



**ROYAL  
RUMBLE**  
ON THE RUBBER

WEDNESDAY, MAY 18, 2016

[www.lsrcss.ca/royalrumble](http://www.lsrcss.ca/royalrumble)

## REGISTRATION AND GENERAL INFORMATION

---

We have a **change room & washroom facility** on site. A **canteen** will be provided for all participants' convenience. One of our local pizza places will be selling pizza from 11:00 am until late afternoon. Coaches are invited to grab a snack in our "Coaches' Lounge" located in the blue shed. (The décor isn't much, but, hey, it's free!)

**Athletes are asked to not enter the main floor hallways of the school.** Lord Selkirk Regional has a "closed campus" policy during class time.

### COACHES:

1. All schools need to **pre-register** by completing the [online spreadsheet](#) and returning it to Scott Gurney at [sgurney@lssd.ca](mailto:sgurney@lssd.ca) by **Thursday, May 12!**  
**To be clear: we only need the names, birthdates, and school of each athlete, and NOT the events they want to compete in!**
2. Registration = **\$5.00 / athlete** or **\$90.00** max per school.  
Make **cheques** payable to "Lord Selkirk Regional". You can get a receipt at the registration table upon arrival. If you mail it to us ahead of time, it will be waiting for you!
3. The registration table has your package containing **meet schedule, athlete entry slips, and duty roster.** Check carefully for your assigned field event. We're hoping to have athlete stickers run off prior to meet. Also included in your package is a garbage bag. Please encourage your athletes to use this and the garbage cans provided.  
*\*\*\* Important: All athletes need to be pre-registered for the meet. If you know someone's not on your list, report to the bottom of the timing tower for instructions.*
4. Schools need to have a **staff member in attendance** at all times as a supervisor for their athletes as per MHSAA sanctioning rules.
5. A brief coaches' meeting will take place by the blue shed at 10 am.
6. **Schools are asked to officiate one category of one field event.** Check the duty roster to find your assigned event. Feel free to "trade" with another school if you wish. Each school is required to staff that event. Athletics MB will provide **photo-timing** again plus some of their summer crew may help run some of the field events. All equipment to run the event is provided for you. Pick up the equipment at the blue shed. Upon completion, please assign the **top "8" places** and return the results sheet to the results / registration table. Each competitor gets **3 attempts** in each field event in the one hour 30 min. time allotted, except for high jump.

**Note:** In order to keep the meet moving, we're going to try two different strategies:

- The long jump and the shot put have been split between the two pits / circles.

- Once the discus ends, we will run a second javelin event from the north runway if we have the bodies to help.
  - In the throws, athletes will be given two attempts consecutively (“back to back”). Both throws will be marked but only the **longest of the two will be measured**. The third throw will be taken in rotation (as usual) and measured. A scratch line may be used if numbers are excessive.
7. We may need help to watch relay exchange zones for the 4 x 100 m at the end of the evening. Please help out if you can – see Scott to volunteer.
  8. **There is complimentary food and beverages for coaches in the blue shed. Please help yourself; don't be shy! The food should arrive around 12:00 pm**
  9. This meet couldn't happen without all our volunteers – alumni, school staff, students, and parents. Take a minute to say **“Thanks!”** to a helper. (It makes it easier to get them back next year!)
  10. **On-line results:** Go to [www.lsrcss.ca/RoyalRumble](http://www.lsrcss.ca/RoyalRumble) for complete results. You can also go to [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com). There will be a link to the results on the MHSAA Track and Field section of the MHSAA website as well. Of course, you can still check results in the folders at the results table! If it's not too windy, we'll post them on the side of the blue shed.
  11. First aid is available near the finish line. Please provide your own tape for preventative taping. (eg. ankles, wrists, etc)

## **ATHLETES:**

1. **Use the label** provided in your package. **One label per event!!!** Have your sticker peeled and ready to go for the marshal & event officials.
2. Track events take precedent over field events; report back to your field event **immediately** following the completion of your track event. Each field event runs for 1 hour, 30 min. After that, no more attempts will be permitted.
3. **Field Events:**
  - a) Give label to official when marshalling at field event.
  - b) **3 attempts** in each field event (except high jump). “Two in row plus one” for throws. (See above for explanation)
  - c) Some events may be broken into flights if the fields are large.
4. **Track Events:**
  - a) **Marshal at start of 100 m (north-west corner of track)**. Be careful crossing track; don't interfere with races in progress.
  - b) You will be placed into heats and put on track in lanes/positions. We will try to seed the sprints as best as possible. Don't miss your heat! Timed finals only!
  - c) For all sprints up to and including the 400m and relays, the marshal will take your sticker prior to the race and all athletes will be placed in heats. For distance races 800m and up, **your sticker will be taken from you at the finish line** therefore it is imperative that you do not leave the finish area until told to do so! (No sticker = no result!)

**Results:** Will be available near the **blue shed** in as timely a manner as possible. Coaches can check the folders for results at the table. Ribbons are awarded for **1<sup>st</sup> – 5<sup>th</sup> place**. Pick up ribbons at results table.

**Athletes!** Create a record of your performance for future years by using one of our free stickers to record your event, time and distance! Available when you pick up your ribbon at the results table. Stick it on the back of your ribbon, record your time, and, voila!, instant memories!

*Thanks for coming! Have a great meet!*