1. Sandwich Secondary School will be out of bounds during the meet.

Only in the case of severe weather will provision will be made to shelter inside the school.

2. A small concession stand will be open on Friday & Saturday.

3. There are no admission fees for spectators.

4. The infield area is strictly out of bounds for all because of javelin events being contested on the infield. Please make sure that all athletes, especially your younger ones are well aware of the dangers associated with airborne implements when spectating at the throws events.

5. Please register at the tent nearest the 100m start for numbers & pins on arrival. Medals may be picked up here as soon as event results are officially posted on the fieldhouse wall.

6. Athletes should report to the start area of track events 10 minutes prior to the start of each event or the field event area at least 15 minutes prior to the scheduled start for check in.

7. Protest procedures:

Step 1-- For track events, speak to the Referee (red arm band) after the event. For field events, ask to speak with the chief official after the trial in question. If unresolved, you may request to consult the Field Referee for a ruling immediately before the next trial occurs.

Step 2-- If your dispute is unresolved, you may protest, in writing to the Jury of Appeal, citing the result in question, which rule is pertinent and why you feel the Jury should investigate further. A $25 cash fee must accompany the written protest and be handed into the Meet Director within 30 minutes of the results in question being posted.

Step 3-- The Jury of Appeal will uphold or reject the protest based on their investigation. Their decision is final.

8. All athletes, parents and spectators are expected to exhibit appropriate language and sportsmanlike behaviour towards all Meet Officials, Coaches and other competitors. Failure to comply may result in disqualification from the Meet.

9. As of the first deadline, all 60m/100m events except Midget Girls will be run as straight finals during the morning session beginning at 10:30am. Midget Girls will run heats at this time and finals at 1:15pm. If sufficient late entries increase the size of the race to more than 8 competitors, the event will be run as a heat in the morning and finals in the afternoon. You will be notified at check in of any changes in this regard.

10. Field events for Tyke, Atom and Bantam athletes will consist of 3 trials only.

11. Weigh-ins for throwing events will be held in the storage garage behind the 100m start line.

12. Please make sure that hard copies of all waivers are signed and handed in at the Registration tent.

Extra copies will be available if they are forgotten, but it would be most helpful to have these completed ahead of time with parental signatures so they can be submitted quickly.