

KASSAA

Track & Field Championship: 2010 Meet Package

Meet Notes

1. You will find the entry forms and schedule for the 2010 KASSAA Track and Field Championships on the KASSAA website (www.kassaa.ca).
2. Entries are due by email on Thursday May 6th, 2010 at 4pm SHARP to entry coordinator Shannon Niemi (niemis@limestone.on.ca)
3. Your entry list will be posted on the KASSAA website by Monday May 10th, 2010 at 8:30am.
4. All scratches and/or changes must be made VIA EMAIL ONLY to the entry coordinator (Shannon Niemi) by Monday May 10th, 2009 at 4pm.
5. A revised entry list will be posted to the KASSAA website by Tuesday May 11th at 8:30am. Once this list is posted there will be NO ADDITIONAL changes to your entries.
6. A reminder that a competitor can enter 3 individual events and up to 2 different relay events (4x100 and 4x400). Athletes may not compete on more than one 4x100 relay team.
7. Athletes must compete in the same category for all individual events (i.e., if a midget is moved up to junior in one event, then they must compete at junior for all individual events). The exception to this is the OPEN category of events in which any competitor may compete (ex. steeplechase)
8. KASSAA entry fees are payable to "KASSAA". All entry fees must be received prior to the start of the meet by Stephanie Howie (KCVI). The entry cost is \$8 per athlete (not per event). You can send your cheque via board mail, or deliver it by hand Thursday morning between 8-8:30am at the finish line.
9. All competitors in the relay events must have identical tops.
10. There will be three meet referees (convenor, track, and field) which will supervise all competition of the meet and make decisions /

disqualifications where required. There will also be a Jury of Appeal which will hear all appeals (appeals must be given to the convenor or designate no later than 30 minutes after the results are announced.)

11. Please provide accurate (based on actual season performances) seed times for competitors. This is especially important in the track events where there may be timed sections. You do not need to submit seed times for the 800m, 1500m, or 3000m as there will only be one section for each of these events.
12. Joanna Besselink of RND will be contacting your school to arrange officiating duties. You are asked to bring your own equipment (rakes, brooms, tape measures AND official implements for throwing events). Please note that 8 officials are required to work at EOSSAA, preferably one from each of the larger participating schools.
13. If you have any questions please do not hesitate to contact Kim James at KCVI (jameskim@limestone.on.ca).
14. EOSSAA will be held on Thursday and Friday May 20-21 in Brockville. Information can be obtained at www.eossaa.ca.
15. If any of the sprint hurdle heats have less than 8 competitors then the event will be run as a final at the heat time. For example, if less than 8 originally sign up for the event it will run as a straight final at 9:45am. Also, if more than 8 sign up for the event and less than eight check in, the race will also run as a final at 9:45am. The general rule is that a race for each hurdle division will be run at 9:45am (it will either be a heat, and if needed with a final later, or a straight final).
16. The measurement and weigh-in station will be open **8-9am and 11:45-12:45pm** in the north storage trailer (near the high jump area). All implements must be weighed and measured prior to being used in competition.
17. Please remember to scratch your athletes early if they have qualified, but are not going to contest an event at EOSSAA, so that their spot can be filled. It is often too late to fill spots the next day, and we want to provide as many opportunities for Kingston athletes to move on. You are asked to report all scratched to Shannon Niemi **prior** to leaving the meet Thursday.