

SOUTHWEST AREA TRACK AND FIELD MEET MEET INFORMATION

1. **DATE:** Thursday, June 5th, 2008
Terry Fox Track
9:00 a.m. - 4 p.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 or board-wide track & field meet (quantities limited).
3. **RULES:** The Southwest and OCEAA Championship meets will run according to the IAAF Rule Book for Track & Field events.
4. **ENTRIES:** To be received by Friday, May 30th 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, there will be a \$3.00 charge per change (not for a scratch). No changes will be permitted the day of the meet !!!

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 **SOUTHWEST** ... Download the files needed to fill in... for example if you have grade 6 students ONLY, download the ATOM girls and ATOM boys. 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, except for designated open events.

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)

Atom	11 years old	(born in 1996)
Bantam	12 years old	(born in 1995)
Intermediate	13 and over	(born in 1994)

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. **WEIGHTS / HEIGHTS:**

a) Shot put: 6 lb. shot for bantam girls/boys & intermediate girls
8 lb. shot for intermediate boys

b) Softball throw: All softball throws will be done using the 11 inch "Incrediball "
(this event is for atom girls/boys)

c) High Jump - Start heights

Atom	1.10 m.		
Bantam	1.10m. (girls)	1.15m. (boys)	
Int	1.20m. (girls)	1.25m. (boys)	

These heights will increase by 5cm. until 3 jumpers are left and then by 3 or 5 cm. depending on the minimum request made by the jumpers.

9. **FIELD EVENTS:** (LJ, TJ, SP,& ST)

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. Medals will only be awarded at the Board Championship meet. Teams will be awarded separate banners for the following categories:

Atom Girls	Bantam Girls	Intermediate Girls
Atom Boys	Bantam Boys	Intermediate Boys

Junior Aggregate	(atom combined scores)
Intermediate Aggregate	(bantam & intermediate combined scores)

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. 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, 1500m	- Age Group
	400m	- Intermediate event ONLY
	4 X 100 m relay	- Age Group
Field	Long Jump, High Jump	- Age Group
	Triple Jump, Shot Put	- Bantam/Intermediate only
	Softball throw	- Atom Girls and Boys only

AGAIN THIS YEAR !!! (relays are NOT coed)

Relays 4X100m -	Atom girls	Atom boys
	Bantam girls	Bantam boys
	Intermediate girls	Intermediate boys

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 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	Michelle Boucher	
Track Referee	Alain Boucher	
Field Referee	Michelle Boucher	
Starter	Greenbank	
Marshalls (start line)	Greenbank	
Finish Line	Cedarview	
Softball Throw	Adrienne Clarkson	(Girls: Atom ONLY)
	Briargreen	(Boys: Atom ONLY)
Long Jump	Fisher Park	(Girls: Bantam, Int.)
	Pinecrest	(Boys: Bantam, Int.)
	Farley Mowat	(Girls & Boys: Atom)
Triple Jump	D. Roy Kennedy	(Boys: Bantam, Int.)
	Sir Winston Churchill	(Girls: Bantam, Int.)
High Jump	Broadview	(Girls: Bantam, Int.)
	Rideau Valley	(Boys: Bantam, Int.)
	Leslie Park	(Boys: Atom)
	Knoxdale	(Girls Atom)
Shot Put	J.H. Putman	(Girls: Bantam, Int.)
	Moodie	(Boys: Bantam, Int.)
Relay Umpires:	Berrigan	(Exchange zone #1)
	Carleton Heights	(Exchange zone # 2)
	Manordale	(Exchange zone # 3)

Again this year, we will need to assign teachers/parents to the following areas:

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

Supervision:

Canteen/washroom supervision

9:30-11:00	11:00-12:30	12:30-2:00	2:00-3:30
Century/Regina	W.E Gowling	Meadowlands	Severn/Grant

Pole Vault/High jump area supervision

9:30-11:00	11:00-12:30	12:30-2:00	2:00-3:30
Hilson	McGregor Easson	Parkwood Hills	Elmdale

Bleachers supervision

9:30-11:00	11:00-12:30	12:30-2:00	2:00-3:30
Farley Mowat	Woodroffe	Connaught/Churchill	Devonshire

***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.