

OFSAA West Regionals 2015
Letter for Coaches

What you need to bring: You must bring all OFSAA paperwork with you when you register. These forms can be found on either the OFSAA website or the meet website (Windsor Timing). Only the head coach may pick up the package so please ensure that you have all paperwork completed, including individual liability forms for each athlete. The packages can be picked up inside the front lobby of the building from 12 pm on Friday.

Schedule: Please refer to the schedule posted on the Windsor Timing website or at www.ldcsb.on.ca/schools/RMC/Athletics Events will not run ahead of the scheduled block time for each event.

Parking: Due to construction at Western University, parking will be limited and is hard to access. At present, there is a temporary entrance to the Huron Flats parking lot which is inaccessible for buses. Buses should enter the University via Lambton Drive, and follow the designated instructions. Parking for Huron Flats will be free, but spaces are limited. Parking is available in other lots for a coin entry fee. To enter Huron Flats, use Philip Aziz Drive (Sarnia Road turns into Philip Aziz).

Stadium Access: Access to the Stadium will begin at 12 pm on Friday and 8 am on Saturday. The track will close for all athletes at 1:30 pm on Friday, and at 9:30 am on Saturday. After this time, athletes may warm up in the designated area only. This is the East side of the infield, between the long/triple jump pits and the hash marks on the East side. Athletes will not be allowed in any other area and can only be warming up if they have marshalled for their event.

Absolutely no coaches or spectators will be allowed in the infield during the meet.

No entry fee will be charged!

Marshalling: Marshalling will take place for all events at the tent located near the 200m start line. All athletes must marshall at this location. Up to 1 hour before field events and up to 30 minutes before track events. No coaches or spectators will be permitted. Athletes may not bring phones or personal listening devices into the infield area.

Inclement Weather: In the case of a thunderstorm, the meet will be delayed and all athletes and spectators will be asked to leave the in-field and bleachers. There is limited space inside the building. Thompson Arena building can be accessed if necessary. The meet will resume at the discretion of the convenor, usually 30 minutes after the final lightning and/or thunder has been spotted or heard.

Tents: No tents will be permitted in the stands on either side. Tents may be used only on the North-East side of the stadium, beside or behind the bleachers on that side. No tents will be permitted near the finish line. You may also set up tents outside the stadium, along the river.

Bleacher Use: Spectators are encouraged to sit in the bleachers to observe the meet. Spectators may not stand along the railing and may not enter the red competition area in the throws and high jump area. Please ensure that your athletes and spectators use garbage cans and recycling bins. NO SUNFLOWER SEEDS please. This is disgusting to clean up after.

Projectile Objects and Music: Please ensure that your athletes and spectators do not use footballs, Frisbees, etc, anywhere inside the stadium. No music will be allowed anywhere inside the stadium.

Discus: We have had some major issues with our Discus area. Repairs are being made, but we are not sure if they will be completed in time for the meet. As of right now, the new Discus cage can be found behind the East bleachers on the South side. If this area is not ready for Friday, we will use the back-up location, which is across the parking lot near the construction. This is far from ideal, but as the schedule is limited, we have no other options. Announcements will be made at meet time.

Weigh-ins: Weigh-ins for all throwing implements will take place in the building, at the far East door. Weigh-ins times are 1 pm to 3 pm on Friday, and from 9 am to 11 am on Saturday. No implements will be used that have not passed the weigh-in procedure.

Pole Vault: Due to the safety concerns for pole vault, one coach from each school participating in pole vault will be allowed to watch/supervise from the pole vault area. No other spectators will be allowed in this area. Coaches of pole vault athletes will find a pass in their meet package that must be shown to enter the competition area.

Club Insignia: Coaches are asked to remind their athletes of the OFSAA protocol. Clothing articles with club insignia of any kind are not permitted in the competition area. This includes insignia from other sports too, not just track and field. Athletes are encouraged to wear clothing that represents their school and team.

Competition Uniform: Please ensure that all athletes are wearing school singlets for competition with their competition number pinned to the front. All relay runners must have identical tops. Athletes should follow the OFSAA dress code for competition. For all track events, warm-ups must be removed before setting blocks.

Results: Official results will be posted in the front lobby of the building as soon as possible. Please check for advancers to finals.

Awards: Ribbons for 1st to 6th place will be available inside the West door of the building.

Protests: Protests must be made, in writing, to Liz House within 30 minutes of the posting of the results for that event. Protests must be accompanied by \$20 in cash, which will not be refunded if the protest is lost.