



# NIAGARA COMMUNITY GAMES TRACK 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:**

**This meet is open to ALL athletes – you do not need to be a part of Athletics Ontario or Minor Track Association**

**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:** \$10 per event or 3/\$20 (choose any 3)

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 three attempts only in the community event

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

**Events Offered:**

**TRACK-** 100 m, 400 m, 1000 m

**FIELD-** Shot put, Long jump

**Implements:**

- Shot puts will be provided to all participants in the community event



# NIAGARA COMMUNITY GAMES TRACK 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

### COMMUNITY EVENTS ARE HIGHLIGHTED IN YELLOW ON THE SCHEDULE

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					