



NOC Mini-Meet #2 - June 12, 2021

Niagara Olympic Track & Field Club

www.nocrunners.com

- Location:** Niagara Olympic Track and Field Complex, St. Catharines, ON
Parking: 100 Power View Ave., West Park, St. Catharines
- Sanctioned by:** Athletics Ontario
- Meet Directors:** Sharon Stewart and Randy McDougall Sharon.noc@outlook.com
- Registration:** <https://www.trackie.com/online-registration/> for athletes and coaches
Entries Deadline: Wednesday June 9th @ 4:00 pm. Entries open May 1st.
Events: 200m, 300/400m, 1500m; High Jump, Long Jump, Pole Vault; Discus, Shot Put, Javelin
Age Categories: OPEN
- Entry Fees:** \$20.00 for athletes; no fee for coaches
Results/Heat Sheets: <http://sportmadesimple.com/>
Waiver: Must be completed online with registration.
Check In: Requires the online Health Screening within 24 hours.
Implements: Athletes must bring their own implements.
- Schedule to be posted May 1st.** Meet start time is 10:00 am.
Facility access: 30 minutes prior to event time

Meet format for numbers and sections will follow the COVID protocol in effect on the day of the meet.

- **All spectators remain outside the facility.** Viewing can be done from the perimeter fence.
- Coaches, Officials, and Volunteers **MUST** wear a mask in the facility. If you are unable to wear a mask for a medical reason, we respectfully ask you remain outside the facility.
- **NO COACHES ON THE TRACK!** Respect the athlete space and keep it safe.
- Athletes need to wear a mask when entering/exiting the facility while walking to and from their designated bag drop/warm up area. Personal bags to be placed in the designated event warm up area.
- Majority of the warm up should be done on the perimeter of the soccer fields.
- Do not come to the start line until your specific race time according to the section you are in.
- **START BLOCKS WILL BE SANITIZED. DO NOT TOUCH UNTIL YOU ARE IN YOUR DESIGNATED LANE FOR THE RACE.**
- Leave the track immediately after your race, collect your belongings from your warm up area and do any cool down necessary on the perimeter of the soccer fields.
- Athletes must provide their own water, food and medical care.