

Stratford Sabrecats Twilight Meets



Sabrecats Twilight 1: Wednesday, July 21st

Sabrecats Twilight 2: Wednesday, August 11th

Medway H.S., 14405 Medway Rd., Arva, ON

TECHNICAL PACKAGE

Hosted by: Stratford Sabrecats Track Club

Sanctioned by: Athletics Ontario

Entries Chairperson: Ian Morton, morton.sabrecats@gmail.com

Facility: Medway H.S., 14405 Medway Rd., Arva, ON.

Eligibility: **This is an invitation-only meet. Clubs will be emailed registration information.** Athletes registered with Athletics Ontario, Ontario Masters Association.

All athletes must be registered with AO or OMA. No non-members permitted.

Age Divisions: U14 up to Masters.

Meet Start Time: 6 pm

Events List:

Meet 1:

Track: 80m/100m - 300m/400m - 1200m/1500m
Field: Triple Jump - Discus - Hammer

Meet 2:

Track: 200m - 800m - 2000m/3000m
Field: Long Jump - Discus - Hammer

Entry Fees: \$15 per athlete, \$360 team maximum. \$100 deduction to team maximum if your club assists in running an event.

Waiver: Mandatory for all athletes. Must be completed online with registration.

Schedule: A tentative schedule is attached in the registration link that will be emailed out. A final schedule will be emailed to clubs prior to the meet date.

Site Note: There are no washrooms available on-site for this meet. We are working with the site on this, but at this time, none are being made available to us.

Number of Attempts: Top 8 athletes per age division in all throws and jumps will receive six attempts.

Implements/Weigh-in: Athletes are required to bring their own implements and implements are not to be shared, unless athletes are from the same household. Athletes are required to retrieve their own implements. Implements will undergo a weigh-in.

COVID Notes: All participants (athletes, coaches, officials, volunteers) will be required to complete a COVID pre-screening attestation prior to entering the facility. If you are experiencing a 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** enter the facility.

Coaches are required to register in advance. Registration link will be emailed to your club. Only registered coaches will be permitted access to the facility. Coaching registration is free. Spectators must remain outside of the fenced area that surrounds the track.

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 need to 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.

Throws: Athletes are required to bring their own implements and implements are not to be shared. 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.

Jumps: Athletes in long jump and triple jump must sanitize their hands in between jumps. There will be sanitizer available at the site of competition but you are also encouraged to bring your own.

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.

Sprints: Sprints on the straightaway will only run in every other lane to maintain physical distancing.

Any questions can be directed to Ian Morton, morton.sabrecats@gmail.com