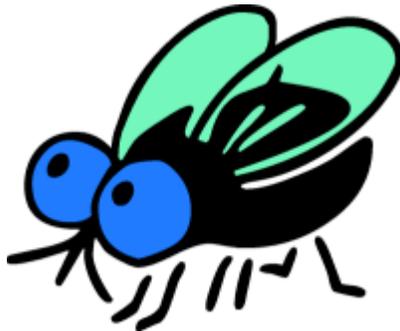




2019

Black Flies Track and Field Meet



...they're back!!

Technical Package for Coaches

Saturday, May 4th, 2019
Laurentian University - Sudbury, ON

2019 “Black Flies” Track and Field Meet
Sat. May 4th, 2019
Laurentian Community Track – Sudbury, ON

Technical Package for Coaches

Meet Director/All Inquiries: Darren Jermyn – jermyn@eastlink.ca Cell: 705-507-8246

REQUIRED DOCUMENT: High School Verification of Parental Consent Forms:

Each participating school must provide the following single document at the Registration Desk on the day of the event:

A signed attestation / verification (on School letterhead) from the school representative (coach or principal) that indicates that all required official Parental Informed Consents forms have been signed and received from parents' of each participating student for this event.

An example of this verification letter is found at www.tracknorth.com

Non-High School Open Athlete Waiver Form– All non-high school aged athletes, either competing for a club or independently will be required to complete a waiver form prior to competing. This form is available at www.tracknorth.com

Arrival and Parking:

Arriving Via Bus:

Drop-off and Pick-Up Location: Buses only will be allowed to unload in the Bus Turnaround by Lot P13 (Ben Avery Building).

Arriving Via Car or Small Van:

Athletes or spectators arriving via car or small van can be dropped off at the bus turnaround near Lot **P13** (front of the B.F. Avery Building - see “Campus and Car Parking Map”). Free parking is available on weekends in Lot **P13 and P14**.

Personal vehicle access and/or Parking is prohibited anywhere along the stadium road or inside the stadium. You will receive a ticket!!!

Eligible Athletes:

- This competition is open to both high school athletes/teams and club athletes
- High school athletes must be entered by their high school coach in the appropriate age category
- University/College age (or older) Club athletes must enter in the “Senior” category and will compete as Exhibition athletes (not eligible for awards).
- Elementary aged athletes (e.g. Grade 7 or 8) should enter in the “Midget Category” and are eligible for awards.

Events:

Track: 80mH, 100mH, 110mH, 100m, 200m, 400m, 800m, 1500m, 3000m (Open Boys, Open Girls), 4 X 100m, 4 X 400m (Open)

Field: Long Jump (4 attempts), Triple Jump (4 attempts), High Jump

Notes:

- All events (except 4 X 400m and 3000m) will be competed in High School Age Categories (Midget/Junior/Senior). The 4 X 400m and 3000m events will be contested as Open.
- All events (except the 100m) will be Timed Finals with sections running slow to fast based on seed times. The **top 8 times** in the 100m heats will advance to a Final.
- Age groups may be combined for certain events (pending entry numbers)
- If a club athlete displaces a high school athlete in the final of the 100m, a second "B" final will be run.
- All competitors in Long Jump, Triple Jump will get 4 attempts.
- High Jump opening heights will be as follows: Midget/Junior Girls: 1.20m; Senior Girls 1.30m; Midget/Junior Boys: 1.35m; Senior Boys 1.45m; Bar Progression: increase by 5cm until 8 athletes remaining, then raise by 3cm. High Jump fields may be consolidated (e.g. All Girls, All Boys) if numbers warrant.
- A final schedule will be posted at www.tracknorth.com on Friday, April 29th.

ENTRIES: Online entries only. No race day registration. Entry Deadline is **Thursday, May 2nd at 5pm.**

All meet entries must be done online at:

<https://tinyurl.com/y57yzj6p>

1. Once your entries are made, Trackie will send you an email with your entry confirmation and a link to make edits to your entries. If you don't receive it – check your Junk Mail folder. Please keep this email.
2. Tips on entry process found on following page
3. If you have ANY problems with entries, contact Darren Jermyn at jermynd@eastlink.ca

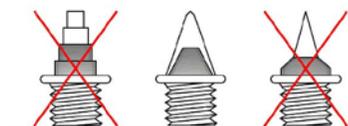
Entry Fees and Payment:

- \$6 per individual event and \$12 per relay
- Maximum Fee: \$500 per school; No club maximum.
- Please make cheques payable to: **"Laurentian University Cross Country Running Team"**. Cheques will be collected at the Registration Desk on the day of the event. Team Packages will not be given out until payment is received.

Late Entries:

- Late entries will be accepted at the discretion of the Meet Director. Late entries must be submitted via email to the Meet Director and include the athlete or team name, division, event and seed time. Late entries will be charged at \$12 per individual event and \$20 per relay team.

Spike Length: Spike length for both track and field events (LJ and TJ) is limited to **6mm**. All spikes should be pyramid or cone shaped (middle picture below). No "tree" or "pin" type spikes will be allowed. This rule will be strictly enforced at the check-in for each event. Please ensure your athletes are prepared for this.



ADDITIONAL INFORMATION:

Entry Registration Tips

1. Click on the link: <https://tinyurl.com/y57yzj6p>
2. Please ensure a school or club is listed for all athletes in the "Team" field. If competing independently, just type in "Unattached". There is a tick box option that will copy the team name for all entries made.
3. Please include a seed performance, particularly for track events as all events will be seeded. Athletes with no seed times will be placed in the slowest sections.
4. For the 3000m and 4 X 400 – please ensure you select the "Open" age category. Otherwise, these events will not appear in your drop down menu.

Registration Package Pick-Up: Located near the finish line. Registration opens at 8:30am.

Scratches: Coaches are asked to please notify the registration desk of any known scratches upon arrival at the meet **and/or** as the meet progresses. This will allow us to run full heats/sections and keep the meet on schedule.

Team Tent Area: Room will be available for team tents to be erected along the grass burn behind the steeplechase water jump area.

Outdoor Sheltered Area: Part of the main stadium seating is covered but teams are asked to come prepared for spending the day outside in rain and/or cool conditions.

Bib Numbers: All athletes will receive a bib number. For all events, please ensure the bib number is placed on the front of their competitive singlet.

False Start Rule – from OFSAA Track and Field Playing Regulations

(c) The false start rule is as follows:

The first false start will be charged to the field. The second false start and subsequent false starts will be charged against the athlete(s) making a false start.

Relay Events: All relay events are timed finals. Slower sections will run first.

Check-In Procedure:

Track Events

- Check-In will be near the start line of the event no later than 15 minutes prior to the start of the event.
- All Relays: The Check-In Marshall will be located just beyond the 100m start line. Relay teams, with all four athletes present, must check-in **no later than 15 minutes prior** to the start of their event. The anchor runner will be given a hip number to wear during the race to assist the phototiming team.

Field Events

All athletes to check-in at event site no later than 15 minutes prior to the start of the event.

Team Scoring:

This meet will not be scored.

Awards: TBD**Concessions/Food:**

- Pizza, fruit and other snacks and drinks will be available for purchase at the Concessions area throughout the day.

First-Aid

- St. John's Ambulance will be onsite during the competition. It will be located inside the main stadium.

Washrooms:

- Public washrooms are accessible from outside of the Stadium (Female – on North End, Male – access from behind stadium). Washrooms are also available on the 1st floor of the Ben Avery Physical Education Building.

Code of Conduct:

- All athletes, coaches and spectators are reminded that there will be zero tolerance of any physical or verbal abuse towards Meet officials or volunteers. Anyone breaking this code of conduct will be immediately disqualified from further participation in the meet.

2019 Laurentian University "Black Flies" Track and Field Meet Saturday, May 4th, 2019

Tentative Meet Schedule

Note – all track events may run up to 30 minutes ahead of schedule.

Track Schedule:

Time	Event	Check-In Location
10:00am	3000m – Open Boys (one section) 3000m - Open Girls (one section)	200m Start Line
10:30am	Sprint Hurdles (Timed Finals) 80m Hurdles – MG (30") 100m Hurdles – JG (30"), SG (30"), MB (33"), JB (36") 110m Hurdles – SB (36")	100m Start Line
11:00am	100m Heats (Top 8 times in heats qualify for finals) - MG, MB, JG, JB, SG, SB	100m Start Line
11:45pm	800m Timed Finals – MG, MB, JG, JB, SG, SB	Start/Finish Line
12:15pm	100m Finals – MG, MB, JG, JB, SG, SB	100m Start Line
12:45pm	Short Track Break	
1:00pm	200m Timed Finals – MG, MB, JG, JB, SG, SB	200m Start Line
1:45pm	1500m Timed Finals – MG, JG, MB, JB, SG, SB (fields may be combined if small fields)	1500m Start Line
2:30pm	400m Timed Finals – MG, MB, JG, JB, SG, SB	Start/Finish Line
3:15pm	4 X 100m - MG, MB, JG, JB, SG, SB	100m Start Line
3:45pm	4 X 400m – Open Girls, Open Boys	100m Start Line

Tentative Field Event Schedule :

- Check in at event location (athletes must wear number on front of singlet)
- Final Pit assignment may change based on number of entries received
- All competitors in Long Jump, Triple Jump will get 4 attempts

10:00am	Triple Jump – All Girls: Pit 1: Midget Pit 2: Junior + Senior High Jump – All Boys: Midget + Jr + Sr (Starting Height: 1.35m up by 5cm until 8 competitors, then up by 3cm)
11:00am	Triple Jump – All Boys: Pit 1: Midget Pit 2: Junior + Senior High Jump – All Girls: Midget + Jr + Sr (Starting Height: 1.20m up by 5cm until 8 competitors, then up by 3cm)
1:00pm	Long Jump – All Girls: Pit 1 Midget + Junior Pit 2: Senior
2:00pm	Long Jump – All Boys: Pit 1: Midget Pit 2: Junior + Senior