



2020 NOC Mini-Meets Tech Information Meet #3 September 26
Niagara Olympic Track & Field Club
www.nocrunners.com revised September 13th

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: <https://www.trackie.com/online-registration/> for athletes and coaches
Entries Due: Wednesday September 23 @ 4:00 pm
Events: **100**, 300/400, 800, 2000/3000, HJ, DT, JT, SP, Hammer
Age Categories: 300m and 2000m U16; all other events are OPEN
Entry Fees: \$18.00 for athletes; no fee for coaches
Results/Heat Sheets: <http://sportmadesimple.com/>
Waiver: Must be completed online with registration.
Check In: Requires the online Health Screening within 24 hours.
Implements: Athletes must bring their own implements.

- **All spectators remain outside the facility.** Viewing can be done from the perimeter fence.
- Coaches, Officials, and Volunteers **MUST** wear a mask in the facility. If you are unable to wear a mask for a medical reason, we respectfully ask you remain outside the facility.
- **NO COACHES ON THE TRACK!** Respect the athlete space and keep it safe.
- Athletes need to wear a mask when entering/exiting the facility while walking to and from their designated bag drop/warm up area. Personal bags to be placed in the designated event warm up area.
- Majority of the warm up should be done on the perimeter of the soccer fields.
- Do not come to the start line until your specific race time according to the section you are in.
- **START BLOCKS WILL BE SANITIZED. DO NOT TOUCH UNTIL YOU ARE IN YOUR DESIGNATED LANE FOR THE RACE.**
- 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.
- Athletes must provide their own water, food and medical care.

NOC mini meet #3 September 26 Tentative Schedule				
enter facility	start time	Track	Field	Outside Field
9:30 AM	10:00 AM	3000m W open (12)	HJ M (12)	DT M (12)
9:30 AM	10:00 AM		JT W (12)	
9:50 AM	10:30 AM	3000m M open (12)		
10:40 AM	11:00 AM	2000m W U16 (12)		
11:20 AM	11:30 AM	2000m M U16 (12)		
all athletes must leave the facility immediately after their event.				
11:30 AM	12:00 PM	100m W open (20)	HJ W (12)	DT W (12)
11:30 AM	12:00 PM		JT M (12)	
11:45 AM	12:15 PM	100m M open (20)		
12:00 PM	12:30 PM	300m W U16 (12)		
12:15 PM	12:45 PM	300m M U16 (12)		
12:30 PM	1:00 PM	400m W open (20)		
12:45 PM	1:15 PM	400m M open (20)		
1:00 PM	1:30 PM	800m W open (28)	SP W & M (12)	HT W & M (12)
1:45 PM	2:15 PM	800m M open (28)		