



TITAN BRONCO PREP

TRACK & FIELD MEET

MEET INFORMATION

Where: Alumni Stadium, Western University, London

When: Wednesday, May 10, 2023

10:30 am - 5:30 pm

How: Register on Trackie.com

Welcome to the Titan-Bronco Prep meet hosted by Regina Mundi College Titans and Sir Frederick Banting Broncos. This prep meet is intended as an opportunity for your athletes to prepare for championships in the same facility where TVRA and WOSSAA Championships will be held.

FACILITY: UWO is a new Rubberized 8-lane 400-meter track, which is home to the Western Mustangs T&F team, as well as local track clubs. The facility has also been used for Canada and Ontario Summer Games, and Athletics Ontario Provincial Championships, and is used for TVRA and WOSSAA Championships. Please ensure that maximum 6mm pyramid spikes are worn.

ELIGIBILITY: Secondary School athletes only.

All athletes must be entered through their school and compete in their school uniform only. (Throwers may wear t-shirts)

AWARDS: First-place finishers will receive medals. Second, to Sixth place finishers will receive ribbons.

ENTRY INFORMATION

Entry Fees: \$15.00 per athlete per event, \$15.00 per relay team.

Maximum Team Fee: \$550 (if no volunteer is provided)

Discounted Team Fee: \$450 (if you provide a volunteer)

Late Fee: Add \$50.00 to your fee if the entries are not submitted by Sunday, May 7, 2023 @ 6:00 p.m.

Volunteer Discount: Reduce your team fee by \$100 if you provide a volunteer.

Payment: Please bring cheques or cash to the meet. (** **MAKE CHEQUES PAYABLE TO "Banting Secondary School"**)

OR

Mail Fees to:

Todd Mackay
C/O Sir Frederick Banting SS
125 Sherwood Forest Sq
London, Ontario N6G-2C3

ENTRY DEADLINE: Sunday, May 7, 6:00 pm

ENTRY CHANGES: Monday, May 8, 6:00 pm ******(Made directly in TrackieReg)

****No changes/Scratches after Entry Change Date****

ENTRY INFORMATION AND LIVE RESULTS:

Entry Information: Visit <https://tinyurl.com/RMC-Track> to access meet information.

Live Results: Available at <https://tinyurl.com/RMC-Track>

Paper: Posted on the track shed, south end of the main stands.

****Email Meet registrar for information and Trackie link:** Franco Ielapi: fielapi@ldcsb.ca



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ENTRY LIMITS: Three (3) athletes/relay teams per event per school.

EVENT VOLUNTEERS: To best officiate the meet, we require extra volunteers from each school to assist with our field events. Your school will receive a discounted entry fee with an adult event volunteer. (Three sessions)

EVENT SCHEDULE SIGN-UP:

*Event volunteer sign-up is done on Trackie. First come-first served for the 9 event requirements.

*Each event adult should bring a student assistant.

*We will also provide SHSM student volunteers to assist adults at each event.

TECHNICAL INFORMATION

PLEASE READ THE FOLLOWING INFORMATION CAREFULLY.

1. Please seed all distance athletes as they will be placed in preset sections according to seed times.
2. After a final call, athletes must be checked into the event.
3. Athletes must restrict their warm-up to the unused portions of the track.
4. Results will be posted online at the meet website and on the shed at the south end of the main stands.
5. We will move ahead of schedule up to 20 minutes if running early
6. Since we are not using bibs, if an athlete can not compete in their spot, you may replace them with an alternate, as long as they compete for the same school.

We will not replace their names, so the coach and athlete are responsible for knowing who they are replacing to find results.

7. MEASUREMENTS:

Every athlete will receive at least one measurement in the shot put, discus, javelin, and triple jump.

They will each be given 3 trials. If time permits, the top-6 will get 2 more attempts at the official's discretion.

*For throws and horizontal jumps, every athlete will get at least one measurement. At the completion of the first round, the standard is set by the 6th best performance. Performances less than this standard distance will not be measured in subsequent attempts. However, sectors and a tape will be set out to approximate subsequent distances. (Will depend on the number of entries, and schedule)

High Jump Starting Heights:

	Midget	Junior	Senior
Girls	1.25	1.30	1.35
Boys	1.40	1.50	1.60

OTHER INFORMATION

1. **WEATHER:** There is no rain date. In the event of inclement weather, athletes can move inside the main floor of the pavilion, under the stands, or utilize their personal team tent. Please dress appropriately for the expected weather. Bring warm clothes, rain jackets, hats, and sunscreen, depending on the forecast.
2. **INJURIES:** First Aid will be provided near the entrance to the pavilion.
3. **PARKING:** Parking at the stadium has a cost associated and is paid for on the HONK parking app.
4. **WASHROOMS:** There are washrooms located on each side of the main pavilion.
5. **CHANGEROOMS:** These are available inside the pavilion
6. **FOOD:** The concession stand will be open and available for food and beverages. Subway and Barakat Restaurants are available at the top of the hill along Western Road.
8. **GARBAGE:** Please encourage the use of trash containers for depositing garbage. As the meet comes to an end, please ensure that your team area is clean and tidy.
9. **Tents:** There is space for team tents in stands and throughout the greenspace.



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SCHEDULE

TRACK

FIELD

TIME	EVENT	TIME	EVENT
10:30 am	Novice Girls 80m Hurdles Heats Junior Girls 80m Hurdles Heats Senior Girls 100m Hurdles Heats Novice Boys 100m Hurdles Heats Junior Boys 100m Hurdles Heats Senior Boys 110m Hurdles Heats	10:30 am	Novice Girls High Jump Novice Boys Triple Jump Junior Girls Shot Put Junior Boys Javelin Senior Girls Discus
11:15 am	Novice Girls 800m Timed Finals Junior Girls 800m Timed Finals Senior Girls 800m Timed Finals	11:45 am	Novice Girls Discus Novice Boys Javelin Junior Boys High Jump Senior Girls Triple Jump Senior Boys Shot Put Senior Boys Pole Vault
12:00 pm	Novice Girls 80mH Finals Junior Girls 80mH Finals Senior Girls 100mH Finals Novice Boys 100mH Finals Junior Boys 100mH Finals Senior Boys 110mH Finals	1:00 pm	Novice Girls Triple Jump Novice Boys Shot Put Junior Girls High Jump Junior Boys Discus Senior Boys Javelin Senior Girls Pole Vault
12:20 pm	Novice Boys 800m Timed Finals Junior Boys 800m Timed Finals Senior Boys 800m Timed Finals	2:15 pm	Novice Boys Discus Junior Girls Javelin Junior Boys Triple Jump Senior Girls Shot put Senior Boys High Jump Junior Girls Pole Vault (9-10)
1:00 pm	Novice Girls 4 x 100m Relay, Timed Finals Junior Girls 4 x 100m Relay, Timed Finals Senior Girls 4 x 100m Relay, Timed Finals Novice Boys 4 x 100m Relay, Timed Finals Junior Boys 4 x 100m Relay, Timed Finals Senior Boys 4 x 100m Relay, Timed Finals	3:30 pm	Novice Girls Shot Put Novice Boys High Jump Junior Girls Triple Jump Senior Girls Javelin Senior Boys Discus Junior Boys Pole Vault (9-10)
2:00 pm	Novice Girls 1500m Timed Finals Junior Girls 1500m Timed Finals Senior Girls 1500m Timed Finals	4:45 pm	Novice Girls Javelin Junior Girls Discus Junior Boys Shot Put Senior Girls High Jump Senior Boys Triple Jump
3:00 pm	Novice Girls 200m Timed Finals Novice Boys 200m Timed Finals Junior Girls 200m Timed Finals Junior Boys 200m Timed Finals Senior Girls 200m Timed Finals Senior Boys 200m Timed Finals		
4:00 pm	Novice Boys 1500m Timed Finals Junior Boys 1500m Timed Finals Senior Boys 1500m Timed Finals		



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FACILITY MAP

