

2018 MICHAEL PONIKVAR – BAY OF QUINTE TRACK & FIELD CHAMPIONSHIP

DATE: Wednesday, May 16, 2018

TIME: 9:00 am (Coaches and Officials Meeting at 8:30 am at finish line)

LOCATION: Bruce Faulds Track and Field Complex (south of Centennial SS)
Harder Drive/Palmer Road
Belleville

CONVENOR(S): Brian Poste (NHHS) – entries, results
Anne Falla (ENSS) – officials

1. Track surface and long jump, triple jump, high jump, javelin and pole vault approaches are all-weather surfaces, requiring the use of running shoes or spikes. (Maximum spike length is 6 mm).
2. Discus and shot put circles are concrete.
3. **Refer to Bay of Quinte By-Laws, re: Track & Field Rules/Regulations.**

Completed, signed OFSAA AELS Forms MUST be brought to the BQ championship and handed in to convenors!

Note that completed, signed OFSAA Practice Forms and OFSAA Supervision Forms must be submitted to Bay of Quinte convenors at the COSSA Championship.

Finally, completed, signed OFSAA Behaviour Forms must be submitted to Bay of Quinte convenors at the East Region Championship.

4. Please bring throwing implements to the meet. Implements must be weighed in before 8:30 am and left at the event until the school leaves the meet! No implements are allowed to be in school 'camps'!
5. **Awards:** First place finishers in each event will receive Bay of Quinte gold medals. Second through eighth place finishers will receive Bay of Quinte ribbons.
6. **COSSA Qualification: Top 8 finishers in each event are automatically entered at COSSA. SCHOOLS ARE ASKED TO PLEASE REPORT ANY SCRATCHES FOR COSSA BEFORE LEAVING THE BAY OF QUINTE CHAMPIONSHIP.**
7. Bay of Quinte Invitational, Bay of Quinte, COSSA and East Regional & OFSAA entry fee invoices will be e-mailed to each school based on entries at these meets AFTER the REGIONAL meet. You do NOT have to bring money to ANY event!
8. Please stay out of Centennial SS during the school day!
9. Schools that won trophies at last year's meet are to bring them to the scorers' desk upon arrival.
10. NO frisbees, baseballs or music devices (portable radios/ipods/phones) will be permitted in competitive areas!