

GOLDEN HORSESHOE TRACK & FIELD COUNCIL

Presents

GOLDEN HORSESHOE PREP MEET



Saturday May 7, 2022

**Ray Lewis Track & Field Complex
Mohawk Sports Park
1100 Mohawk Rd E
Hamilton, ON
L8T 2S4**

TECHNICAL PACKAGE

GOLDEN HORSESHOE PREP MEET

Hosted by:	Golden Horseshoe Track & Field Council	
Sanctioned by:	Athletics Ontario	
Meet Directors:	Rich Gelder Steven Fife	richardgelder68@gmail.com thoroldelitetc@gmail.com
Entries Chairperson:	Steven Fife	thoroldelitetc@gmail.com
Facility Manager:	Kevin Gonci	kgonci4@gmail.com
Health & Safety Officer:	To be Determined	
Eligibility:	Athletes registered with Athletics Ontario (AO); Minor Track Association of Ontario (MTA) Para athletes are welcome and encouraged to participate. If you are interested in competing in a SEATED Throw, please contact the Meet Directors no later than two weeks prior to the scheduled meet.	
Regular Deadline:	Tuesday May 3, 2022 @ 11:59 pm	
Late Deadline:	Thursday May 5, 2022 @ 12:00 pm Entries received after this deadline <u>may</u> 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/GHPrep 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 except for any Hurdles or Steeplechase races where the specs vary by age/ gender.	
Number of Attempts:	All athletes in all throws and horizontal jumps will receive six attempts.	

Events Offered:

100, 200, 300/400, 800, 2000/3000

Sprint Hurdles, Intermediate Hurdles, Steeplechase

Long Jump, High Jump, Pole Vault, Shot put, Discus, Javelin

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.

Implements & Weigh-ins:

- Athletes are required to bring their own implements and 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.

COVID Notes:

- This meet will follow the public health measures that are in place at the time.
- 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, you MAY NOT participate or enter the facility.
- Only registered coaches will be permitted access to the facility. Spectators must remain in the designated spectator areas.
- 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*).
- 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. Athletes are required to retrieve their own implements.

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Tentative Schedule

Time	Track	Long Throws	Shot put	Jumps	Pole vault
8:45 am	Registration/ facility opens for initial warm-ups				
9:45 am	Steeplechase				
10:00 am	Sprint Hurdles	Boys Javelin		Girls Long jump	Boys Pole vault
10:30 am	*Prelims*				
11:00 am	800 m				
11:30 am	Sprint Hurdles	Girls Javelin	Boys Shot put	Boys Long jump	
	Finals				
	200 m				
LUNCH BREAK					
12:30 pm	Intermediate	Boys Discus	Girls Shot put	Girls High jump	Girls Pole vault
1:00 pm	Hurdles				
1:30 pm	100 m				
2:00 pm	*Prelims*	Girls Discus		Boys High jump	
2:30 pm	2000/ 3000 m				
3:00 pm	100 m *Finals*				
3:30 pm	300/ 400 m				
Approximate conclusion of meet					

Currently this schedule shows the order of track events in the morning and afternoon. We will give a specific time in the final schedule based on entry numbers.