



## *Athletic Association West*



**Please read these points and come to the track with your questions**

### **COACHES MEETING**

1. All coaches/teachers are expected to help monitor athlete movement in restricted or out-of-bounds areas.
2. All participants involved in track events **must** wear school colours. This will assist track officials in identifying finalists more effectively. Athletes **will not be permitted to run track events without school jerseys.**
3. Try and keep your team together as much as possible when individual members are not competing. Designate an area of the spectators' hill for the use of your team and provide supervision in this area. Athletes should remain on "Grass" area of hill, not pavement beside the long jump pits.
4. Instruct pupils to listen to the P.A. System for the following announcements:
  - \* calling of their events (each upcoming event will be announced three times only).
  - \* announcing of those eligible for finals in 100m races.
  - \* announcing of competitors who are absent from one of their events when role call is taken.
5. Coaches please emphasize the following:
  - \* competitors should get to the proper area without undue delay when their events are called.
  - \* **DO NOT cross the infield.**
  - \* competitors should return to the spectators' hill when their event is over.
6. All approaches to the jumping pit areas must be kept clear. Also the delivery and landing areas for the throwing events must not be obstructed.
7. St. John Ambulance officials have strongly recommended that athletes refrain from drinking pop during the day due to dehydration concerns – water is the best substitute.
8. In the event of a false start, the false start is charged to the field (all runners in that heat). This means that any subsequent false start will mean the disqualification of the athlete who causes the next fault.

**\* MEETING WILL START AT THE REGISTRATION TABLE AT 9:40 AM SHARP! PLEASE ENSURE THAT YOUR BUS WILL ARRIVE ON TIME FOR YOU TO ATTEND THIS MEETING!**