



- ENTRY DEADLINE:** Saturday, May 26, 2018 at NOON.  
Send entries to [cdobson@ottawalions.com](mailto:cdobson@ottawalions.com)
- ENTRY FEES:** \$2400.00 per Association. Cheques should be made payable to KCVI. **Cheques are due to Stephanie Howie upon arrival at the meet.**
- AWARDS:** Ribbons will be awarded for 1<sup>st</sup> through 8<sup>th</sup> place.
- NUMBERS:** Competitor numbers will be assigned to all athletes. These numbers will be valid for BOTH days of the meet.
- PACKAGES:** Coaches may pick up team packages on Thursday from 2:00 pm to 5:30 pm and on Friday from 8:00 am to 10:30 am at the track.
- STARTING BLOCKS:** Starting blocks will be supplied and may be used for all sprints including the 400 m and the starting legs of the 4 x 100 m and the 4 x 400 m relays. In events where starting blocks are used, athletes choosing not to use blocks **MUST** use a 4 point stance. No standing starts will be permitted.
- FOOTWEAR:** The track surface, jumping runways, and javelin runway are polyurethane. The shot put and discus pads are concrete. **ONLY Pyramid spikes no longer than 6 mm (1/4 inch) will be allowed on the polyurethane surfaces.**
- MARSHALLING:** All Field event athletes will report directly to the event upon hearing the announcement, which will take place approximately 30 minutes prior to event start times. Practice trials at field events will commence 20 minutes prior to the scheduled event starting times (pole vault will be sooner for both).
- All track athletes will report to the Athlete Control Center (ACC) located in the front of the arena 20 – 30 minutes before the scheduled starting time of the events. Once an athlete checks into the ACC, he or she will be required to stay there. There will be limited warm-up space at the ACC. Warm up-hurdles will be available at the ACC. Athletes will be marshalled to their starting lines in groups or heats.
- Absolutely NO coaches will be allowed in the ACC or in the competition area.**
- UNIFORMS:** School identifying tops must be worn by competitors in all events. Members of a relay team must wear identical school tops.
- IMPLEMENTS:** Implements to be used in competition for throwing events must be certified **between 3:30 and 4:30 pm on Thursday and between 8:30 and 10:30 am or between 12:00 and 2:00 pm on Friday.** Weigh-ins will take place alongside the building across from the finish line area. Once an implement is certified, it will remain the property of the event judge, for use by all competitors, until the competition has completed in its entirety. Implements can be picked up from the same location approximately 15 minutes after the conclusion of the event.

**FOOD:** There is an onsite food vendor inside the arena. There are many restaurants near the track. Plaza beside the track—Pita Pit, Quesada burritos & tacos, Homestyle Deli (closes at 4:30), Pho Vietnamese, St. Louis Wings & Ribs, Amici Panini & Pizzeria. A&W at the Petro Can, 1000 Curry at the ESSO station and Aroma Cuisine at the ESSO station. Tim Hortons at Gardiners and Cataraqui Blvd and Subway at Lowes on Gardiners.

**CONDUCT:** All Coaches and athletes should be aware of the **OFSAA CODE OF ETHICS**.

1. No portable musical devices (I-pods, smartphones, etc.) are allowed inside the ACC or the competition area.
2. No Frisbees or balls are allowed in or near the competition area.
3. Coaches should ensure that teams clean up all garbage in respective areas prior to departing. Garbage bags will be provided with team packages.

**RULES AND OFFICIALS:**

1. In order to clarify rules of competition, the following priority of interpretation will be used: East Region Track and Field Guidelines, OFSAA Track and Field Playing Regulations, I.A.A.F. Rules.
2. Meet officials are volunteers from the host district. Each district is expected to provide the most knowledgeable and experienced officials who are able to volunteer their services. All athletes and coaches are expected to give their fullest cooperation and respect to these officials.
3. Coaches are not permitted in the designated event area while the event is in progress. **All coaches must remain outside the competition areas! Violation of this could result in athlete disqualification.**
4. Unsportsmanlike conduct by any competitor or coach shall result in disqualification of the competitor (ex. throwing the baton, abusive language). Such disqualifications must be reported to the track and/or field referee and the meet convenor immediately. The athlete and coach will be informed and removed from the competition.
5. A supervising teacher must be present and responsible for the behaviour of his or her school's competitors for the duration of the meet. **Registration materials will only be given to this supervising teacher.**
6. The Jury of Appeal, consisting of three (3) members, shall handle disputes arising from any decision made by the track or field referee. A protest must be submitted, in writing, to the Jury of Appeal, together with a \$50.00 deposit (refundable if protest is upheld) within 30 minutes of the incident which is being protested.

**Thanks for all your hard work throughout the Track and Field season. We hope that you and your athletes enjoy the competition in Kingston. Best of luck to you and all of your athletes!**

Janey and Kim 😊

## REGISTRATION FOR OFSAA

**OFSAA TRACK AND FIELD CHAMPIONSHIP 2018:**

To be hosted at York University in Toronto

**June 7,8 & 9, 2018**

### **Entry Procedure for the OFSAA Championship:**

1. The top four (4) athletes and relay teams in each event from the East Region will qualify for the OFSAA Championship.
2. Each of the three Associations in the East Region shall designate one teacher/coach to process the entries of that association (ie. To serve as Association Representatives) from 11am-1pm and 3pm onward.
3. One coach from each school must present completed, signed OFSAA paperwork to the appropriate Association Representative. Required paperwork includes the following items which can be found on the OFSAA Track and Field website:
  - OFSAA Eligibility Form OR AELS
  - OFSAA Practice Form
  - OFSAA Supervision Form
  - OFSAA Release of Liability Form

### **ATHLETES WILL NOT BE ALLOWED TO COMPETE AT OFSAA WITHOUT THESE FORMS.**

4. One coach from each school must obtain two copies of their school results from the timing tower at the conclusion of his or her team's competition. Entries for each school must be verified by a coach from that school by signing one copy of their results page. The coach should keep the second copy for his or her records.
5. One coach from each school must pay the following amounts to their Association Representative.
  - **OFSAA entry fees in the amount of:**
    - \$10.00 per athlete per event.
    - \$25.00 per relay team.
  - **OFSAA participation fee in the amount of:**
    - \$3.00 per athlete

### **ALL FEES MUST BE PAID TO YOUR ASSOCIATION REPRESENTATIVE BEFORE YOU LEAVE THE MEET!**

6. If a team has a qualifier who will not be going to the OFSAA championship, a coach should complete the event drop form. This will allow the meet convenor to invite the 5<sup>th</sup> place finisher to attend.
7. If a school qualifies a relay team, a coach must complete an **OFSAA relay card**.
8. All OFSAA information is available online at <http://www.ofsaa.on.ca/track-field>