

GOLDEN HORSESHOE TRACK & FIELD COUNCIL

Presents

GOLDEN HORSESHOE TRACK SERIES



Prep Meet 1: Saturday May 15, 2021

Prep Meet 2: Saturday May 22, 2021

Hurdles Meet 1: Saturday June 5, 2021

Hurdles Night 2: Wednesday July 7, 2021

Hurdles Night 3: Wednesday July 14, 2021

Ray Lewis Track & Field Complex

Mohawk Sports Park

1100 Mohawk Rd E

Hamilton, ON

L8T 2S4

TECHNICAL PACKAGE

GOLDEN HORSESHOE TRACK SERIES

GENERAL INFORMATION FOR ALL MEETS

Hosted by:	Golden Horseshoe Track & Field Council <i>Each meet is directed by specific member organization(s). Meet Directors' contact information is included.</i>
Sanctioned by:	Athletics Ontario
Entries Chairperson:	Steven Fife thoroldelitetc@gmail.com
Eligibility:	<p>Athletes registered with Athletics Ontario, Minor Track Association, Ontario Masters Association</p> <p>All athletes must be registered with Provincial Sport Organization. No non-members permitted; however Recreational athletes are eligible.</p> <p>Para athletes are welcome and encouraged to participate. If you are interested in competing in a SEATED Throw, please contact the Meet Director no later than two weeks prior to the scheduled meet.</p>
Entry Fees:	<p>\$20 per event</p> <p><i>An additional \$5.00 processing fee applies to all late entries.</i></p>
Waiver:	Mandatory for all athletes and to be completed online
Age Divisions:	<p>All ages eligible.</p> <p>All events will be open category except for any Hurdles or Steeplechase races where the specs vary by age/ gender.</p>
Number of Attempts:	All athletes in all throws and horizontal jumps will receive six attempts.
Implements/ Weigh-in:	<p>Athletes are required to bring their own implements and implements are not to be shared.</p> <p>Athletes are required to retrieve their own implements.</p> <p>Implements will not undergo an initial weigh-in; however, In the case of a record broken, implements will be subject to further inspection.</p>

Facility:

The Ray Lewis Track & Field Complex at Mohawk Sports Park is a Beynon BSS 1000 High-Performance Track Surface, with UCS landing pits, four sand pits for horizontal jumps, two shot put circles, javelin runway, discus/hammer cage, and FinishLynx Timing System.

COVID Notes:

- All participants (athletes, coaches, officials, volunteers, and spectators) will be required to complete a COVID pre-screening attestation prior to entering the facility. If you are experiencing any symptom of COVID-19 or have had close contact with anyone with COVID-19 or have been out of the country within the last 14 days, you MAY NOT participate or enter the facility.
- **Coaches are required to register in advance at TrackieReg.com/GHSeriesCoaches**
- Only registered coaches will be permitted access to the facility. Spectators must remain outside of the fenced area.
- Physical distancing must be maintained at all times. All participants are encouraged to wear a mask when physical distancing is not possible. (*Athletes do not wear a mask when warming up or competing*).
- **All Return to Competition guidelines and local/ provincial public health protocols will be followed with respect to health, safety, and sanitation.** A Health & Safety officer will be appointed to ensure compliance.
- Athletes are required to bring their own implements and implements are not to be shared. Any request to use a club implement must be made well in advance and is not guaranteed. If any implement is used by more than one athlete it is to be properly sanitized between uses.
- Athletes are required to retrieve their own implements.
- Athletes in long jump and triple jump must wash their hands in between jumps or after making contact with the sand. There will be sanitizer available at the site of competition but you are encouraged to bring your own.
- For high jump and pole vault, the landing surface/ tarp will be sprayed down with disinfectant and wiped after each athlete makes contact. Should any competitor wish to bring their own personal tarp or covering they may also do so.
- Sprint events will be run with a blank lane between competitors and blocks will be sanitized between use.
- Distance events starts may be adapted to promote further separation between the competitors on the start line while still maintaining the integrity of a highly-competitive race.



GOLDEN HORSESHOE TRACK SERIES

EVENTS OFFERED

Sat. May 15 – Golden Horseshoe Prep Meet 1

Track: 80/100, 300/400, 1200/1500, Steeplechase

Field: Shot put, Hammer throw, High jump, Triple jump, Pole vault

Sat. May 22 – Golden Horseshoe Prep Meet 2

Track: 150/200, 800, 2000/3000,

Sprint Hurdles (80/100/110), Intermediate Hurdles (200/300/400)

Field: Discus, Javelin, Long jump, Pole vault

Sat. June 5 – Golden Horseshoe Hurdles Meet 1

Track: Steeplechase, 80/100, 800

Sprint Hurdles (80/100/110), Intermediate Hurdles (200/300/400)

Field: Discus, Long jump, Pole vault

Wed. July 7 – Golden Horseshoe Hurdles Night 2

Track: Sprint Hurdles (80/100/110), 300/400, 1200/1500

Field: Javelin, High jump, Pole vault

Wed. July 14 – Golden Horseshoe Hurdles Night 3

Track: Steeplechase, Intermediate Hurdles (200/300*/400), 150/200, 2000/3000

Field: Hammer throw, Shot put, Triple jump, Pole vault

Events offered may be modified as needed



GOLDEN HORSESHOE

PREP MEET 1

Saturday May 15, 2021



- Hosted by:** Hamilton Olympic Club
- Meet Directors:** Rich Gelder richardgelder68@gmail.com
 Kevin Gonci kgonci4@gmail.com
- Health & Safety Officer:** Greg Reader gregreader@gmail.com
- Regular Deadline:** Tuesday May 11, 2021 @ 11:59 pm
- Late Deadline:** Thursday May 13, 2021 @ 12:00 pm
 Entries received after this deadline may be accepted at the discretion of the meet directors and only if maximum field sizes are not reached.
- Online Registration:** www.trackiereg.com/GHPrep1
 All entries are to be completed online at Trackie

Tentative Schedule

- Schedule will be adjusted based on entry numbers in each event
- A Final schedule as well as Heat/ Flight lists will be sent out on the evening of Fri May 7
- Final schedule may still be advanced +/- 15 minutes as required

Time	Track	Throws	Jumps	Pole vault
9:00 am	Registration/ facility opens for initial warm-ups			
10:00 am	Steeplechase	Girls Hammer	Boys Triple jump	Girls Pole Vault
10:45 am	80/100 m	Boys Hammer	Girls Triple jump	
11:15 am	*Prelims*			
11:30 am	300/400 m			
12:15 pm	80/100 m *Finals*			
LUNCH BREAK				
12:30 pm		Girls Shot put	Boys High jump	Boys Pole Vault
1:15 pm	1200/ 1500 m	Boys Shot put	Girls High jump	
1:45 pm				
3:00 pm	Approximate conclusion of meet			



GOLDEN HORSESHOE PREP MEET 2



Saturday May 22, 2021

Hosted by: Thorold Elite Track Club / Monte Cristo Track Club

Meet Directors: Steven Fife thoroldelitetc@gmail.com
Gary Reid garfield.reid@bell.ca

Health & Safety Officer: Kevin Gonci kgonci4@gmail.com

Regular Deadline: Tuesday May 18, 2021 @ 11:59 pm

Late Deadline: Thursday May 20, 2021 @ 12:00 pm
Entries received after this deadline may be accepted at the discretion of the meet directors and only if maximum field sizes are not reached.

Online Registration: www.trackiereg.com/GHPrep2
All entries are to be completed online at Trackie

Tentative Schedule

Time	Track	Throws	Jumps	Pole vault
8:45 am	Registration/ facility opens for initial warm-ups			
9:45 am	Sprint Hurdles (80/100/110) *Prelims*	Girls Discus	Boys Long Jump (2 flights if nec)	Boys Pole Vault
10:00 am				
10:30 am		2000 m/ 3000 m		
11:15 am	Sprint Hurdles (80/100/110) *Finals*	Boys Discus		
11:30 am				
12:00 pm	150/200 m			
LUNCH BREAK				
12:30 pm	Intermediate Hurdles (200/300/400)	Girls Javelin	Girls Long Jump (2 flights if nec)	Girls Pole Vault
12:45 pm				
1:45 pm	800 m	Boys Javelin		
3:00 pm	Approximate conclusion of meet			



GOLDEN HORSESHOE HURDLES MEET 1

Saturday June 5, 2021



Hosted by: HOC / Thorold Elite / Monte Cristo / Athletiques International

Meet Directors: Rich Gelder richardgelder68@gmail.com
 Steven Fife thoroldelitetc@gmail.com
 Gary Reid garfield.reid@bell.ca
 Bruce Burton athletiques2@hotmail.com

Health & Safety Officer: Greg Reader gregreader@gmail.com

Regular Deadline: Tuesday June 1, 2021 @ 11:59 pm

Late Deadline: Thursday June 3, 2021 @ 12:00 pm
 Entries received after this deadline may be accepted at the discretion of the meet directors and only if maximum field sizes are not reached.

Online Registration: www.trackiereg.com/GHHurdles1
 All entries are to be completed online at Trackie

Tentative Schedule

Time	Track	Throws	Jumps	Pole vault
8:45 am	Registration/ facility opens for initial warm-ups			
9:45 am	Steeplechase		Girls Long jump	Boys Pole vault
10:00 am				
10:30 am				
11:15 am	Sprint Hurdles (80/100/110) *Prelims*		Boys Long jump	
11:30 am	80/100 m *Prelims*			
12:15 pm	Sprint Hurdles (80/100/110) *Finals*			
LUNCH BREAK				
12:30 pm		Boys Discus		Girls Pole vault
1:15 pm	80/100 m *Finals*			
2:00 pm	800 m	Girls Discus		
2:45 pm	Intermediate Hurdles (200/300/400)			
3:30 pm	Approximate conclusion of meet			



GOLDEN HORSESHOE HURDLES NIGHT 2

Wednesday July 7, 2021



Hosted by: HOC / Thorold Elite / Monte Cristo / Athletiques International

Meet Directors: Rich Gelder richardgelder68@gmail.com
 Steven Fife thoroldelitetc@gmail.com
 Gary Reid garfield.reid@bell.ca
 Bruce Burton athletiques2@hotmail.com

Health & Safety Officer: Kevin Gonci kgonci4@gmail.com

Regular Deadline: Saturday July 3, 2021 @ 11:59 pm

Late Deadline: Monday July 5, 2021 @ 12:00 pm
 Entries received after this deadline may be accepted at the discretion of the meet directors and only if maximum field sizes are not reached.

Online Registration: www.trackiereg.com/GHHurdles2
 All entries are to be completed online at Trackie

Tentative Schedule

- Schedule will be adjusted based on entry numbers in each event
- A Final schedule as well as Heat/ Flight lists will be sent out on the evening of Tues July 6
- Final schedule may still be advanced +/- 15 minutes as required

Time	Track	Throws	Jumps	Pole vault
4:00 pm	Registration/ facility opens for initial warm-ups			
5:00 pm	Sprint Hurdles (80/100/110) *Prelims*	Girls Javelin	Boys High jump	Girls Pole vault
6:00 pm	1200/1500 m			
7:00 pm	Sprint Hurdles (80/100/110) *Finals*	Boys Javelin	Girls High jump	Boys Pole vault
8:00 pm	300/400 m			
9:00 pm	Approximate conclusion of meet			



GOLDEN HORSESHOE HURDLES NIGHT 3

Wednesday July 14, 2021



Hosted by: HOC / Thorold Elite / Monte Cristo / Athletiques International

Meet Directors: Rich Gelder richardgelder68@gmail.com
 Steven Fife thoroldelitetc@gmail.com
 Gary Reid garfield.reid@bell.ca
 Bruce Burton athletiques2@hotmail.com

Health & Safety Officer: Greg Reader gregreader@gmail.com

Regular Deadline: Saturday July 10, 2021 @ 11:59 pm

Late Deadline: Monday July 12, 2021 @ 12:00 pm
 Entries received after this deadline may be accepted at the discretion of the meet directors and only if maximum field sizes are not reached.

Online Registration: www.trackiereg.com/GHHurdles3
 All entries are to be completed online at Trackie

Tentative Schedule

- Schedule will be adjusted based on entry numbers in each event
- A Final schedule as well as Heat/ Flight lists will be sent out on the evening of Tues July 13
- Final schedule may still be advanced +/- 15 minutes as required

Time	Track	Throws	Jumps	Pole vault
4:00 pm	Registration/ facility opens for initial warm-ups			
5:00 pm	Steeplechase	Boys Hammer	Girls Triple jump	Boys Pole vault
6:00 pm	150/200 m	Girls Hammer		
7:00 pm	Intermediate Hurdles (200/300*/400)	Boys Shot put	Boys Triple jump	Girls Pole vault
8:00 pm	2000/3000 m	Girls Shot put		
9:00 pm	Approximate conclusion of meet			