



BACK TO TRACK in BRAMPTON

MINI-MEET #4



Competition Date: Sunday September 13, 2020, 12pm to 5pm

Hosted by: Thorold Elite and Bullets Track Club

Meet Director: Steven Fife

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 4 Registration Link- click here](#)

- 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 Event Waiver while registering for the meet.
- 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](#).
- There will not be competition numbers for participants at this meet.

Results: Heat, Lane Assignments, Live Results will be posted (link coming soon).

Events: U16 80mH, U18 100mH, U20 100mH, Senior 100mH, U13 & U14 & U15 & U16 200mH, U18 400mH, U20 400mH, Senior 400mH
Open Long Jump, Open Triple Jump
Open Shot Put, Open Javelin, Open Discus, Open Hammer

Hurdles

- Maximum Four athletes per heat. Every other lane will be used for all track events.
- Due to the traditionally smaller number of Hurdle Participants, we will be running the heats and events continuously.
- 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.
- There will be a minimum 30 minute recovery time between Rounds 1 and Round 2 of the short Hurdles.

Horizontal Jumps

- Only competing Participants and Registered Coaches will be allowed in the Jumps Area.
- All Jumpers will receive 6 jumps
- Participants will be allowed in the stadium 30 minutes before their competition. They are to leave once their competition is complete.

Throws

- All competitors must bring their own implements.
- Only competing Participants and Registered Coaches will be allowed in the Throws Area.
- Participants will be allowed in the stadium 30 minutes before their competition. They are to leave once their competition is complete.

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 mat 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.
- Participants will be allowed in the stadium 30 minutes before their competition. They are to leave once their competition is complete.



SUNDAY SEPTEMBER 13

FINAL SCHEDULE



HURDLES (*approx. start times, events may run up to 30 minutes ahead of schedule*)

- 12:45pm (1 combined Heat)- 200mH
- 1:00pm (2 Heats)- 300mH, 400mH
- 1:30pm, Round 1 (3 Heats)- U16F 80mH, U18F 100mH
- 1:45pm, Round 1 (2 Heats)- U16M 100mH, U18M100M
- 2:30m, Round 2 (3 Finals) - U16F 80mH, U18F
- 2:45pm, Round 2 (2 Finals)- U16M 100mH, U18M 110mH

Jumps

- 12:00pm- Open Long Jump
- 2:00pm- Open Triple Jump

Throws

- 12:00- Open Shot Put
- 1:15- Open Javelin
- 2:30- Open Discus
- 3:45- Open Hammer

SPECIFICATIONS FOR HURDLING EVENTS

Event	Distance (m)	No.	Height (m)	Start to 1 st Hurdle (m)	Distance Between
<u>OUTDOOR</u>					
U16F	80	8	0.762	12.00	8.00
U18F	100	10	0.762	13.00	8.50
U13F	200	5	24"	20	35
U16F	200	5	0.762	20	35
U18F	400	10	0.762	50.00	35.00
U16M	100	10	0.840	13.00	8.50
U18M	110	10	0.914	13.72	9.14
Masters Men 60 to 64	300	10	0.762	55.00	35.00