



The Niagara Olympic Track and Field Club

PO Box 30005 St. Catharines, ON L2S 4A1

www.nocrunners.com

APPLICATION FOR USE OF TRACK AND FIELD FACILITY SCHOOL TRAINING PERMIT - 2017

School:

Address:

Principal:

School Phone #:

Coaches:

Cell Phone:

Email:

Fee Structure:

\$	200.00	Track use only Monday to Friday
\$	250.00	Track (M-F) and High Jump on Mondays
\$	250.00	Track (M-F) and Hurdles on Thursdays
\$	300.00	Track (M-F) and High Jump (M) and Hurdles (T)

Payable to: Niagara Olympic Club (DSBN schools may use EFT)

Permit Rules and Regulations

The training permit is designed for school teams and is valid from April 1st to June 1st; Monday to Friday from 3:30 pm - 5:30 pm. Some days the facility will not be available due to scheduled track meets. See the permit calendar on the website.

Athletes must be accompanied and supervised by the coaches who are listed on the permit. The coach must have the permit available while using the facility.

All jumps and throws must have direct supervision. All throws must occur in the designated throws area ONLY. NO HAMMER THROWS FROM THE DISCUS CAGE.

Track lanes 1 to 3 are designated for distance training intervals. Track lanes 6 to 8 are designated for sprints. Warm up jogs should be around the soccer fields.

Track spikes maximum length - 5mm. No cluster spikes, motorized vehicles, in-line skating, roller skating, skateboarding, cycling or pets.

High Jump equipment will be available on Mondays, weather permitting. Hurdles will be available on Thursdays. Coaches are responsible for ensuring all equipment is put away before they leave.

No tape is to be placed on the surface of the track or jumps areas for markings.

I have read the Permit Rules and Regulations with this form and agree to comply with its provisions.

Date: Signature of Principal:

Date: Signature of Coach:

Date: Niagara Olympic Club Authorization: