



# TE MIDSUMMER TUNE-UP

Tuesday July 27, 2021



**Location:** **Welland Centennial Secondary School**  
240 Thorold Rd, Welland, ON, L3C 3W1

Parking at the front side of the school only for athletes and coaches.

**Hosted by:** Thorold Elite TC

**Sanctioned by:** Athletics Ontario

**Meet Director:** Steven Fife [thoroldelitetc@gmail.com](mailto:thoroldelitetc@gmail.com)

**Entries Chairperson:** Steven Fife [thoroldelitetc@gmail.com](mailto:thoroldelitetc@gmail.com)

**Health & Safety Officer:** Nicole Fournier-Phillips [nicolefournierphillips@gmail.com](mailto:nicolefournierphillips@gmail.com)

**Eligibility:** Athletes registered with Athletics Ontario, Minor Track Association, Ontario Masters Association

**All athletes must be registered with Provincial Sport Organization.  
No non-members permitted.**

**Regular Deadline:** Friday July 23, 2021 @ 11:59 pm

**Late Deadline:** Sunday June 25, 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.

**Entry Fees:** \$20 per event

**An additional \$5.00 processing fee applies to all late entries.**

**Online Registration:** [www.trackiereg.com/TETCJuly27](http://www.trackiereg.com/TETCJuly27)  
All entries are to be completed online at Trackie

**Waiver:** Mandatory for all athletes and to be completed online

**Age Divisions:** All ages eligible. All events will be open category.

**Number of Attempts:** All athletes in all throws and horizontal jumps will receive six attempts.

**Washrooms:** Please be aware that there is only a port-a-potty available on-site. It will be delivered for the meet. However, there is a Tim Hortons directly beside the location with public washroom access.

## Events Offered:

**TRACK-** 100 m, 200 m, 300/400 m, 800, 1200/1500 m, 2000/3000 m

**FIELD-** Javelin, Shot put, Long jump, Triple jump

## Implements & Weigh-ins:

- Athletes are required to bring their own implements and implements are not to be shared.
- Athletes are required to retrieve their own implements.
- Implements will not undergo an initial weigh-in; however, In the case of a record broken, implements will be subject to further inspection.



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## 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 Mon July 26
- Final schedule may still be advanced +/- 15 minutes as required
- **All track events will run girls first boys second from slowest to fastest heat**

Time	Track	Javelin	Shot put	Jumps
4:15 pm	Registration/ facility opens for initial warm-ups			
5:00 pm	200 m	Boys Javelin		Girls Long jump
5:30 pm	800 m	Girls Javelin		
6:00 pm	100 m (First round)			
6:30 pm	300/ 400 m		Boys Shot put	Mixed triple jump
7:00 pm	1200/ 1500 m			
7:30 pm			Girls Shot put	
8:00 pm	100 m (Second round)			
8:15	2000/ 3000 m			
9:00 pm	Approximate conclusion of meet			

Note that additional flights of field events may be added as required to minimize conflicts for those in multiple events.

## 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.
- Only registered coaches will be permitted access to the facility. Spectators must remain outside of the fenced area but may enter the bleachers only when their son/ daughter is competing.
- 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 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.