



# Thames Valley Regional Athletics T.V.R.A.

## COACHES/OFFICIALS INFO

Please check the posted list of **TVRA responsibilities**. Make sure you are at your event 30 minutes before the event start time to get organized.

The inside **changerooms** are not available to athletes. The west changeroom will be used for adult volunteer meals/refreshments.

The track will close at 8:45 am. At this time, no coaches, athletes, or spectators will be allowed in the competition area. All athletes will marshal in the marshaling area and will be directed to their event.

### **Sprint Progression:**

- 100: Heats (top-2, then next best times), A & B finals
- 100 Intellectual: timed finals
- 200: Heats, A-Final, B-Final (winner of each heat and next best times)
- 400: Timed finals

**Weigh-ins for implements** will occur in the track shed at the south end of the at the following times, near the HJ area:

**-Thursday: 8:00-10:00 am and 12:00-2:00 pm                      -Friday: 8:00-10:00 am**

### **Starting Heights:**

	<b>Girls HJ</b>	<b>Girls PV</b>		<b>Boys HJ</b>	<b>Boys PV</b>
Novice	1.25 m	1.50 m		1.40 m	1.80 m
Junior	1.30 m	1.60 m		1.50 m	2.00 m
Senior	1.35 m	1.80 m		1.60 m	2.20 m

**Height Increments** (following IAAF procedures)

- a) **High Jump** - up 5 cm at a time until only six competitors remain, then up by 3 cm.
- b) **Pole Vault** - up 15 cm at a time until only six competitors remain, then up by 10cm.

**Please remind your athletes of the following items for the meet.**

- Look both ways before crossing the track/starting zones
- Warm-up in outside lanes opposite the finish line, and/or start lines.
- DO NOT walk across the finish line at any time.

### **Para Shot Put:**

Athletes will compete with the Novice boys and/or girls. The first two events of the day

**Qualifiers to WOSSAA:** Top-10

No students or coaches on the infield

Live results on [www.onttrack.com](http://www.onttrack.com)

For those of you doing **relay exchanges**, the flags are located in the lounge. Please be aware of the 30m exchange zone rule.

**School Packages:**

It will be available for pick-up at the same location as last week, by the stadium office.

**TVRA schedule:**

- Para shot** put has been added to the novice boys and girls shot put times...as per the WOSSAA schedule.
- Please not the adjustment to the Pole Vault divisions and event times. They have recombined and changed.**
- We are **adding 30-min to each field event segment** to account for the number of athletes.
- We will also be **'flighting' a few of the throwing and jumping events** to streamline their completion. (see below)

**Para Athletes:**

We have our largest group of para-athletes in TVRA history, which is fantastic.

With this said, and I am sure that don't need to, please ensure that your athlete adheres to one of the para categories and has some form of documented exceptionality. We are technically working on the honor system, but if your athletes move on, you could have to justify their presence in that event.

**Throwing & Jumping Events:**

**\*Be sure to check your jumper's flight # from the performance sheets.**

- Due to the large number of athletes that have entered the throwing events, we have decided to run multiple flights to provide more efficiency in running the event and to best accommodate athletes.
- Throwers will be flighted based on their seeds. Athletes in flight 1 will begin the event at the stated event time on the schedule and each athlete will be guaranteed 3 throws.
- The second flight will check in upon completion of the first and so on. It is advised that athletes in later flights ensure they are warmed up and ready to enter the circle/runway immediately after the previous flight's third round.
- These athletes will be provided with 10-15 minutes of open circle/runway time to be properly warmed up.
- Once the flights have concluded, we will award the top 8 throwers/jumpers, from all athletes who entered, an additional 3 throws/jumps. Athletes who need additional warmup time will be provided this as needed.
- So, please check the heat sheets when posted tomorrow to confirm your athletes' flights, but regardless they should be in the throwing area for the whole event.