



**310 RUNNING FRIDAY NIGHT LIGHTS
TECHNICAL PACKAGE REV.1 (Updated August 28th)**

- DATE:** Friday, September 11, 2020
- LOCATION:** Humberview Secondary School, 135 Kingsview Dr., Bolton, ON
- MEET DIRECTOR:** Scott Skimming
- SAFETY OFFICER:** Scott Skimming
- SANCTIONED BY:** Athletics Ontario
- AGE CATEGORIES:** OPEN
- ENTRY DEADLINE:** Wednesday, September 9 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 shortly after their heat.
- 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
Invitational Women 300H	4	4	5:20 pm	6:00 pm	After your heat
Open Women 800	40	4	5:40 pm	6:10 pm	After your heat
Open Men 800	40	4	6:40 pm	7:10 pm	After your heat
Open Women 100	40	4	7:40 pm	8:10 pm	After your heat
Open Men 100	40	4	8:35 pm	9:05 pm	After your heat

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
- 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 100. Starting blocks will be sanitized between heats.
- 800 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

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