

Coaches/Officials Reminders - Metros

- ❖ **For security purposes, no students will be allowed in the stadium except for competing athletes, team managers, and student volunteers. Entry to the stadium will be the middle main entrance (team packages will also be given out here). The south/west gate will be used for exiting the stadium. The north/east gate will be the entry/exit point for field event athletes. Athletes need to be wearing their bib # pinned on to their worn uniform top to be admitted into the stadium. Team managers, and student volunteers will need to wear a different coloured wristband each day to be admitted. The wristband must be tightly worn around their wrist with the white stripe showing. A few things to keep in mind:**

- ☐ **Please keep your eyes open for any suspicious activities/behaviour and report them immediately to the convenors**
- ☐ **Please do not leave Birchmount Stadium at the end of each day until all students from your school have left the premises**
- ☐ **Please arrive extra early on Tue, May 26th (coaches and athletes) as it will take time to distribute bib #s and wristbands and admit students into the stadium. I'd suggest no later than 8:15 am.**
- ☐ **It's strongly recommended that ALL your athletes arrive at the same time to get the distribution of bib #s "out of the way" (otherwise, you will be called to the main entrance every time one of your athletes arrives separate from the team)**
- ☐ **Athletes need to always have their uniform with bib # on them! If they leave the stadium without, they will not be admitted back in. Please also remind your athletes to have their bib # on them for both days of competition.**
- ☐ **Remind your athletes, team managers, and student volunteers NOT TO GIVE THEIR BIB # OR WRISTBAND TO ANYONE!!! Athletes who do so will be removed from the meet immediately, and their seasons will be over!**

- ❖ **Athletes are NOT to practice shot put, discus, javelin or high jump**

anywhere but the designated throwing/jumping areas and only when the meet official is present. Only competing throwers/jumpers and officials should be inside the cordoned off throwing/jumping areas.

Throwers in violation of the above rule will be disqualified from the meet immediately and not allowed to compete in any further events!!!

❖ **A discus cage is there for a reason! Everyone except the athlete who is throwing is to be behind the cage when a throw is taking place!**

❖ **Caution tape around the throwing sectors is there for a reason. Everyone accept the officials and athlete attempting a throw is to be behind the caution tape!**

1. **Athletes are NOT to be entering the following areas:**

- Birchmount Park C.I. property!
- Community Centre
- Property of Catholic elementary school next to the stadium

2. Top 4 competitors and relay teams in each event will qualify for OFSAA.

3. Athletes need to be wearing identifiable school tops for individual events. Identifiable and identical school tops for relays (please see playing regulations).

4. Bib #s worn on the front for all events. **Athletes are to use the same # for each day!** Please make sure athletes only use the bib # specifically assigned to them in the team package!

5. If a competitor scratches from a track event after qualifying for a final, they may not compete in any other events that day. Please note, there are heats and finals for sprint hurdles, 100 m, 4x100, 400 m, and 200 m.

6. Protests are to be submitted to the meet director (Jason Wood or Glenn Duncan). The protest must be submitted in writing along with \$50 within a ½ hour of the posted and announced result of the event. If the protest is upheld, the \$50 fee will be returned.

7. The false start rule for all age divisions is as follows:

-first false start is against the field; subsequent false starts against the individual and will be disqualified from the event

8. 4x100 relay teams are only allowed to place one piece of tape on the track for their take-off marks. Please note that Birchmount Stadium now has the updated 30 m exchange zones. Outgoing runners must be inside the 1st yellow hook (tape for take-off marks can be placed outside the 1st yellow hook).
9. The marshalling area for athletes to check-in to their track events is in the north endzone. Field event athletes should go directly to their field event to check in. Athletes not reporting to the marshalling area on time will be disqualified from their event.

10. Order of precedence for athletes with more than one event scheduled at the same time is:

1st: Track

2nd: High Jump

3rd: All other field events

Athletes should check in at both events. If a round has not ended, an athlete will be allowed to jump or throw in that round (even if their name has already been called). Each round ends when the final jumper or thrower completes their final attempt in that round. The athlete can also jump/throw earlier in a round before going to their other event.

11. In long jump, triple jump, shot put, discus, and javelin the top 8 after the 1st 3 rounds advance to the final. The order for the final 3 rounds is based on placing after the 1st 3 rounds. Also, all jumps and throws need to be measured in case there are ties (next best jump/throw will break the tie).

12. Athletes are encouraged to bring their own throwing implement. An implement used in the throwing events may be used by any competitor in that event. The implement must remain with the event until its conclusion.

13. Field officials are to pick up field sheets, pencils, and clipboards from the results room (located in the change room under the south stands). **At the conclusion of your event, please hand in the results to the results room.**

14. **Athletes and coaches (unless officiating) are not permitted on the infield.** Warm-ups are to take place outside of the stadium.

15. No coaching on or from the infield.

16. There will be designated coaching areas for Field Events.
17. No soccer balls, footballs, frisbees, etc. will be permitted at the stadium. They will be confiscated immediately.
18. Tents/canopies are not allowed to be staked in the ground at Birchmount Park. Please find another way to weigh/tie down your tents/canopies. If it is windy, please do not put them up at all. Tents & Canopies are to be set-up outside the stadium. Also, there is no setting up of tents/canopies in the stands.
19. Scratches for OFSAA may be made up until 8:00 pm on Fri, May 29th. Please e-mail Al Baigent directly at alan.baigent1956@gmail.com
20. Ask your athletes to be watchful of their belongings.
21. Please fill out relay cards for your teams qualifying for OFSAA (can submit up to 6 names) by the end of Metros on Thur, May 28th (see Al Baigent in the Results Room under the South Stands)
22. **THE CONDUCT OF ALL COMPETITORS WILL BE CLOSELY OBSERVED. ANY COMPETITOR VIOLATING THE CONDUCT CODE OR SPIRIT OF THE EVENT IS SUBJECT TO IMMEDIATE DISQUALIFICATION.** Disqualifiable behaviours include, but are not limited to swearing, abuse of an official, obscene gestures, throwing a relay baton, taking off uniform in the competition area, unsportsmanlike conduct, and failure to demonstrate a genuine effort in an event.
23. Athletes may not strip down in the competition area. Please remind them to keep their uniform tops on.
24. Wearing of headwear. If it falls off during competition, athlete is subject to disqualification from the event.
25. The Open Boys Steeplechase takes place before the Open Girls Steeplechase on Tuesday.
26. The para 100, para shot put, and para 800 all take place on Thursday.

27. 3000s are in reverse order on Thursday. 200 finals (not heats) are also reverse order on Thursday.
28. Please remind your athletes to keep facility clean. Please do a clean-up of your area in the stands or around your tents/canopies at the end of each day.
29. Athletes are only allowed to compete in one 4x400 (Mixed, Open Girls, or Open Boys).
30. Single Gender schools that are “twinning” for the Mixed 4x400 must have the same school top for all 4 runners.
- 31. If you have any concerns or complaints, please speak with one of the convenors. Please remember to do so in a respectful and professional manner.**