



**NOC Twilight Meet - July 22, 2021**  
**Niagara Olympic Track & Field Club**  
**www.nocrunners.com**

**Location:** Niagara Olympic Track and Field Complex, St. Catharines, ON  
**Parking:** 100 Power View Ave., West Park, St. Catharines  
 130 Louth St., DSBN Academy

**Sanctioned by:** Athletics Ontario  
**Meet Directors:** Sharon Stewart [Sharon.noc@outlook.com](mailto:Sharon.noc@outlook.com)  
 Randy McDougall

**Registration:** <https://www.trackie.com/online-registration/> for athletes and coaches  
**Entries Deadline:** Tuesday, July 20 @ 4:00 pm.  
**Entries Chairperson:** Steve Moran [steve.moran@gmail.com](mailto:steve.moran@gmail.com)  
**Entry Fees:** \$20.00 for athletes; no fee for coaches  
**Results/Heat Sheets:** <http://sportmadesimple.com/>

**Events:** 100, 200m, 300/400m, 1200/1500m; High Jump, Long Jump; Shot Put, Javelin  
**Age Categories:** U14 - Open

**Waiver:** Must be completed online with registration.  
**Check In:** Requires the online Health Screening within 24 hours.  
**Implements:** Athletes must bring their own implements.

**Meet Start Time:** **6:00 pm**  
**Schedule:** **To be posted day of meet by noon.**  
**Facility access:** 10 minutes for track events; 15 minutes for field events

**Warm Up on the PERIMETER of the soccer fields. NO THROWING IMPLEMENTS ON THE FIELDS.**

- **All spectators remain outside the facility.** Viewing can be done from the perimeter fence.
- Coaches, Officials, and Volunteers **MUST** wear a mask in the facility. If you are unable to wear a mask for a medical reason, we respectfully ask you remain outside the facility.
- **COACHES TO SIT IN DESIGNATED BLEACHER WITH A MASK ON.** No coaches on the track.
- Athletes need to wear a mask when entering/exiting the facility while walking to and from their designated bag drop/warm up area. Personal bags to be placed in the designated event warm up area.
- Do not come to the start line until your specific race time according to the section you are in.
- **START BLOCKS WILL BE SANITIZED. DO NOT TOUCH UNTIL YOU ARE IN YOUR DESIGNATED LANE FOR THE RACE.**
- Leave the track immediately after your race, collect your belongings from your bag drop area and do any cool down necessary on the perimeter of the soccer fields.
- Athletes must provide their own water, food and medical care.

22-Jul Tentative Schedule							
TRACK		FIELD					
6:00	100m	6:00	Shot put men	Long Jump women	Javelin women	High Jump men	
6:30	300/400m						
7:15	200m	7:30	Shot put women	Long jump men	Javelin men	High Jump women	
7:45	1200/1500m						