



2020 NOC Mini-Meets Tech Information (August 15, 2020)
Niagara Olympic Track & Field Club
www.nocrunners.com

Mini Meet	Date	Entries Due @ 4:00 pm	Events
#1	Sat. August 29	Wed. August 26	100m, 200, 800, TJ, DT, SP, Hammer
#2	Sat. September 12	Wed. September 9	200, 300/400, 1500, LJ, DT, JT, Hammer
#3	Sat. September 26	Wed. September 23	400, 800, 3000, HJ, DT, JT, Hammer

Location: Niagara Olympic Track and Field Complex, St. Catharines, ON
Parking: 100 Power View Ave., West Park, St. Catharines
Facility access: 30 minutes prior to event time
Sanctioned by: Athletics Ontario
Meet Director: Sharon.noc@outlook.com
Registration: **Athletes and coaches must be AO members and registered on Trackie**
Age Categories: OPEN
Entry Fees: \$15.00 for athletes; no fee for coaches
Waiver: **Must be completed online with registration.**
Check In: **Requires the online Health Screening within 24 hours.**
Facility Access: Check in at the gate, 30 minutes prior to your scheduled event. Preliminary warm ups are permitted around the soccer fields. Proceed to your event warm up area in the facility.
Implements: Athletes must bring their own implements.
Schedule: Final schedule and sections posted Friday night.

DATE		29-Aug		12-Sep		26-Sep	
Session 1 10:00 - 11:30		Track	Field	Track	Field	Track	Field
enter facility	comp time						
9:30 AM	10:00 AM	800 m W	TJ M	1500 m W & M	LJ W	3000 m W & M	HJ M
			SP W		JT W		JT W
outside facility	10:00 AM		DT M		DT M		DT W
10:00 AM	10:30 AM	100 m W & M		200 m W & M		400 m W & M	
ALL SESSION 1 ATHLETES LEAVE THE FACILITY IMMEDIATELY AFTER THEIR EVENT							
Session 2 11:30 - 3:00		Track	Field	Track	Field	Track	Field
enter facility	comp time						
11:00 AM	11:30 AM	800 m M		300 m W & M		800 m W	
outside facility	12:00 PM		DT W		DT W		DT M
11:30 PM	12:00 PM	200 m W & M	TJ W	400 m W & M	LJ M	800m M	HJ W
			SP M		JT M		
outside facility	1:30 PM		HT W & M		HT W & M		HT W & M

In addition to the Athletics Ontario protocol:

- Coaches, Officials and athletes wear a mask in the facility, except during warming up and racing.
- Personal bags must be placed in the designated event warm up area.
- Athletes can do the majority of their warm up on the perimeter of the soccer fields.
- NO warm ups, drills or strides on the track until your section is on the track.
- Do not come to the start line until your specific race time according to the section you are in.
- Leave the track immediately after your race, collect your belongings from your warm up area and do any cool down necessary on the perimeter of the soccer fields.
- **All spectators remain outside the facility.** Viewing can be done from the perimeter fence.
- Athletes must provide their own water, food and medical care.