

2024 OFSAA EAST REGION TRACK AND FIELD CHAMPIONSHIPS
THURSDAY, MAY 30 AND FRIDAY, MAY 31

CONVENORS: Brian Poste
(entries, results)
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Anne Falla
East Northumberland Secondary School
(officials)
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TIME: Thursday – 3:30 pm to 7:00 pm
Friday – 9:00 am to 6:00 pm

LOCATION: Mary Ann Sills Park – Bruce Faulds Track
Harder Drive and Palmer Road
Belleville, Ontario

NOTE: COACHES AND OFFICIALS ARE ENCOURAGED TO READ THE EAST REGION TRACK AND FIELD PLAYING REGULATIONS PRIOR TO ATTENDING THE MEET. GO TO www.bqtrack.ca.

FIELD OFFICIALS: Please report to the trailer at the finish line as soon as you arrive at the meet in order to confirm your presence with your officiating crews. (Each adult field official is responsible for bringing a student officiating crew.) Your officiating packages will be available for pick up when you check in at the trailer at the finish line.

TRACK OFFICIALS: All track referees and umpires will be asked to attend meetings at the finish line at 3:00 pm Thursday and at 8:30 am Friday. Track events will not begin until all track referees and umpires have checked in and been given their assignments. Please note that track umpires will be asked to serve as hurdle and relay exchange zone judges, as assigned by the head track umpire. Track umpires are asked to plan to stay on site for 30 minutes following completion of the meet in the event that protests are filed.

ELIGIBILITY: Competitor eligibility is according to the OFSAA constitution. A competitor may enter no more than three (3) individual events which must be in the same age class, or in the open class. In addition, a competitor may enter one open relay (4 x 400 m) and one age class relay (4 x 100 m).

The meet will be run according to EAST REGION TRACK AND FIELD GUIDELINES.

Athletes shall qualify for East Region from each Association:

1. Top 5 athletes per event from NCSSAA and EOSSA
2. Top 6 athletes per event in from COSSA

ENTRY DEADLINE: 6:00 pm on Friday, May 24, 2024

ENTRY FEES: \$2400.00 per association; cheques should be made payable to 'COSSA'
Cheques are due to Brian or Anne upon arrival at the meet.

AWARDS: Medals will be awarded to 1st place finishers. Ribbons will be awarded for 2nd through 8th place.

NUMBERS: Competitor numbers will be assigned to all athletes.

PACKAGES: Coaches may pick up team packages on Thursday from 2:00 to 5:30 pm and on Friday from 8:00 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 4 x 400 m. In events where starting blocks are used, athletes choosing to not use blocks MUST use a 4 point stance. No standing starts will be permitted.

SHOES: The track surface, jumping runways and javelin runway are polyurethane. (Shot and discus pads are concrete.)
Maximum allowable spike length on polyurethane surfaces will be 6 mm (1/4 inch).

MARSHALLING: All track athletes and field athletes competing inside the track area (long jump, triple jump, shot put, pole vault and high jump) must report to the Athlete Control Centre (ACC) 20-30 minutes before the scheduled starting time of the events. Once an athlete checks into the ACC, they will be required to stay there. There will be warm up space in the ACC. Warm up hurdles will be available in the ACC. Athletes will be marshalled to their starting lines or field events in groups.

All other field athletes competing outside the track area (discus, javelin) should report directly to their events.

Practice trials at field events will commence 20 minutes prior to scheduled event start times.

Absolutely NO coaches will be allowed in the ACC or in the competitive 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 in throwing events must be certified between 3:30 and 4:30 pm on Thursday and between 8:30 and 10:30 am or 12:00 and 2:00 pm on Friday. Weigh ins will take place in the building outside the fence at the south end of the track.

PARKING: Parking is available at the parking lot, located at the south end of the Park and accessible via Palmer Drive. There is NO parking along Harder Drive or at Centennial S.S.

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

1. No portable musical devices (cell phones, etc) are allowed inside the ACC or the competitive area.
2. No frisbees, footballs or soccer balls are allowed in or near the competitive area.
3. Coaches should ensure that teams clean up all garbage in respective areas prior to departure. 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 support 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 competitive areas! Violation of this could result in athlete disqualification.**
4. Unsportsmanlike conduct by any competitor or coach shall result in disqualification of the competitor (eg, throwing the baton, abusive language). Such disqualifications must be reported to the track referee and/or the 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 members, shall handle disputes arising from any decision made by the track referee or head field judge. 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.

ACCOMMODATIONS: Go to www.bqtrack.ca for information.

REGISTRATION FOR OFSAA

OFSAA TRACK AND FIELD CHAMPIONSHIP 2024: Western University, Thursday, June 6 to Saturday, June 8

Entry Procedure for the OFSAA Championship:

1. The top four (4) athletes in each event in the East Region 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 Representative).
3. OFSAA paperwork is available on the OFSAA website and must be **uploaded by the HUB**. Required paperwork includes the following.
These documents can be found at www.oftaa.on.ca/track-field/coaches/registration.
 - i. Printed and signed Eligibility Roster
 - ii. Student Waiver (Forms should be made available for parents to read and then sign the checklist to be uploaded as one file to the Hub)
 - iii. Coaching Release Form (ALL coaches need to complete the form and upload as one file to the Hub)
 - iv. OFSAA Supervision Form (A hard copy of this form should be brought by each association to the regional meet.)

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

Forms to be reviewed include the following.

- i. Concussion Awareness Resource
 - ii. Student-Athlete/Parent Code of Conduct
 - iii. Coach/Trainer Code of Conduct
4. One coach from each school must obtain two copies of the "Entries by School List" from meet officials at the conclusion of their team's competition. Entries for each school must be verified by a coach from that school by signing one copy of the "Entries by School List". The coach should keep the second copy of the "Entries by School List" for their records. **Do not leave the East Region meet until you have confirmed your OFSAA entries.**
 5. Payment of fees will be determined by each association.
 - OFSAA entry fees will be \$10.00 per athlete per event and \$25.00 per relay team
 - OFSAA participation fee will be \$3.00 per athlete
 6. If a team has a qualifier who will not be going to the OFSAA championship, a coach should complete the event drop form.
 7. If a school qualifies a relay team, a coach must complete an **OFSAA relay card**.
 8. All OFSAA information is available on-line at <http://www.oftaa.on.ca/track-field>.

Thanks for coming to Belleville for the East Region Track and Field Championship. Best of luck to you and your athletes.

Brian and Anne