



**310 RUNNING INVITATIONAL #2  
TECHNICAL PACKAGE REV.2 (Updated Aug. 18)**

- DATE:** Saturday, August 22, 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 20 at 9:00 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 must depart the track area through the east or west gate 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 800	28	4	9:00 am	9:30 am	10:00 am
Open Men 800	28	4	9:30 am	10:00 am	10:50 am
Open Women 200	28	4	10:20 am	10:50 am	11:20 pm
Open Men 200	28	4	11:00 am	11:20 am	12:10 pm
Lunch					
Open Women 400H	8	4	12:00 pm	12:40 pm	1:00 pm
Open Men 400H	8	4	12:15 pm	12:55 pm	1:15 pm
Open Men 300H	4	4	12:30 pm	1:10 pm	1:30 pm
Open Women 300H	4	4	12:35 pm	1:15 pm	1:35 pm
U16 Women 200H	8	4	12:50 pm	1:20 pm	1:50 pm
U16 Men 200H	8	4	12:55 pm	1:35 pm	1:55 pm
U16 Women 2000	8	4	1:20 pm	1:50 pm	2:20 pm
U16 Men 2000	8	4	1:50 pm	2:20 pm	2:50 pm
Open Women 3000	16	4	2:15 pm	2:45 pm	3:45 pm
Open Men 3000	16	4	3:15 pm	3:45 pm	4:45 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 porta-potties available in the track area. Sanitizing supplies will be available inside each porta-potty. It will be the responsibility of each user to disinfect the porta-potty before & after usage.
- Hand sanitizer will be available at the entrance and exit of the facility.
- Spikes must not exceed 6mm
- No canopy tents or other shelters that create 'gathering spots' will be permitted inside or outside the track area. Shelters required by the meet organizer to execute the event are excepted.

## **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. A limited number of hurdles will be available for warm-ups inside the track area.

## RACE INFORMATION:

- Every other lane will be used for the 200/200H/400H. Starting blocks & hurdles will be sanitized between heats.
- 800/2000/3000 will start in every other lane.
- 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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