



# THOROLD ELITE LAST CHANCE MEET



Wednesday July 26, 2023

**Location:**

**Canada Games Park @ Brock University**  
2021 Canada Games Way, L2V 4Y6

**Parking:**

Parking is FREE at this venue. There are two possible lots directly beside the outdoor track. One is in front of the building and the other is behind the track.



**Hosted by:**

Thorold Elite TC

**Sanctioned by:**

Athletics Ontario

**Meet Director:**

Steven Fife [thoroldelitetc@gmail.com](mailto:thoroldelitetc@gmail.com)

**Entries Chairperson:**

Steven Fife [thoroldelitetc@gmail.com](mailto:thoroldelitetc@gmail.com)

**Eligibility:**

Athletes registered with Athletics Ontario (AO); Minor Track Association of Ontario (MTA)

**Regular Deadline:**

Saturday July 22, 2023 @ 11:59 pm

**Late Deadline:**

Tuesday July 25, 2023 @ 8:00 pm  
Entries received after this deadline may be accepted at the discretion of the meet directors and only if maximum field sizes are not reached.

**Entry Fees:** \$20 per event

An additional \$5.00 processing fee applies to all late entries.

**Registration:** To be completed online at [www.trackiereg.com/TETC-LastChance](http://www.trackiereg.com/TETC-LastChance)

**Waiver:** Mandatory for all athletes and to be completed online

**Age Divisions:** All ages eligible. All events will be open category.

**Number of Attempts:** All athletes in all throws and horizontal jumps will receive six attempts.

**Washrooms:** Indoor washrooms are available in the Facility (go up the stairs from the main entrance and turn left)

**Events Offered:**

**TRACK-** 100 m, 200 m, 300/400 m, 800 m, 1200/1500 m, 2000/3000 m  
4x 100 m Relay, 4x 800 m Relay, Sprint Medley Relay

**FIELD-** Javelin, Shot put, Discus, Hammer, Long jump, Triple jump, High jump

**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.



# THOROLD ELITE LAST CHANCE MEET



## Tentative Schedule

- Schedule will be adjusted based on entry numbers in each event
- A Final schedule as well as Heat/ Flight lists will be sent out on the evening of Tues July 25
- Final schedule may still be advanced +/- 15 minutes as required

Time	Track	Shot put	Throws	Jumps 1	Jumps 2
3:00 pm			Entry for Hammer only	Entry for High jump only	
3:30 pm			Boys + Girls Hammer	Boys + Girls High jump	
4:00 pm					
4:15 pm	Registration/ facility opens for initial warm-ups				Warm-ups
4:30 pm					
4:45 pm					
5:00 pm	4x800 m Relay	Shot put Flight 1	Boys + Girls Javelin	Girls Long jump	<b>Long Jump Community Flight 1</b>
5:15 pm	100 m Round 1 <b>100 m Community</b>				
5:30 pm	300 m 400 m <b>400 m Community</b>				
5:45 pm	800 m				
6:00 pm	100 m Round 2	Shot put Flight 2	Boys + Girls Discus	Boys Long jump	<b>Long Jump Community Flight 2</b>
6:15 pm					
6:30 pm	<b>1000 m Community</b>				
6:45 pm	200 m	<b>Shot put Community</b>		Mixed Triple jump	<b>Long Jump Community Flight 3</b>
7:00 pm					
7:15 pm					
7:30 pm	1200 m				
7:45 pm	1500 m				
8:00 pm	2000 m				
8:15 pm	4x100 m Relay				
8:30 pm	Sprint Medley Relay				
8:45 pm	3000 m				
9:00 pm	Approximate conclusion of meet				

Currently this schedule shows the order of track events. We will give a specific time in the final schedule based on entry numbers.

Field events may be combined Boys/ Girls if numbers warrant