



Sandwich Secondary School

May 27 – 28, 2022

COACHES PACKAGE

Contact Information

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2022 WEST REGION TRACK AND FIELD COACHES INFORMATION

Web-Site – all information is located at <http://ofsaawest2022.windsortiming.com> All forms, maps, live results and maps are located here.

OFSAA Forms – Please review the OFSAA Regional entry instructions from the OFSAA Track and Field Web-Site <https://www.ofsaa.on.ca/track-field/coaches/regional-convenors>. Please upload all necessary files to the OFSAA Hub prior to arriving to the West Region Championship Meet.

Appeals – appeals are to be submitted in writing to the track referee within 30 minutes of the referee informing the coach of the disqualification. Appeals will cost \$50, which will be refunded if the appeal is successful. Please advise the finish line crew that you wish to file an appeal and they will contact a meet convenor.

Awards – 1st – 6th place ribbons will be awarded for each. Awards can be picked up at the awards table as soon as the final results are posted.

Coaching Areas – Coaches and parents must be asked to stay off the blue rubberized surface of the track at all times and stay behind all fenced areas. Cement areas and areas adjacent to field events are acceptable unless instructed to move by a meet official. The fenced area adjacent to the finish line is also off-limits. Officials will have the final word on what is deemed a coaching area. Some areas will be marked with rope, all non-competitors must stay behind the marked areas.

Emergency – in case of weather emergency all athletes and coaches will be evacuated into Sandwich Secondary School. There will be an announcement calling everyone inside. Coaches are asked to sit with their team, the meet will resume ½ hour after the last sighting of lightning. Please do your best to stay out of the hallways and to keep your sitting area as clean as possible.

Garbage – please ensure that all athletes deposit garbage into the receptacles provided and clean up team areas at the end of each day.

Infield – the infield is ‘off limits’ to coaches and athletes throughout the meet. It is only to be utilized by facilities crew and meet officials.

Warm Up – the soccer field behind the jumping pits is the designated warm up area. Field events may warm up at the event site once the event has been marshalled. Track event athletes may not warm up on the track. **ATHLETES MUST STAY OFF THE TRACK UNTIL THEY CHECK IN FOR THEIR EVENT.**

Implement Weigh In – All implements need to be weighed in at least ½ hour prior to the event. The weigh in is in shed behind the start line for the 100m.

Spikes – Please note the acceptable form of spike to be used and max. length of 6mm.

There will be access to the track on Friday from 12:00 – 1:00 pm.

Marshalling

Field Events – all field events will be marshaled at their site. Athletes must report to the official at their competition area at least ½ hour prior to scheduled starting time. Each field event location can be accessed without walking onto the surface of the track.

Track Events – all track events will check in at their start line. Athletes cannot enter the track area at the finish line and they cannot access the homestretch at any time. Athletes must arrive at their event at a minimum of 20 minutes prior to the scheduled starting time.

Numbers – numbers must be worn at all times on the front of the uniform. Numbers will also serve as a pass for athletes to enter the stadium. Athletes are asked to keep their numbers on their person at all times.

Timed Finals – In the 400, 300 m Hurdles, 400 m Hurdles, 4 x 100 and 4 x 400, the three association winners plus the next five fastest times will run in the last (fast) section.

800 m – The 800 m will be run as one section. The start will be a box start (4 boxes with 4 athletes/box).

Parking – parking is available in the Sandwich Secondary School parking lot. Additional parking will be at the soccer complex across the street from the finish line and at the Vollmer Athletic Complex. Please see site maps for parking. Busses are to park at the Vollmer Center Arena or Baseball parking lots.

Results – once they are official, all results will be posted behind the stadium on the display boards. In case of protest, results will not be posted until issue is resolved. There will also be a live results page located on the meet web-site.

Sandwich Secondary School – the school is off – limits during the meet. Please ensure that athletes stay outside in the track and field complex. The only time the anyone is allowed access to the school is in the case of extreme weather.

Scratches for OFSAA and Relay Declarations – scratches for the OFSAA championships and relay declarations must be reported to the press box by the end of the meet. Please report all scratches as soon as possible so the results committee can notify the athlete/school of who will be the replacement. There are six names eligible for relay declarations, if the names will be the same six that are entered in the Regional meet then no declaration will be necessary.

Spectator Areas – spectators are asked to view the meet from the stands and grass areas. All spectators and coaches are asked to stay off the cement to allow for traffic flow. Spectators are asked to respect instructions from meet officials and to stay behind any area that has been marked with caution tape.

Tickets – tickets will be available at both front and side gates to all spectators at a cost of \$5 for Friday and \$5 on Saturday.

Pets – Pets are not allowed in the facility at any time.

Finish Line – the finish line area will be blocked to spectators and coaches. Athletes will pick up their belongings in the baskets located at the finish line and exit the track area at the conclusion of each race.

T-Shirts – will be available inside the front gate for \$25.