



OFSAA WEST REGIONALS 2025

**ALUMNI STADIUM, WESTERN UNIVERSITY
MAY 29-30, 2025**

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OFSAA WEST REGIONALS 2025

Where: Alumni Stadium, Western University, London

When: Thursday, May 29 - Friday, May 30, 2025

WEBSITE:

- All information is located at <https://ofsaawest2025.onttrack.com/>. All forms, maps, live results, and info is located here.

**OFSAA FORMS & REGISTRATION:

- Please review the OFSAA entry instructions from the OFSAA Track and Field Website <https://www.ofsaa.on.ca/championship/track-field/for-coaches/school-hub-registration/>.
- All HUB entries must be completed before OFSAA Regionals, and a **signed supervision sheet must be submitted at registration** when your school packages are picked up.
- The first four finishers in all events will qualify for OFSAA.
- An OFSAA entry desk will be set up at the results table in the track shed. It is the responsibility of each school to check before they leave the meet that their athletes are entered in the OFSAA meet (including relay team members).
- Any problems that may exist with OFSAA entries must be directed to the Regional convenor through your association convenor.
- OFSAA entry fees and the OFSAA participation fee will be paid by the Regional convenor from the entry fees to the Regional meet.

ENTRIES:

- The entry fee will be \$15 per individual event and \$30 per relay team.
- Each association may enter up to five (5) athletes per individual track, field, or relay event. Host association is allowed a 6th entry.
- Entries from each region must be submitted by Saturday, May 24 at midnight.
- Competitors may enter three (3) individual events in the same age class or open events.
- Each competitor may enter one age class relay (his/her age class or higher) and the open 4 x 400 relay. **NO SCHOOL MAY ENTER TWO TEAMS IN THE SAME RELAY EVENT.**
- Substitutions to the Regional Meet are allowed if the changes are made by the association convenor before 3:00 pm on Wednesday, May 28, 2025. No changes will be accepted after this date. Under no circumstances will substitutions be allowed on the days of the meet.
- Please enter all relay team members and alternates in your electronic entries. Changes may be made at Regionals. This is only to help facilitate entries for OFSAA. Once your team has qualified for OFSAA, please confirm relay team members.

ARRIVAL REGISTRATION:

- Envelopes containing numbers, pins, etc., for each school may be picked up at the registration table located outside the front gates of the facility, starting at 11:00 a.m. on Thursday.
- In the package will also be two wrist bands for coaches that allow entry into the facility. If additional coaches come from your school, they will need to pay the gate entry fee of \$5.00 per day.

SEEDING/LANE ASSIGNMENTS:

- All seeding and lane assignments will follow the IAAF rule book with the exception that, in all timed section finals, the three association winners will be placed in the last (fast) section along with the next five fastest times. If a tie exists for the fifth fastest time, the tie will be broken by the best placing from the association meets. Seed times from the association meet will be the only times used when determining who is placed in a specific heat or section.

QUALIFYING FOR FINALS:

- The top three finishers in each heat, plus the next two fastest times will qualify for the final. If there is a tie in time for the last qualifying position, then the IAAF rules will apply.

RESULTS/AWARDS:

- **Live Results** are available at <https://ofsaawest2025.onttrack.com/>
- 1st – 6th place ribbons will be awarded for each event. Awards can be picked up at the awards table after the final results are posted.
- The awards table will be located by the track shed.

WEIGH-INS:

- Weigh-ins will be completed in the track shed at the south end of the main bleachers.
- Implements must be weighed in no later than 60 minutes before the event.

NUMBERS/UNIFORM:

- Number bibs must be worn at all times on the front of the uniform. Numbers will also serve as a pass for athletes to enter the stadium. Athletes are asked to keep their numbers on their person at all times, FOR BOTH DAYS.
- Athletes must compete in their school uniforms. Relay team members must wear identical tops. The OFSAA Uniform policy will be in effect.

PARKING:

- Parking is free at the stadium, and you do not need to use the HONK app to pay.
- Overflow parking is available across the street, but will require payment using the HONK app.

ENTRY TICKETS:

- Tickets are \$5 per day and can be purchased with cash or debit at the front entrance to the stadium.

ADVANCEMENT TO OFSAA:

- The **top 4 finishers** in each event shall advance to OFSAA.
- OFSAA Forms are submitted online using the OFSAA HUB. See your A.D. for information on how to register.

SCRATCHES FOR OFSAA AND RELAY DECLARATIONS:

- Scratches for the OFSAA championships and relay declarations must be reported to the results shed by the end of the meet. Please report all scratches as soon as possible so the results committee can notify the athlete/school of who will be the replacement.
- Six names are eligible for relay declarations. If the names are the same six that were entered for the Regional meet then no declaration will be necessary.

COACHING AREAS

- Coaches and parents must stay off the infield and the track at all times and stay behind all fenced areas. Coaches can coach in areas adjacent to the event, but can not enter the competition area.

MARSHALLING:

- Marshaling for all Field Events will take place at the competition site.
- Marshaling for all Track Events will take place near the start line of each race. Athletes will be marshaled 15 minutes before their event.
- Athletes will be allowed to warm up on the backstretch when not in use, immediately before the race.

WARM UP:

- Athletes can warm up on the turf field, south of the stadium.

PROTESTS:

- Appeals are to be submitted in writing to the track referee within 30 minutes of the referee informing the coach of the disqualification. Appeals will cost \$50, which will be refunded if the appeal is successful. Please advise the finish line crew that you wish to file an appeal, and they will contact a meet convenor.

REGIONALS SWAG:

- Positive Identity will be on-site with souvenir sales on Thursday and Friday.
- Online pre-orders will be available at Positive Identity, and orders can be picked up at the event trailer on-site.
- Please share this link with your athletes.

OTHER IMPORTANT INFORMATION:

- **Spectators** must remain in the stands. Please do not stand at the railing.
- **Tents** in the stands are not to be lower than halfway up the stands, to maximize seating and viewing for fans. There is also plenty of room in the greenspace around the stadium for team tents.
- **First Aid** will be available on-site by the door to the pavilion.
- No portable stereo systems are allowed inside Alumni Stadium.
- Throwing implements may only be used in the designated completion areas.
- Athletes are reminded that **no club insignia** will be allowed in the competition areas.
- Student-athletes must remain fully clothed in the appropriate attire in the competition area, AND use the designated washroom or change area to change to and from competition attire.
- **FOOD:** The concession stand will be open and available for food and beverages. Subway and Barakat Restaurants are available at the top of the hill along Western Road.
- **GARBAGE:** Please encourage the use of trash containers for depositing garbage. As the meet comes to an end, please ensure that your team area is clean and tidy.
- **WEATHER:** There is no rain date. In the event of inclement weather, athletes can move inside the main floor of the pavilion, under the stands, or utilize their team tent. Please dress appropriately for the expected weather. Bring warm clothes, rain jackets, hats, and sunscreen, depending on the forecast.
- **WASHROOMS:** Washrooms are located on each side of the main pavilion.
- **CHANGEROOMS:** These are available inside the pavilion.
- **FOOD:** The concession stand will be open and available for food and beverages. Subway and Barakat Restaurants are available at the top of the hill along Western Road.
- **EMERGENCY:** In case of a weather emergency, all athletes and coaches will be evacuated to the gymnasium in the Western Athletic Centre, across the street. Coaches are asked to sit with their team, and the meet will resume 30 minutes after the last sighting of lightning.



2025 MEET SCHEDULE

DAY 1

TRACK

FIELD

TIME	EVENT	TIME	EVENT
1:00 pm	Novice Girls 80m Hurdles Heats (30") Junior Girls 80m Hurdles Heats (30") Senior Girls 100m Hurdles Heats (30") Novice Boys 100m Hurdles Heats (33") Junior Boys 100m Hurdles Heats (36") Senior Boys 110m Hurdles Heats (36")	12:30	Novice Boys Pole Vault *Boys Para Shot Put (4kg) *Girls Para Shot Put (3kg)
1:40 pm	Open Boys 2000m Steeplechase (1 heat) (36")		
2:00 pm	Novice Girls 100m Heats Junior Girls 100m Heats Senior Girls 100m Heats Novice Boys 100m Heats Junior Boys 100m Heats Senior Boys 100m Heats	2:00 pm	Novice Girls Long Jump Novice Boys Shot Put Junior Girls Triple Jump Junior Boys Discus Senior Girls High Jump Senior Boys Javelin
2:35 pm	*Open Girls 2000m Steeplechase (1 heat) (30")		
3:00 pm	Novice Girls 400m Timed Finals Junior Girls 400m Timed Finals Senior Girls 400m Timed Finals Novice Boys 400m Timed Finals Junior Boys 400m Timed Finals Senior Boys 400m Timed Finals Wheelchair Girls 400m Wheelchair Boys 400m	3:00 pm	Novice Girls Pole Vault
		3:30 pm	Novice Girls Shot Put Novice Boys Long Jump Junior Girls Discus Junior Boys Triple Jump Senior Girls Javelin Senior Boys High Jump
	TRACK BREAK		
4:30 pm	Senior Boys 110m Hurdle Finals Junior Boys 100m Hurdle Finals Novice Boys 100m Hurdle Finals Senior Girls 100m Hurdle Finals Junior Girls 80m Hurdle Finals Novice Girls 80m Hurdle Finals		
5:00 pm	Novice Boys 1500m Timed Finals Junior Boys 1500m Timed Finals Senior Boys 1500m Timed Finals		
5:30 pm	Girls Visual, Intellectual, Ambulatory 100m Timed Finals Boys Visual, Intellectual, Ambulatory 100m Timed Finals Novice Girls 100m Finals Junior Girls 100m Finals Senior Girls 100m Finals Novice Boys 100m Finals Junior Boys 100m Finals Senior Boys 100m Finals	5:30 pm	Novice Girls High Jump Novice Boys Javelin Junior Girls Long Jump Junior Boys Pole Vault Junior Boys Shot Put Senior Girls Triple Jump Senior Boys Discus
6:00 pm	Novice Girls 1500m Timed Finals Junior Girls 1500m Timed Finals Senior Girls 1500m Timed Finals		
6:30 pm	Novice Girls 4 x 100m Relay, Timed Finals Junior Girls 4 x 100m Relay, Timed Finals Senior Girls 4 x 100m Relay, Timed Finals Novice Boys 4 x 100m Relay, Timed Finals Junior Boys 4 x 100m Relay, Timed Finals Senior Boys 4 x 100m Relay, Timed Finals		



2025 MEET SCHEDULE

DAY 2

TRACK

FIELD

TIME	EVENT	TIME	EVENT
		8:30 am	Junior Girls Pole Vault
10:00 am	Senior Girls 200m Heats Senior Boys 200m Heats Junior Girls 200m Heats Junior Boys 200m Heats Novice Girls 200m Heats Novice Boys 200m Heats	10:00 am	Novice Girls Javelin Novice Boys High Jump Junior Girls Shot Put Junior Boys Long Jump Senior Girls Discus Senior Boys Triple Jump
10:30 am	Senior Girls 3000m Timed Finals Senior Boys 3000m Timed Finals		
11:00 am	Senior Boys 400m Hurdles, Timed Finals (36") Senior Girls 400m Hurdles, Timed Finals (30") Novice Girls 300m Hurdles, Timed Finals (30") Junior Girls 300m Hurdles, Timed Finals (30") Junior Boys 300m Hurdles, Timed Finals (33") Novice Boys 300m Hurdles, Timed Finals (33")	11:00 am	Senior Boys Pole Vault
		12:00 pm	Novice Girls Triple Jump Novice Boys Discus Junior Girls High Jump Junior Boys Javelin Senior Girls Long Jump Senior Boys Shot Put
	TRACK BREAK		
12:30 pm	Junior Girls 3000m Timed Finals Junior Boys 3000m Timed Finals		
1:00 pm	Senior Girls 800m Timed Finals Senior Boys 800m Timed Finals Junior Girls 800m Timed Finals Junior Boys 800m Timed Finals Novice Boys 800m Timed Finals Novice Girls 800m Timed Finals G/B Visually Impaired, Ambulatory 800m G/B Intellectual Impairment 800m	1:30 pm	Novice Girls Discus Novice Boys Triple Jump Junior Girls Javelin Junior Boys High Jump Senior Girls Pole Vault Senior Girls Shot Put Senior Boys Long Jump
2:00 pm	Senior Girls 200m Senior Boys 200m Junior Girls 200m Junior Boys 200m Novice Girls 200m Novice Boys 200m Wheelchair Girls 200m Wheelchair Boys 200m Finals		
2:30 pm	Novice Girls 3000m Timed Finals Novice Boys 3000m Timed Finals		
3:00 pm	Open Girls 4 x 400m Relay Timed Finals Open Boys 4 x 400m Relay Timed Finals		



FACILITY MAP

