



BACK TO TRACK in BRAMPTON MINI-MEET #2



Competition Date: Sunday August 16, 2020, 12pm to 7pm

Hosted by: Bullets Track Club

Meet Director: Jim Catton and Nathen Stern

Sanctioned by Athletics Ontario

Venue: Terry Fox Stadium, 9050 Bramalea Rd, Brampton, ON L6S 6G7

Entry Fees: \$20 per event

Registration: [Back to Track in Brampton 2 Registration Link- click here](#)

- Max 25 Female Hurdlers, Max 25 Male Hurdlers
- Max 50 Throwing Competitors, max 16 per throwing event
- All Athletes and Coaches must be registered with Athletics Ontario and have signed the Athletics Canada Assumption of Risk Waiver
- All Participants (Athletes, Coaches, Officials and Volunteers) must complete the online Covid Survey within 24hrs before the meet.
- All participants must sign the Bullets Track Club/ Athletics Ontario Waiver before the event.
- Heat and Lane Assignments and Throwing Flights will be posted online prior to the meet.
- Coaches must register to be allowed access to the facility. [Register Here.](#)

Results: Heat, Lane Assignments, Throw's Flights and Live Results will be posted on this Athletics Ontario Link.

Events: MG 80mH, YG 100mH, JW 100mH, S 100mH, YG 400mH, JW 400mH, SW 400mH
MB 100mH, YB 110mH, JM 110H, SM 110mH, YB 400mH, JM 400mH, SM 400mH
Javelin, Shot Put, Discus, Hammer

Track

- Maximum Four athletes per heat. Every other lane will be used for all track events.
- Due to the small number of Hurdle Participants, we will be running the heats and events continuously from 1pm. Please see the updated schedule.
- Only competing Athletes and Registered Coaches will be allowed in the Stadium.
- There will be 3 Hurdle Warm-up areas. Please do not take hurdles away from the assigned areas or adjust their heights.
- Adhere to social distancing and anti-contamination protocols while warming up.

Throws

- Only Athletes and Coaches from the competing flight will be allowed in the competition area.
- Each flight will be allowed a 20 minute warm-up period before they compete
- All athletes must supply their own implements
- All athletes must retrieve their own implements during warm-up and competition
- Once your flight is over, you must leave the competition area.

Health Precautions

- 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 or water fountains available in the stadium. However, the Park Washrooms are open just outside the stadium on the North West side.
- Hand sanitizer will be available at the entrance and exit of the facility.
- Starting blocks will be disinfected between heats. Personal starting blocks will not be allowed during the competition but recommended for your warm-ups.
- No Spectators are allowed in the stadium. Only coaches, athletes and volunteers are allowed into the stadium.
- Please respect the 2m rule while engaging officials and volunteers during the meet. Wear your mask.
- Please bring minimal bags and equipment into the stadium and keep them close to you, in your personal space. A warm-up is recommended when stretching or sitting on the turf area.
- It is expected that each athlete and coach bring their own personal hand sanitizer, face mask, gloves or any other personal protective equipment they require. Please no handshakes, high-fives, hugs, etc during or after the competitions. Keep you distance from those people outside of your personal circles.



For more information visit peelregion.ca/coronavirus

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SCHEDULE- UPDATED AUG 15, 2020

HURDLES

- **1:00pm, Round 1-** U16F 80mH, U18F 100mH, SW 100mH
- **1:45pm, Round 1-** U16M 100mH, U18M 110mH, SM 110mH
- **2:15pm, Round 2-** U16F 80mH, U18F 100mH, SW 100mH
- **3:00pm, Round 2-** U16M 100mH, U18M 110mH, SM 110mH
- **3:45pm-** 300m Masters
- **4:00pm-** 400mH, U18F, U18M, U20F

THROWS *(may run up to 60 minutes ahead of time)*

- **12:00pm-** Javelin Flight 1
- **12:50pm-** Javelin Flight 2
- **1:40pm-** Hammer Flight 1
- **2:40pm-** Hammer Flight 2
- **3:40pm-** Discus Flight 1
- **4:40pm-** Discus Flight 2
- **5:40pm-** Shot Put Flight 1
- **6:40pm-** Shot Put Flight 2

SPECIFICATIONS FOR HURDLING EVENTS

Event	Distance (m)	No.	Height (m)	Start to 1 st Hurdle (m)	Distance Between
<u>OUTDOOR</u>					
Midget Girls'	80	8	0.762	12.00	8.00
Youth Girls'	100	10	0.762	13.00	8.50
Junior Women's	100	10	0.840	13.00	8.50
Senior Women's	100	10	0.840	13.00	8.50
Youth Girls'	400	10	0.762	50.00	35.00
Junior Women's	400	10	0.762	45.00	35.00
Senior Women's	400	10	0.762	45.00	35.00
Midget Boys'	100	10	0.840	13.00	8.50
Youth Boys'	110	10	0.914	13.72	9.14
Junior Men's	110	10	0.990	13.72	9.14
Senior Men's	110	10	1.067	13.72	9.14
Youth Boys'	400	10	0.840	45.00	35.00
Junior Men's	400	10	0.914	45.00	35.00
Senior Men's	400	10	0.914	45.00	35.00

SPECIFICATIONS FOR THROWING IMPLEMENTS (2016)

	<u>MEN</u>					<u>WOMEN</u>				
	BAN	MID	YOU	JUN	SEN	BAN	MID	YOU	JUN	SEN
Shot Put	3.00	4.00	5.00	6.00	7.26	3.00	3.00	3.00	4.00	4.00
Discus	0.75	1.00	1.50	1.75	2.00	0.75	1.00	1.00	1.00	1.00
Javelin	400g	600g	700g	800g	800g	400g	500g	500g	600g	600g
Hammer		4.00	5.00	6.00	7.26		3.00	3.00	4.00	4.00

Weight in kilograms except where noted otherwise

Sanctioned and Required by:

Athletics Ontario

Release, Waiver and Indemnity

In consideration of the acceptance of my acceptance of my application and the permission to participate as an entrant or competitor in the

2020 Back to Track in Brampton Mini Meet 2

August 16, 2020

At the Terry Fox Stadium, 9050 Bramalea Rd, Brampton, ON

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

BULLETS TRACK & FIELD CLUB

CITY OF BRAMPTON

REGION OF PEEL

ATHLETICS ONTARIO

And all other association, sanctioning bodies and sponsoring companies and all their respective agents, officials, servants, representatives and assigns OF AND FROM ALL claims, demands, damage costs, expense actions and causes of action, whether in law or equity, in respect to death, injury, loss or damage to my person or property HOWEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that the same may be the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREE to the above WAIVER, RELEASE AND INDEMNITY. I

WARRANT that I am physically fit to participate in this event.

Athlete's Name

Date

Signature (if over 18)

Parent or Guardian Name

Date

Signature (if athlete is under 18)

Club Name

Date

Signature (club rep, if signing for entire club)