

**GOLDEN HORSESHOE TRACK & FIELD COUNCIL**

**Presents**

# **GOLDEN HORSESHOE TRACK SERIES**



**Hurdles Meet 1: Saturday July 3, 2021**

**Hurdles Meet 2: Sunday July 11, 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

<b>Hosted by:</b>	<b>Golden Horseshoe Track &amp; Field Council</b> <i>Each meet is directed by specific member organization(s). Meet Directors' contact information is included.</i>
<b>Sanctioned by:</b>	Athletics Ontario
<b>Entries Chairperson:</b>	Steven Fife <a href="mailto:thoroldelitetc@gmail.com">thoroldelitetc@gmail.com</a>
<b>Eligibility:</b>	<p>Athletes registered with Athletics Ontario, Minor Track Association, Ontario Masters Association</p> <p><b>All athletes must be registered with Provincial Sport Organization. No non-members permitted; however Recreational athletes are eligible.</b></p> <p><b>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.</b></p>
<b>Entry Fees:</b>	<p>\$20 per event</p> <p><i>An additional \$5.00 processing fee applies to all late entries.</i></p>
<b>Waiver:</b>	Mandatory for all athletes and to be completed online
<b>Age Divisions:</b>	<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>
<b>Number of Attempts:</b>	All athletes in all throws and horizontal jumps will receive six attempts.
<b>Implements/ Weigh-in:</b>	<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](https://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.
- 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. July 3 – Golden Horseshoe Hurdles Meet 1

**Track:** Steeplechase, Sprint Hurdles (80/100/110), Intermediate Hurdles (200/300/400), 200, 800

**Field:** Discus, Hammer, High jump, Pole vault

### Sun. July 11 – Golden Horseshoe Hurdles Meet 2

**Track:** Steeplechase, Sprint Hurdles (80/100/110), Intermediate Hurdles (200/300/400), 100, 1500

**Field:** Discus, Hammer, High jump, Pole vault

## WE MAY ADD A THIRD MEET.

*\*Events offered may be modified as needed\**



# GOLDEN HORSESHOE HURDLES MEET 1

Saturday July 3, 2021



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

**Meet Directors:** Rich Gelder [richardgelder68@gmail.com](mailto:richardgelder68@gmail.com)  
 Steven Fife [thoroldelitetc@gmail.com](mailto:thoroldelitetc@gmail.com)  
 Gary Reid [garfield.reid@bell.ca](mailto:garfield.reid@bell.ca)  
 Bruce Burton [athletiques2@hotmail.com](mailto:athletiques2@hotmail.com)

**Health & Safety Officer:** Greg Reader [gregreader@gmail.com](mailto:gregreader@gmail.com)

**Regular Deadline:** Tuesday June 29, 2021 @ 11:59 pm

**Late Deadline:** Thursday July 1, 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](http://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			
10:00 am		Boys Hammer	Girls High jump	Boys Pole vault
10:30 am	Sprint Hurdles (80/100/110) *Prelims*			
11:15 am				
11:30 am	800 m	Girls Hammer	Boys High jump	
12:15 pm	Sprint Hurdles (80/100/110) *Finals*		<i>(Note: If there are substantial entries in girls, then this will move to the afternoon)</i>	
	LUNCH BREAK			
12:30 pm		Boys Discus		Girls Pole vault
1:15 pm	Intermediate Hurdles (200/300/400)			
2:00 pm		Girls Discus		
2:30 pm	200 m			
3:30 pm	Approximate conclusion of meet			



# GOLDEN HORSESHOE HURDLES MEET 2

Sunday July 11, 2021



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

**Meet Directors:** Rich Gelder [richardgelder68@gmail.com](mailto:richardgelder68@gmail.com)  
 Steven Fife [thoroldelitetc@gmail.com](mailto:thoroldelitetc@gmail.com)  
 Gary Reid [garfield.reid@bell.ca](mailto:garfield.reid@bell.ca)  
 Bruce Burton [athletiques2@hotmail.com](mailto:athletiques2@hotmail.com)

**Health & Safety Officer:** Greg Reader [gregreader@gmail.com](mailto:gregreader@gmail.com)

**Regular Deadline:** Tuesday July 6, 2021 @ 11:59 pm

**Late Deadline:** Thursday July 8, 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](http://www.trackiereg.com/GHHurdles2)  
 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			
10:00 am		Girls Hammer	Boys High jump	Girls Pole vault
10:30 am	Sprint Hurdles (80/100/110) *Prelims*			
11:15 am				
11:30 am	1500 m	Boys Hammer	Girls High jump	
12:15 pm	Sprint Hurdles (80/100/110) *Finals*		<i>(Note: If there are substantial entries in girls, then this will move to the afternoon)</i>	
	LUNCH BREAK			
12:30 pm		Girls Discus		Boys Pole vault
1:15 pm	Intermediate Hurdles (200/300/400)			
2:00 pm		Boys Discus		
2:30 pm	100 m (1 round only)			
3:30 pm	Approximate conclusion of meet			