

**JR. REGION 5 & 6 TRACK AND FIELD MEET
MEET INFORMATION**

- 1. DATE:** Tuesday, June 17th, 2008
Terry Fox Track
9:30a.m.-3:30p.m.(final schedule will depend on entries)
(There is no rain date possible at the facility so the meet will go with mildly inclement weather).
- 2. MEET T-SHIRTS:** Again this year, athletes/coaches will be able to purchase a Track & Field Championship t-shirt. You will have an opportunity to pre-order t-shirts (order forms are attached) or purchase t-shirts at your regional meet (quantities limited).
- 3. RULES:** The Junior Region 5 & 6 Championship will run according to the IAAF Rule Book for Track & Field events.
- 4. ENTRIES:** To be received by Tuesday, June 10th by 5:00pm, 2008.

For all late entries (received after 5:00 pm on the deadline day), there will be a \$3.00 fee per athlete charged to YOUR school... For any changes made to your entries after the deadline or the day of the meet, there will be a \$3.00 charge per change (not for a scratch).

INFORMATION NEEDED TO SEND ENTRY SHEETS THIS YEAR !!!

Your entry sheets are on the Lions' website (www.ottawalions.com)... Click on "OCDSB Regional Meets" and then click on **Jr. Region 5 & 6 meet** ... Download the files needed to fill in... Follow instructions on "HOW TO SEND YOUR REGISTRATION FORMS?" step by step and then email your folder.

- ** Each athlete may enter 2 events and 1 relay.
- ** Each school may enter 2 athletes per event.
- ** If an athlete moves up to another age category he/she must compete only in that category

- 5. CATEGORIES:** Age will be determined as of Dec. 31st of the year prior to the meet. (ie: the meet date of June 2008 means that all ages are determined as of Dec. 31st 2007)

Mite	9 year olds	(born in 1998)
Tyke	10 year olds	(born in 1997)

- 6. COVERAGE:** Release time will be provided at the rate of 1 coach per school.
- 7. BUSING:** The OCEAA will not cover any bus costs and each school will pay for its own.
- 8. SOFTBALL THROW:** Softball throw: All softball throws will be done using the 11 inch "Incrediball "

9. FIELD EVENTS: (Long jump & softball throw)

- a) 3 trials for each competitor with 1 more trial for the top 8
- b) once a round of trials has been completed no competitor will be given a trial over and it will be considered a pass in the results.

TRACK EVENTS TAKE PRECEDENCE OVER FIELD EVENTS. ATHLETES SHOULD REPORT TO THE FIELD EVENT AND GO RUN THE TRACK EVENT TRYING TO SHUTTLE BACK AND FORTH SO AS NOT TO MISS EITHER ONE.

10. SCORING:

1st -- 10 points	5th -- 4 points
2nd -- 8 points	6th -- 3 points
3rd -- 6 points	7th -- 2 points
4th -- 5 points	8th -- 1 point

11. AWARDS:

Individuals will receive ribbons for the top eight places. Teams will be awarded separate banners for the following categories:

- Mite Girls
- Mite Boys
- Tyke Girls
- Tyke Boys
- Junior Grand Aggregate

12. SECURITY:

10:1 student ratio at the meet (parent volunteers). If you are officiating an event, you need another teacher/parent to supervise your students (see supervision schedule by area).

Athletes are required to stay off the infield area and remain in the stands when not competing. It is important that ALL coaches reinforce this with their team prior to the meet.

13. FIRST AID: Each school is responsible for bringing a first aid kit of its own, however qualified first aid persons will be on duty during the meet.

***** All coaches should ensure that ALL competitors are trained for their event (ie: 1500m runners should have trained for the event)...**

***** Could all coaches instruct all athletes to report to the official at the event they are competing in if an injury occurs... The official will then advise their school coach about the injury for further attention.**

14. FOOD: The snack bar will be open at the Terry Fox Complex. Please encourage your students to keep their area free of garbage.

15. TRACK: All surfaces are synthetic rubber. No spiked or cleated shoes of any type are allowed. Athletes are not allowed to participate without footwear and may be disqualified for running without proper footwear.

16. EVENTS: Boys and Girls

Track	100m, 200m, 800m, 1000m 1500m Relays 4X100m -	- Age Group - Mite ONLY - Tyke ONLY - Age Group
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AGAIN THIS YEAR !!! (relays are NO LONGER coed)

Field	Long Jump, Softball throw	- Age Group
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Heats Where heats are run to advance to finals, the selection will be 3 heats - first 3 and next 5 fastest times.
4 heats - first 4 and next 4 fastest times, etc.

Timed finals will be the approach in other events, with 1 or more heats from a box start for 800m and a curved line for the 1000m /1500m. All athletes in heats are asked to remain in their lanes and make sure that the judges have their names after each race.

17. RESULTS: These will be posted near the scorers' area and we ask coaches, as well as athletes to stay away from the processing of results.

18 . SCHEDULES/MAPS:

Schedules are attached and should be copied for athletes to assist in smooth, efficient meet operation. Map is attached.

19. MEET OFFICIALS: (jobs are listed below)

Meet Director	Alain Boucher (Jack Donohue)	
Track Referee	Alain Boucher	
Field Referee	Michelle Boucher(Greenbank)	
Starter	Todd Thompson(A. Lorne Cassidy)	
Marshals (start line)	Stonecrest/Fitzroy Cent.	
Finish Line	W.O. Mitchell/Goulbourn	
Softball Throw	Bridlewood WEJ	(Girls: Mite, Tyke) (Boys: Mite, Tyke)

Long Jump Stephen Leacock (Girls: Mite, Tyke)
 Roch Carrier (Boys: Mite, Tyke)

Relay Umpires: Katimavik (Exchange zone #1)
 Glen Cairn (Exchange zone # 2)
 Castlefrank (Exchange zone # 3)

Again this year, we will need to assign teachers/parents to the following areas: (see supervision schedule below)

- 1) canteen/washroom area
- 2) high jump area/pole vault pit... keep students off the mats on northeast side of track.
- 3) bleachers supervision
- 4) shot put/discus area

Canteen/washroom supervision

9:30-11:00	11:00-12:30	12:30-2:00	2:00-3:30
JDPS	ALC	JDPS	ALC

Pole Vault/High jump area supervision

9:30-11:00	11:00-12:30	12:30-2:00	2:00-3:30
Huntley Cent.	Fitzroy Cent.	Huntley Cent.	Fitzroy Cent.

Bleachers supervision

9:30-11:00	11:00-12:30	12:30-2:00	2:00-3:30
John Young	Roland Michener	John Young	Roland Michener

Shot put/Discus areas

Field Referee

***It is highly desirable that each school bring its own equipment to officiate the assigned event (clipboards, tapes, rakes etc.). Any items borrowed from the Meet must be returned promptly at the conclusion of the day. Please ensure that your officials are briefed on the rules and procedures for your assigned event.

If there are any questions, please contact the Meet Directors before the event.