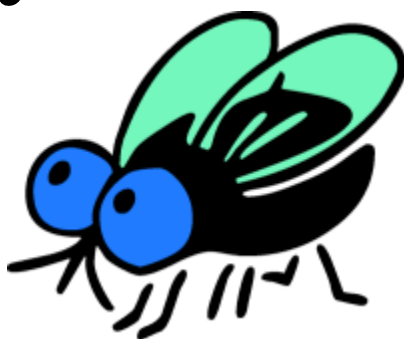




2013

Black Flies Track and Field Meet



...they're back!!

**Saturday, May 4th, 2013
Laurentian University - Sudbury, ON**

Technical Package for Coaches

2013 "Black Flies" Track and Field Meet

Technical Package for Coaches

Meet Date: Saturday, May 4th, 2013

Race Location: Laurentian University Track and Field Stadium

Meet Director/All Inquiries: Darren Jermyn – jermynd@eastlink.ca
Phone: 705-670-1561
Cell: 705-507-8246 Fax: 705-523-7170

IMPORTANT NOTE (re: volunteer officials):

All participating schools/clubs are asked to provide two (2) volunteer officials to assist with the meet. These volunteers will be required for only 1.5-2 hours (one event) and no experience is necessary. Please email the names of these volunteers to jermynd@eastlink.ca

Eligible Athletes:

- This competition is open to both high school athletes/teams and club athletes
- Non-high school aged club athletes will be allowed entry as follows: Bantam/Midget aged athletes (e.g. Grade 6, 7 and 8) will compete in the Midget or Open Category. Open athletes (e.g. College, University, Masters) will compete in the Senior or Open Category.

Driving Directions: Please refer to the "Sudbury Map" for directions to Laurentian University.

High School Verification of Parental Consent Forms: IMPORTANT!!

Each participating school must provide the following single document is required 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: Athletes and coaches arriving via bus should enter the university at the main entrance (See "Campus and Car Parking Map") and proceed through campus until you hit the Raymond Alphonse Building (bottom of the hill just before intersection of University Road and Voyageur Road). Athletes and coaches must be dropped off and picked up here. (Note – from here, it is approximately a 300m walk to the Start/Finish Area). Coaches and athletes should take everything they need for the day off the bus.

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**. If required, cars can also park at **P11** or **P15**. There may be a charge (\$6 – coin entry) to park in P11 or P15 – please be prepared.

**Parking is prohibited anywhere along the stadium road or inside the stadium.
You will receive a ticket!!!**

Events:

Track:

100m, 400m, 800m, 1500m, 4 X 100m, 4 X 400m (Senior/Open)

Field:

Long Jump, Triple Jump

Shot Put*, High Jump* - only contested if adequate officials available

Notes:

- All events (except 4 X 400m) will be competed in High School Age Categories (Midget/Junior/Senior)
- Age groups may be combined for certain events (pending entry numbers); Open Club athletes will compete in High School Senior Category
- Final schedule will be posted at www.tracknorth.com on Friday, May 3rd

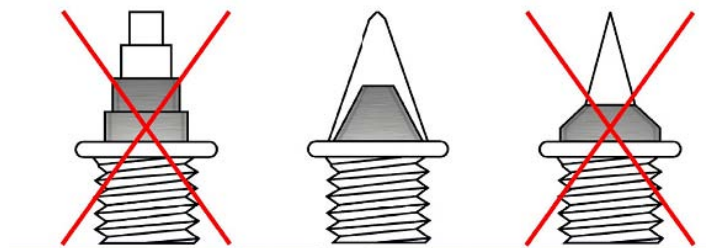
Registration Package Pick-Up: Located near the finish line. Registration opens at 9:30am.

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.

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.

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.



Entries: Pre-entry Only! No race day registration.

ENTRY DEADLINE is Thursday, May 2rd at 4:00pm

All meet entries must be done online at:

<http://www.trackie.com/online-registration/event.php?id=736>

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 \$20 per relay team and \$10 per individual event.

Entry Confirmation:

- You will receive a confirmation email of your entries and an email indicating the total amount of entry fees required.

Entry Fees:

- \$5 per individual event
- \$10 per relay

Payment:

- Please make cheques payable to: **"Laurentian University Women's Cross Country Running Team"**. Cheques will be collected at the Registration Desk on the day of the event. Cheques should be issued by the participating school or club. Receipts will be provided. Team Packages will not be given out until payment is received.

Bib Numbers: All athletes will receive a bib number. Please ensure the bib number is placed on the front of their competitive singlet.

False Start Rule – as per OFSAA Regionals & OFSAA Championship:

Midget - first false start is against the field; subsequent false starts against the individual and that individual will be disqualified from the event

Junior, Senior and Open - all false starts are against the individual who is disqualified from the event

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

Field Events: All competitors will get 3 attempts. The top 8 athletes will qualify for 3 additional jumps. Non-high school aged athletes will not displace high school athletes in qualifying for the final 3 jumps, the field will simply be expanded to include a minimum of 8 high-school aged athletes.

Check-In Procedure:**Track Events**

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.

Other 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.

Field Events

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

High School Team Scoring:

- A team high school aggregate champion (All age divisions, Girls + Boys) will be announced at the conclusion of the event.

- In relay events where a school has more than one team (e.g. A and B), points are only awarded to the highest placing team from that school.
- Point system: 1st through 8th place: 10-8-6-5-4-3-2-1 points
- Tie breaker will be team with more 1st place finishes. If still tied, then the team with more 2nd place finishes, etc.
- Club teams will not be included in team scoring.

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 disqualified from further participation in the meet.

2013 Laurentian University "Black Flies" Track and Field Meet

Saturday, May 4th, 2013

Tentative Meet Schedule

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

Track

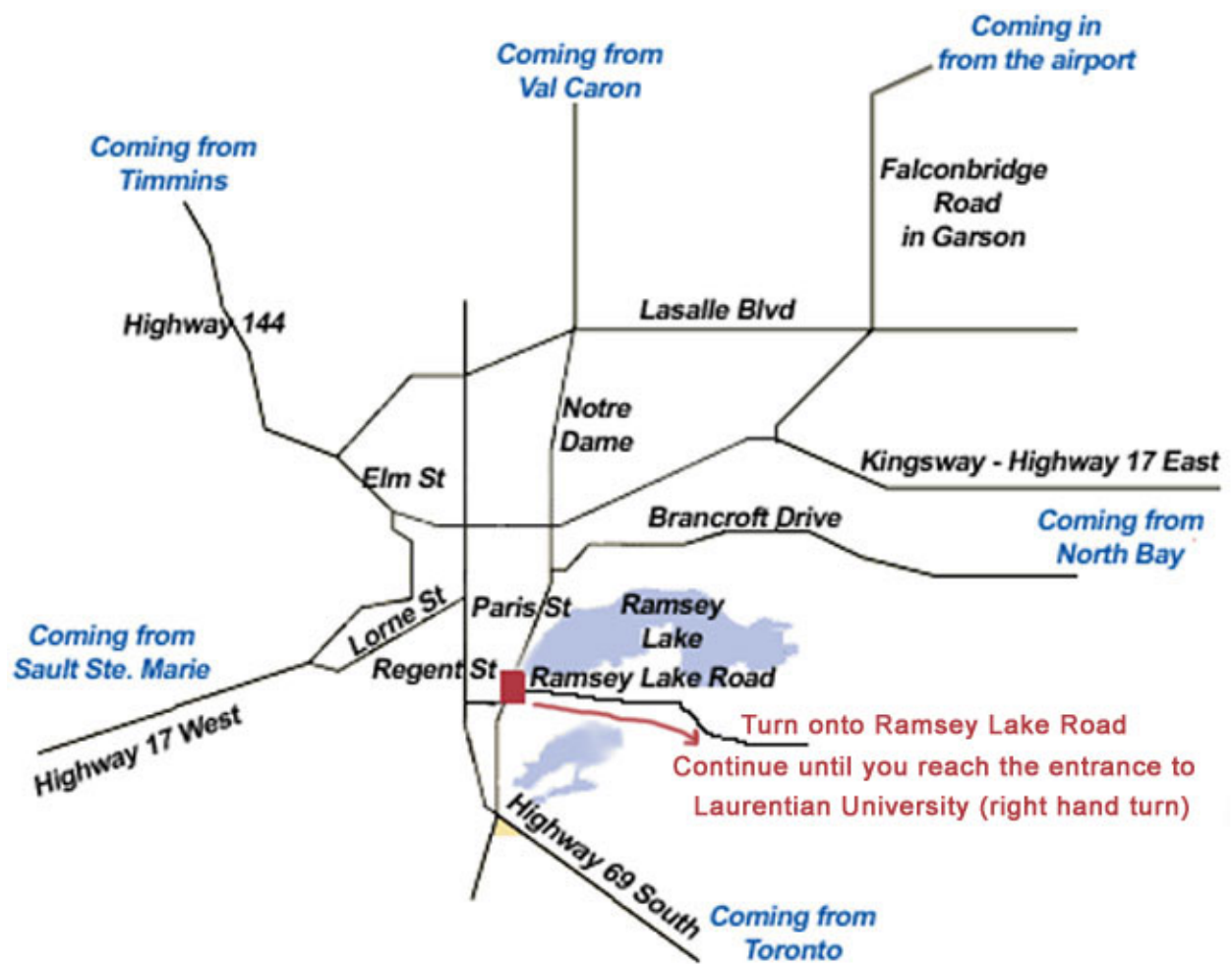
- 10:45am 100m Heats (Top 8 times in heats qualify for finals) – MG, MB, JG, JB, SG, SB
- 11:45pm 800m Timed Finals – MG, MB, JG, JB, SG, SB
- 12:15pm 100m Finals – MG, MB, JG, JB, SG, SB
- 12:45pm Short Track Break
- 1:00pm 400m Timed Finals – MG, MB, JG, JB, SG, SB
- 1:45pm 1500m – MG, JG, MB, JB,
- 2:15pm Laurentian University Senior High School 1500m (Senior Girls, Senior Boys)
- 2:30pm 4 X 100m - MG, MB, JG, JB, SG, SB
- 3:15pm 4 X 400m – Open Girls, Open Boys

Field

- 10:45am Triple Jump – Girls: Pit 1: Midget; Pit 2: Junior + Senior
Shot Put* – Girls: Midget + Junior + Senior
High Jump* – Boys: Midget + Junior
- 11:45am Triple Jump – Boys: Pit 1: Midget Pit 2: Junior + Senior
Shot Put* – Boys: Midget + Junior + Senior
High Jump* – Girls: Midget + Junior
- 1:45pm Long Jump – Girls: Pit 1 Midget + Junior Pit 2: Senior
High Jump* – Boys: Senior
- 2:45pm Long Jump – Boys: Pit 1: Midget Pit 2: Junior + Senior
High Jump* – Girls: Senior

N*ote: Shot Put and High Jump will only be contested if enough school volunteers are available

1. Sudbury Map



2. Campus and Car Parking Map

