



# BACK TO TRACK in BRAMPTON 5 THE FINALE



**Competition Date:** Sunday September 27, 2020, 11am to 7pm

**Hosted by:** Bullets Track Club

**Meet Director:** Jim Catton

**Sanctioned by Athletics Ontario**

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

**Entry Fees:** \$20 per event, except \$30 for Masters Throws Pentathlon

**Registration:** [Back to Track in Brampton 5 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 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:** 80m (U14), 100m (Open), 150m (U14), 200m (Open),  
300m (U14 & U16), 400m (Open), 800m (Open)  
Javelin, Shot Put, Discus, Hammer, Weight Throw (all throws are Open Category)  
Throws Pentathlon (Masters Only)  
Long Jump and Triple Jump

## Track

- Maximum Four athletes per heat. Every other lane will be used for all track events.
- Only competing Athletes and Registered Coaches will be allowed in the Stadium.
- Athletes will be allowed in the stadium 30 minutes prior to their start time.
- Adhere to social distancing and anti-contamination protocols while warming up and racing.
  - No hugging, high-fiving, fist bumps, hand- shakes
  - Please use hand sanitizer after each race
- Warm-ups prior to 30 minutes can be done in the field areas outside of the track on the north, east and west side of the stadium. The south side is reserved for the throwing competition.

## Throws

- Entries limited to 12 Females and 12 Males per flight.
- 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.

## 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.

## 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 of the facility.
- There will be two assigned areas for Throwing Coaches and Spectators.
  - Javelin Coaches/Spectators will be assigned to the Track Fence Line below the Long Jump Pits.
  - Shot Put Coaches/Spectators will be assigned to the Walkway Berm at the end of the Shot Put Field and to the Left of the Discus/Hammer Cage.
- 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 your distance from those people outside of your personal circles.



## BACK TO TRACK in BRAMPTON 5 SCHEDULE

SUNDAY SEPTEMBER 27, 2020

*Final Schedule*



### THROWS

- **11:00am-** Women's Hammer and Throws Pent (Mixed Gender)
- **11:00am-** Men's Shot Put
- **12:15pm-** Men's Hammer
- **12:15pm-** Women's Shot Put and Throws Pent (Mixed Gender)
- **1:30pm-** Woman's Discus and Throws Pent (Mixed Gender)
- **2:45pm-** Men's Discus
- **4:15pm-** Women's Javelin and Throws Pent (Mixed Gender)
- **5:30pm-** Men's Javelin
- **5:30pm-** Open Weight Throw and Throws Pent (Mixed Gender)

### JUMPS

- **12:00pm-** Women's Long Jump
- **1:45pm-** Men's Long Jump (1:15pm warmup)
- **3:00pm-** Women's Triple Jump (2:30pm warmup)
- **4:15pm-** Men's Triple Jump (3:45pm warm up)

### TRACK

- **12:30pm-** 80mH and 100mH
- **1:00pm-** 80m & 100m (12:30pm warm-up)
- **1:45pm-** 80mH and 100mH Finals (1:15pm warmup)
- **2:15pm-** 800m Timed Finals (1:45pm warm-up)
- **2:30pm-** 80m & 100m Finals (2:00pm warm-up)
- **Officials Break**
- **3:30pm-** 300m & 400m Timed Finals (3:00pm warm-up)
- **4:15pm-** 150m & 200m Timed Finals (3:45pm warm-up)

**SPECIFICATIONS FOR THROWING IMPLEMENTS (2016)**

	MEN					<u>WOMEN</u>				
	U14	U16	U18	U20	SEN	U14	U16	U18	U20	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*