



Toronto Tornadoes Sprint Fest

March 18, 2023

Location:

Toronto Track & Field
231 Ian MacDonald Blvd,
North York, ON M7A 2C5

Contact Information

Host: Toronto Tornadoes Track & Field Club

Sanctioned: Minor Track Association

Enquiries: Wesley Henry

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Entry

Registration: Online registration only on trackierg.com

Link: www.trackiereg.com/TornadoesSprintFest

Deadlines:

Early Bird Deadline: February 15: 12 noon

Regular Deadline: March 15: 12 am

Late Deadline: March 16: 12 am

100m Event

Due to the minimal space at the 100m start line, all runners will assemble in their respective heat positions at the warmup area and the officials will marshal each group to the start line after the previous race ends. Only the officials, volunteers and athletes in each pending race are allowed in that loop.

Long Jump

All long jump and triple jump coaches are asked to stay on the other side of the track

Tentative Schedule

Rolling Schedule: These are estimated times. Events may start earlier or later. All appeals must be done immediately after the event.

Track

9am - 400m Heats - Timed Finals (Mites, Tykes, Atoms, Seniors, Intermediates, Youths)

9:45 - 60m Heats (All categories)

The 8 Fastest in each Category make the finals

11am - 1200m/1500m

12:00 - 100m timed Finals (All categories)

Break

1:30pm - 60m Finals

2:30pm - 800m (Tyke, Atom, Senior, Intermediates, Youth)

3:15pm - 200m (All Categories)

4pm - 4x200m Relay

Field Events

If an athlete has a track and a field event at the same time, the athlete must sign into both and inform the official of the field event of his/her track event and return right after to complete the field event. When possible, the athlete can compete in the field event while waiting for their turn to run. It's both the athlete and coach's responsibility to ensure that they don't miss an event.

9am - **Senior** Boys and Girls long jump

Tyke boys and girls shotput

10am - **Atom** Boys and Girls long jump

Mite Boys and Girls Shotput

11am - **Intermediate/Youth** boys and girls long jump

MTA Girls Open - Triple Jump

Atom boys and girls shotput

Break

1pm - **Tyke** boys and girls long jump

MTA Boys Open - Triple Jump

Senior boys and girls Shotput

2pm - **Mite/Pee Wee** boys and girls long jump

Intermediate/Youth - Shotput