**NCAA Track and Field Meet**

**June 14th @ NOC-rain or shine**

[NOC](https://www.google.ca/maps/place/Niagara%2BOlympic%2BClub%2BTrack/%4043.1358343%2C-79.2584183%2C15z/data%3D%214m5%213m4%211s0x0%3A0x353ff5396499600c%218m2%213d43.1358343%214d-79.2584183) (Niagara Olympic Club)

Guidelines for the meet:

 Please read the following rules and guidelines carefully

* Register your athletes on google docs. Your area reps have the link. **All schools and athletes need to be present by 9:00 AM.** Deadline to register is by 11:59pm on June 10th, 2022.
* Age groups are as follows: Grade 4, 5, 6, 7, and 8 boys and girls.

### There will be no scheduled lunch hour. There will be a concession stand open.

* Spiked shoes are allowed for events but are discouraged, as most students do not have access to them. No bare feet. If a substitution is to be made please inform the event coordinator of the change before the event date by June 12th.
* There will be no starter blocks for athletes in any race.

### Track events take precedence over field events.

* Field officials are reminded to allow contestants to leave for track events and finish their field events at a later time if necessary.
* Persons in charge of long jump should pick up medals at the score table and give them out after each age event is finished. When an event is finished, please send the results to the finish line area ASAP.
* 800M race will be a waterfall start
* There are washrooms on site. Please keep it clean.
* School areas are asked to help with all races and relays when it comes to organizing your athletes.
* Please remind your students that starting times on the schedule are approximate and that they should be listening to announcements on the various events.
* The meet will start with opening ceremonies at 9:00
* A medic will be there in attendance. You may wish to bring your own first aid.
* Please park, pick up and drop off at the school - do not park on the grass.
* Those parking on the grass in the small parking lot will be ticketed.
* Questions and concerns can be directed to Chris McLean

Athletes are allowed two track events and one field event.

4 x 100 is open and does not pertain to above.

There will be medals for the top 3. Note: 4 x 100-1st-3rd Ribbons only.

***Parents and Coaches: \*\*Please note that all times are approximate:***

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| ***Time*** | ***Boys*** | ***Girls*** |
| ***9:00 a.m.*** | ***Opening Ceremony*** |
| ***9:10 a.m.*** | ***Para 100M*** | ***Para 100M*** |
| ***9:15 a.m.*** | ***800m*** ***4x100m*** ***200m*** ***(Gr. 4, 5, 6, 7, and 8)*** | ***Long Jump******(Gr. 4, 5, 6, 7, and 8)*** |
| ***10:45 a.m.*** | ***Long Jump*** ***(Gr. 4, 5, 6, 7, and 8)*** | ***800m*** ***4x100m*** ***200m******(Gr .4, 5, 6, 7, and 8)*** |
| ***12:15 p.m.*** | ***100m*** ***(Gr. 4, 5, 6, 7, and 8)*** | ***100m*** ***(Gr. 4, 5, 6, 7, and 8)*** |
| ***12:45 p.m.*** | ***400m*** ***(Gr. 4, 5, 6, 7, and 8)*** | ***400m*** ***(Gr. 4, 5, 6, 7, and 8)*** |
| ***1:15 p.m.*** | ***1500M*** ***(Gr. 7 and 8)*** | ***1500M*** ***(Gr. 7 and 8)*** |
| ***Approx. 1:45 p.m.*** | ***Depart*** | ***Depart*** |

# **Long Jump Officiating Notes 2022**

* No electronic audio or video devices of any kind in the event area. Jumpers may be assisted or coached in the competition area only by another teammate in the event
* Your time limit is one minute to initiate the attempt; the clock starts when I call you up and step off the runway; there will not be a timing device to display your time

You have a foul if:

* You fail to initiate the attempt within one minute
* The takeoff foot extends beyond the foul line, or you run beyond the foul line extended to the sides
* You make first contact with the ground outside the landing area closer to the takeoff line then the nearest break made in the sand upon landing. During landing you touch the ground outside the landing area nearer to the takeoff than the nearest break in the sand made by the jump
* After jumping and before leaving the landing area, you walk back thru the landing area
* Only three (3) attempts are taken to determine placement.
* W arm-ups -No warm-ups on runway after competition begins
* Calls - The calls will be “Up”, “On Deck”, and “On Hold”.

Additional Information

* Runway markers – Max of 2 marks adjacent to the runway, not on it. No shoes or chalk, max 7x15 cm - No somersaulting technique
* Resolving ties: ties are resolved by the second-best performance of the tying jumpers; if still tied, then by third best performance, and so forth
* A Sports Medical Trainer is on site.