



2022 Etobicoke Relays (and Shot Put)

Saturday June 11, 10:00 am

Centennial Stadium, Centennial Park,
156 Centennial Park Drive,
Toronto, ON., M9C 5N3

MEET DIRECTOR:

Austin Nurse

email: anurse@acacontrols.com

EVENTS OFFERED

RELAYS

Pee Wee (2016-2017): 4 X 100M

Mite (2014-2015): 4 X 100M; 4 X 400M

Tyke (2012-2013): 4 X 100M; 4 X 400M; 4 X 400-200-200-800

Atom (2010-2011): 4 X 100M; 4 X 400M; 4 X 400-200-200-800

Senior (2008-2009): 4 X 100M; 4 X 400M; 4 X 400-200-200-800

Intermediate (2006-2007): 4 X 100M; 4 X 400M; 4 X 400-200-200-800

SHOT PUT - ALL CATEGORIES

Mite (2014-2015):

Tyke (2012-2013):

Atom (2010-2011):

Senior (2008-2009):

Intermediate (2006-2007):

ENTRY INFORMATION AND INSTRUCTIONS

ENTRIES

- Complete online entries at <https://www.trackiereg.com/EtobicokeRelays>
- ALL entries are online.

ENTRY DEADLINE

- 11:59 pm on Wednesday, June 8, 2022
- Entries chair – Earl Letford info@flyingangels.ca

ENTRY FEES

- \$10.00 - Individual Shot Put event
- \$25.00 - Per relay team per event

MEET ADMISSION

- One coach per 10 athletes will be allowed onto the field of play.
- Pin spikes only (6mm Max.)

SCHEDULE - Subject to change - Final posted June 10

- If the timing of relays conflict with shot put event, the individual must inform the shot put official 10 minutes ahead of the track event and Shot Put allowances will be made.
- The schedule is rolling. Events will begin immediately at the conclusion of the previous event.
- **Events with less than four athletes may be combined with another age group.**

FIELD EVENT - SHOT PUT

- Shot Put weights are Mites 1.5kg, Tykes 2.0kg, Atom 2.73kg, Senior 3.0kg, Intermediate 4.00kg
- Each competitor gets 3 trials and top 8 get 2 additional throws
- The best result of the day determines final position. Any tie will be broken using the next best result.

AWARDS

- To Be Determined.

TIMING:

- All events will be photo-timed with a hand-timed back-up.

STARTING BLOCKS:

- Starting blocks will be available for Atom and older categories.

FIRST AID:

- Certified first responders will be on site in case of a medical emergency.

COVID: - Guidelines and Regulations - subject to change by competition dates:

- It is recommended that all persons present at the competition wear a mask.
- No vaccination status will be requested
- It is recommended that all athletes wear a mask until they begin their warmup or are competing, and the upon the completion of an event, an athlete should put their mask back on.

FACILITY RULES:

- Only coaches (maximum of two per club), officials, volunteers, and competitors, are allowed on the Track. All others must stay in the spectator stands or, entirely on the grassy areas.

All competition and official working areas are off limits to non-competitors at all times.

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SCHEDULE / ORDER

Time	RESERVED for SPECIAL OLYMPICS			
9:00 to 10:00 am				
10:01 am Rolling Schedule	400 x100 RELAYS	Pee Wee Girls	Pee Wee Boys	10:30 A.M.
		Mite Girls	Mite Boys	Mite Girls Shot Put (1.5)
		Tyke Girls	Tyke Boys	Tyke Girls Shot Put (2.0)
	400 x100 RELAYS	Atom Girls	Atom Boys	Atom Girls Shot Put (2.73)
		Senior Girls	Senior Boys	Senior Girls Shot Put (3.0)
		Intermediate Girls	Intermediate Boys	Intermediate Girls Shot (3.0)

Rolling Schedule	400 x400 RELAYS	Mite Girls	Mite Boys	Pee Wee (0.5) and Mite Boys Shot Put (1.5)
		Tyke Girls	Tyke Boys	Tyke Boys Shot Put (2.0)
		Atom Girls	Atom Boys	Atom Boys Shot Put (2.73)
	400 x400 RELAYS	Senior Girls	Senior Boys	Senior Boys Shot Put (3.0)
		Intermediate Girls	Intermediate Boys	Intermediate Boys Shot (3.0)

Rolling Schedule	MEDLEY RELAY 400-200-200-800	Tyke Girls	Tyke Boys
		Atom Girls	Atom Boys
		Senior Girls	Senior Boys
		Intermediate Girls	Intermediate Boys

<u>Unofficial Alltime MTA Outdoor Relay Records</u>				
	<u>4 X 100M</u>	<u>4 X 400M</u>	<u>MEDLEY 4-2-2-8</u>	<u>* Uncontested</u>
<u>Mite Girls</u>	1:03.18	#	#	
<u>Mite Boys</u>	1:03.69	#	#	<u># Not contested</u>
<u>Tyke Girls</u>	0:58.89	5:21.6	5:16.69	
<u>Tyke Boys</u>	0:56.30	5:02.8	4:56.87	
<u>Atom Girls</u>	0:53.25	4:23.3	4:40.74	
<u>Atom Boys</u>	0:51.80	4:16.6	4:26.82	
<u>Senior Girls</u>	0:49.23	4:21.3	4:18.33	
<u>Senior Boys</u>	0:44.62	4:03.6	3:51.34	
<u>Pee Wee Girls</u>	*	#	#	
<u>Pee wee Boys</u>	*	#	#	
<u>Intermediate Girls</u>	0:48.83	*	*	
<u>Intermediate Boys</u>	*	*	*	



RELEASE, WAIVER AND INDEMNITY

Sanctioned and required by: Minor Track Association

In consideration of the acceptance of my entry into this event, I freely and without duress, HEREBY FOREVER RELEASE, WAIVE, DISCHARGE, INDEMNIFY and hold harmless

- **Minor Track Association of Ontario**
- **Etobicoke Huskies Track & Field Club**
- **Gladstone Track & Field Club**
- **City of Toronto**

and their respective directors, officers, employees, volunteers, coaches and any of their successors and assigns (the "Releases"), from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to person or property however caused (including without limitation by the negligence of omissions of the Releases), arising out of or in any way connected to my participation in the said event. I ACKNOWLEDGE that participation in the said event has inherent risks and I WARRANT that I am physically fit to participate in it. I ACKNOWLEDGE that my image may be filmed or photographed during the event and I AGREE to the use of my name and my image from the competition in any form in broadcasts, newspapers, brochures, promotional material and other media without compensation. I consent to the use of my personal information contained in this registration form for the purpose of soliciting my participation in future events by email or any other form of electronic communication. I AGREE that this Waiver is intended to be as broad and inclusive as permitted by the laws of Ontario and that it shall be governed and interpreted according to the laws of Ontario and that if any portion of this Waiver is held invalid by any Court of competent jurisdiction, the invalidity of such portion shall not otherwise affect its remaining provisions which shall continue in full legal force and effect. I CONFIRM that I am the legal parent/guardian of, or have power of attorney for, the participant and I have read and understood this Waiver prior to providing written or electronic acceptance and agree that it will be binding on my heirs, executors, administrators, successors and assigns.

Date

Print Name

Signature

(If under 18, parent or guardian or Power of Attorney must sign below.)

Date

Print Name

Signature of Legal Guardian