

**GOLDEN HORSESHOE TRACK & FIELD COUNCIL**

**Presents**

# **GOLDEN HORSESHOE PREP MEET**



**Saturday May 6, 2023**

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

**TECHNICAL PACKAGE**

# GOLDEN HORSESHOE PREP MEET

<b>Hosted by:</b>	<b>Golden Horseshoe Track &amp; Field Council</b>	
<b>Sanctioned by:</b>	Athletics Ontario	
<b>Meet Directors:</b>	Steven Fife	<a href="mailto:thoroldelitetc@gmail.com">thoroldelitetc@gmail.com</a>
	Gary Reid	<a href="mailto:garfield.reid@bell.ca">garfield.reid@bell.ca</a>
<b>Entries Chairperson:</b>	Steven Fife	<a href="mailto:thoroldelitetc@gmail.com">thoroldelitetc@gmail.com</a>
<b>Facility Manager:</b>	Kevin Gonci	<a href="mailto:kgonci4@gmail.com">kgonci4@gmail.com</a>
<b>Eligibility:</b>	Athletes registered with Athletics Ontario (AO); Minor Track Association of Ontario (MTA)	
	<b>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.</b>	
<b>Regular Deadline:</b>	Tuesday May 2, 2023 @ 11:59 pm	
<b>Late Deadline:</b>	Friday May 5, 2023 @ 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.	
<b>Entry Fees:</b>	\$20 per event	
	<b>An additional \$5.00 processing fee applies to all late entries.</b>	
<b>Online Registration:</b>	<a href="http://www.trackiereg.com/2023-GHPrep">www.trackiereg.com/2023-GHPrep</a> All entries are to be completed online at Trackie	
<b>Waiver:</b>	Mandatory for all athletes and to be completed online	
<b>Age Divisions:</b>	All ages eligible.	
	All events will be open category except for any Hurdles or Steeplechase races where the specs vary by age/ gender.	
<b>Number of Attempts:</b>	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.

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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*				
	300/ 400 m				
3:30 pm	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.*