

# HOUSE LEAGUE SUMMER MEET NOTES AND INSTRUCTIONS

## Location

Toronto Track & Field Centre

231 Ian MacDonald Blvd, (York University campus), North York

## Meet Dates

Tuesday, June 14 @ 6:30 pm	House League Summer Meet #1
Thursday, June 30 @ 6:30 pm	House League Summer Meet #2
Wednesday, July 20 @ 6:30 pm	House League Summer Meet #3
Thursday, July 28 @ 6:30 pm	House League Summer Meet #4
Saturday, August 11 @ 10:30 pm	House League Summer Championships

## Events

100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x100 Relay

## Facility Access

There is a charge to access the Toronto Track & Field Centre Facility - Elementary \$3.50; High Schoolers \$5.50.

## Who can participate in Testing Day?

Participation at the House League Summer Meets are limited to athletes registered in the House League program.

Non-Flying Angels athletes or FA athletes in the Competitive Team or the General Track & Field Training program do not participate in the House League meets.

## Do I have to participate in all the events offered each day?

Athletes are encouraged to participate in a maximum of two individual events plus the relay.

## Is participation in the meets mandatory?

Participating in the House League meets is optional.

## Will we run against athletes in our age group?

Athletes will participate against others of varying ages and abilities.

### **What do I wear?**

Athletes should wear their Flying Angels racing jersey, shorts, sweat top, and sweatpants. Also wear running shoes and spikes if you have one.

### **What should I do when I arrive?**

The team will gather on the grass at the north side of the stadium. Coaches will be on hand to lead a light warm up before the start of the races. We will announce for you to sign in for the upcoming event and ask that you come to the starting line when the event is going to start. Athletes will then compete in their event and view their results once it is posted.

### **Are parents allowed in the facility?**

Only athletes and coaches are allowed on the track. Parents must watch the meet from the south stands or from the grass on the north end of the stadium.

### **Awards**

All participating athletes will receive one participation medal at each meet regardless of how many events they competed in or what place they finished in the events.

Additional awards (medals and/or trophies) will be awarded at the Summer Championships

### **More Information**

Contact your Team Manager if you have any questions