



# TETC XC PREP MEET

Sunday October 1, 2023



- Hosted by:** Thorold Elite Track Club
- Sanctioned by:** Minor Track Association (Morning Session)  
Athletics Ontario (Afternoon Session)
- Venue:** **Firemen's Park**  
2275 Dorchester Rd, Niagara Falls, ON
- Course is mostly on grass with a very small gravel section. Spikes are recommended/ encouraged.*
- Parking:** There is capacity for up to 200 cars in the main lot. Do not triple park or park where there is not a designated spot.
- Meet Director:** Steven Fife [thoroldelitetc@gmail.com](mailto:thoroldelitetc@gmail.com)
- Eligibility:** Athletes registered with Athletics Ontario or Minor Track Association of Ontario
- All athletes must be registered with the provincial-governing organization. Please contact [thoroldelitetc@gmail.com](mailto:thoroldelitetc@gmail.com) if you have any questions about registration or eligibility.**
- Entry Deadline:** Thursday September 28, 2023 @ 11:59 pm
- Entry Fees:** \$20.00 per athlete
- Late Deadline:** Saturday September 30, 2023 @ 12:00 noon  
For entries after this deadline you must contact us directly.
- Late Fees:** \$30.00 per athlete
- Online Registration:** [www.trackie.com/event/TETCXC2023](http://www.trackie.com/event/TETCXC2023)  
All entries are to be completed online at Trackie and payment must be paid online. Trackie accepts many forms of payment.
- Waiver:** Mandatory for all athletes and to be completed online
- Awards:** Ribbons to the Top Three competitors in each race
- Washrooms:** Indoor Washrooms are available on-site

**TENTATIVE Schedule:**

A final schedule will be communicated the day before the meet, factoring in the number of runners, time needed for warm-ups; however it is expected that race times would not change more than +/- 15 minutes, if at all.

<b>SESSION 1 (MTA Athletes)</b>			
<b>9:15 am</b>	<b>Course Walk-Throughs</b>		
10:15 am	Peewee Girls + Boys	Born 2017 or younger	800 m
10:30 am	Mite Girls	Born 2015/2016	1000 m
10:45 am	Mite Boys	Born 2015/2016	1000 m
11:00 am	Tyke Girls	Born 2013/2014	1500 m
11:20 am	Tyke Boys	Born 2013/2014	1500 m
11:40 am	Atom Girls + AO U14 Girls	Born 2011/2012	2000 m
12:00 pm	Atom Boys + AO U14 Boys	Born 2011/2012	2000 m
12:25 pm	Senior Girls	Born 2009/2010	3000 m
12:50 pm	Senior Boys	Born 2009/2010	3000 m
<b>SESSION 2 (AO Athletes + MTA Intermediate)</b>			
<b>1:15 pm</b>	<b>Warm-ups</b>		
2:00 pm	MTA Intermediate/ U16 Girls		4000 m
2:30 pm	MTA Intermediate/ U16 Boys		4000 m
3:00 pm	MTA Youth/ Open Race (Girls + Boys Combined)		5000 m
3:30 pm	U18 Girls + U18 Boys		6000 m

***Course Maps will be communicated in advance of the meet.***