



**310 RUNNING INVITATIONAL #1  
TECHNICAL PACKAGE REV.2 (UPDATED AUG. 11)**

**DATE:** Saturday, August 15, 2020

**LOCATION:** Humberview Secondary School, 135 Kingsview Dr., Bolton, ON

**MEET DIRECTOR:** Scott Skimming

**SANCTIONED BY:** Athletics Ontario

**AGE CATEGORIES:** U16 & OPEN

**ENTRY DEADLINE:** Thursday, August 13 at 11:59 pm

**ENTRIES:** Online only

**FEES:** \$20.00 per event

**CHECK IN:** Only registered athletes will be permitted in the track area. Athletes can check in & enter the track area through the west gate by James Bolton Public School at their scheduled time.

**CHECK OUT:** Athletes can check out & depart the track area through the east gate by Humberview Secondary School at or before their scheduled time.

**SCHEDULE:** Event schedule below. Heats will be run slowest to fastest.

Event	Max. # of Athletes	Max. # per Heat	Enter Track Area	Race Start	Depart Track Area
Open Women 5000	8	8	9:30 am	10:00 am	10:30 am
Open Men 5000	8	8	10:00 am	10:30 am	11:00 am
Open Women 400	24	4	10:30 am	11:00 am	11:30 am
Open Men 400	24	4	11:00 am	11:30 am	12:00 pm
Lunch					
Open Women 100	28	4	12:00 pm	12:30 pm	1:00 pm
Open Men 100	28	4	12:30 pm	1:00 pm	1:30 pm
U16 Women 1200	18	6	1:00 pm	1:30 pm	2:00 pm
U16 Men 1200	18	6	1:20 pm	1:50 pm	2:20 pm
Open Women 1500	24	6	1:40 pm	2:10 pm	2:40 pm
Open Men 1500	24	6	2:10 pm	2:40 pm	3:10 pm
Open Women 100 Final	8	4	2:40 pm	3:10 pm	3:40 pm
Open Men 100 Final	8	4	2:50 pm	3:20 pm	3:50 pm

## **TRACK ACCESS:**

- Access into & out of the track area will be strictly regulated. All athletes entering the track area must:
  1. Be a member in good standing of Athletics Ontario which includes having signed an assumption of risk waiver
  2. Agree to the meet waiver during registration
  3. Complete & submit a health questionnaire online
  4. Provide complete & accurate contact information that can be shared with public health authorities if requested
  5. Answer COVID-19 wellness questions at the entrance gate
- It is expected that anyone feeling unwell or anyone having suspected or known exposure to COVID-19 will not attend this meet. Please be responsible & keep everyone safe.
- Everyone must wear a mask when entering & exiting the track area.
- No spectators are allowed in the track area (inside the fence line).

## **FACILITY RULES:**

- Per Ontario law, no more than 100 people (athletes, coaches, officials & volunteers combined) can be within the fence line of the facility.
- A minimum 2m physical distance between individuals is to be maintained at all times when possible. If a 2m physical distance cannot be maintained between individuals, masks must be worn (athletes in competition excepted).
- Wearing a mask is strongly encouraged at all times for athletes (when not warming up, competing or cooling down), coaches, officials, volunteers & spectators.
- Athletes, coaches, officials & volunteers must keep their gear a minimum of 2m apart & must not share drinks or food.
- There will be NO washroom facilities available on-site.
- Hand sanitizer will be available at the entrance and exit of the facility.
- Spikes must not exceed 6mm

## **WARM UP:**

- Athletes will be permitted to warm up outside the track area prior to their track entry time.
- Once in the track area, athletes will be permitted to warm up on the track or the infield provided they do not interfere with any races & are able to maintain 2m spacing.
- Starting blocks will not be provided for warm-ups.

## **RACE INFORMATION:**

- Every other lane will be used for the 100/400 & starting blocks will be sanitized between heats.
- 1200/1500/5000 will start with an appropriately distanced waterfall.
- Athletes should refrain from drafting & maintain a wide berth when passing.

- If there is severe weather (lightning, tornado warning, etc.) participants will be asked to take shelter in their vehicles as indoor facilities are inaccessible during the meet.
- Certified first responders will be on site in case of a medical emergency.
- Results will be posted online

# COVID-19

## Core Four



### Stay apart

Maintain 2-metres distance from everyone outside your **safe social circle**.



### Lather up

Wash your hands with soap and water; or use hand sanitizer.



### Mask up

Wear a non-medical mask where maintaining physical distancing is difficult and **where masks are mandatory**. Protect the supply of medical grade masks for health care workers.



### Get tested

Get tested if you think you have COVID-19 or may have been exposed to it. Stay home, self-isolate and prevent potential spread.

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For more information visit [peelregion.ca/coronavirus](https://peelregion.ca/coronavirus)

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