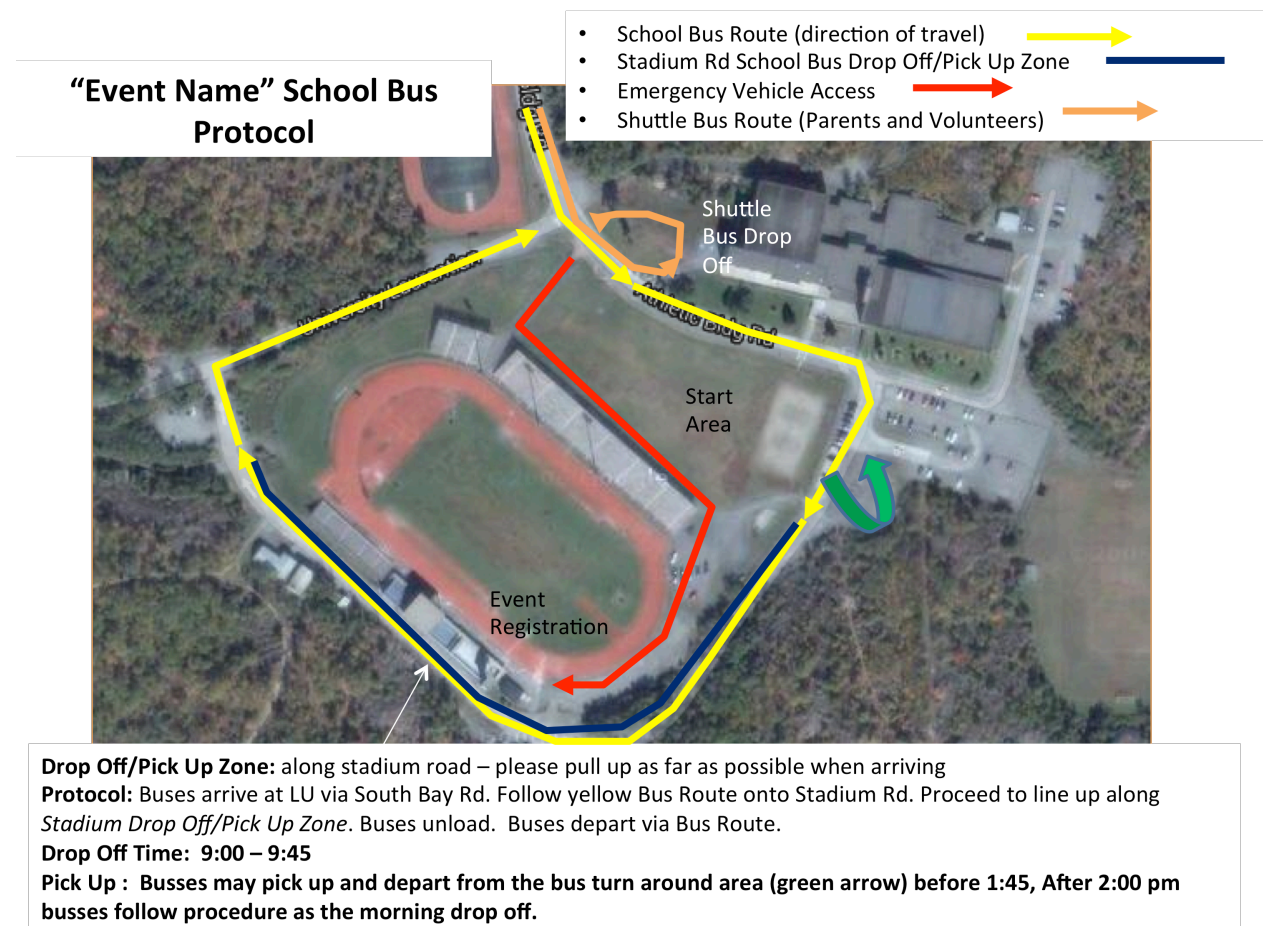
There is **NO bus parking** on campus. If required, buses can park at the York Street Lot across from Bell Park (Shuttle location).

## PM Pick Up Protocol:

As per the Drop Off Protocol – buses should enter the university via the South Bay Road Entrance and proceed to the Stadium Road, traveling in a clockwise direction

Buses will pull as far forward as possible within the marked **"Stadium Bus Drop Off/Pick Up Zone"** on Stadium Road prior to temporarily parking. Teams should board their bus promptly

Once buses have loaded, they will depart the stadium area via the Stadium Road. Buses will exit the University via South Bay Road. Bus departures may be staggered to avoid lineups at the South Bay Rd exit. Busses can not enter the pick up zone behind the stadium until after 2:00 (Senior boys races on course). Busses wishing to pick up and depart before 2:00 may be permitted to pick up, turn around and depart from the Ben Avery Building Bus Turn Around area behind the start line.



- On line entry instructions included in a separate file
- Race map included in a separate file

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

Meet Name:	Pre Nossa Cross Country 2014 Voyageurs and Vikings Cross Country meet 2014
Meet Code:	<b>SX39K</b>
Meet Date:	Sep 26, 2014
Entry Close Date:	<b>Sep 23, 2014 @ 09:00 pm</b>

**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:**

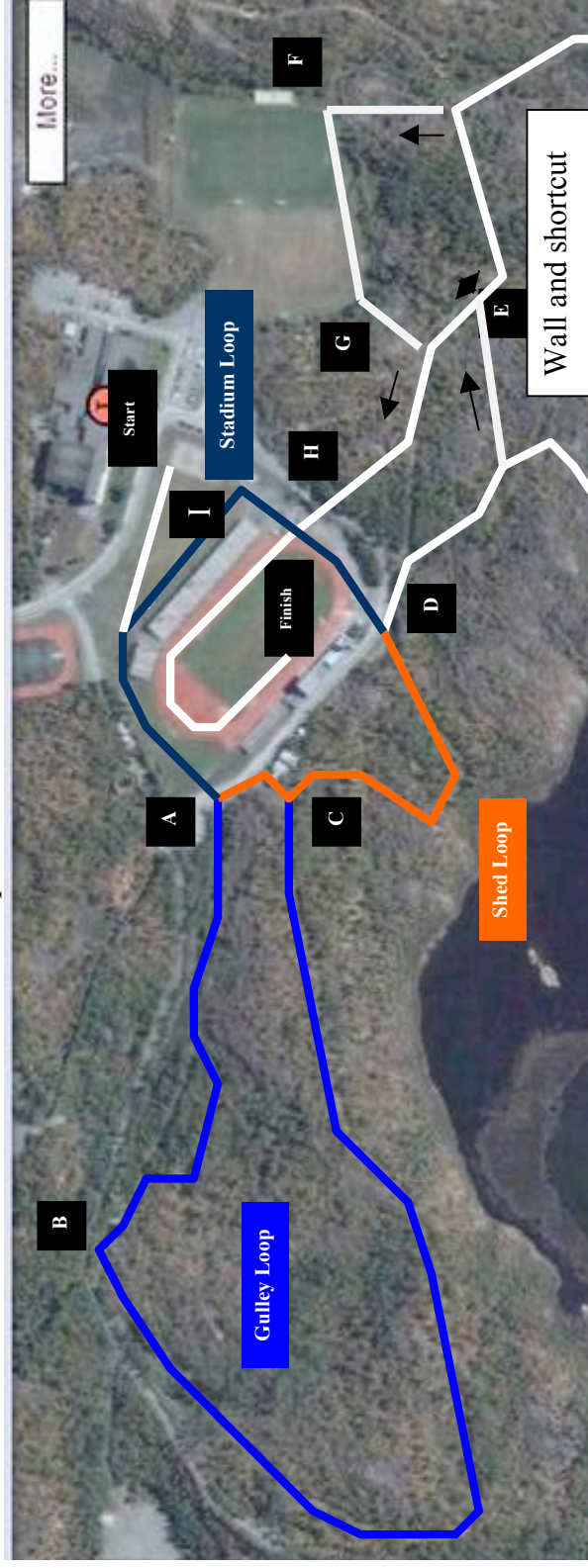
The sign-up for relays is located under the "Athlete" heading. Select 'Relay Entries' to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

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.

\*Note: similar but different from 2013 pre Ofsaa and Ofsaa routes.



## SDSSAA and NOSSA 2014 Race Map

**Start:** Intramural/Football Field behind 400m Track

**MG 3.2km 10:30:** Start, A, B, C, D, E, F, G, H, Finish

**MB 11:00/SG 12:45 5km (2 x 2.5km):** Start, A, B, C, D, E, G, H, I, (twice), Finish

**JG 4km 11:30(1km + 3km):** Start, A, C, D, I, A, B, C, D, E, F, G, H, Finish

**JB 6km 12:00(2 x 3km):** Start, A, B, C, D, E, F, G, H, I, (twice), Finish

**SB 7km 1:20 (1km + 2 x 3km):** Start, A, C, D, I, [A, B, C, D, E, F, G, H, I, (twice)], Finish