



ONTARIO TRACK & FIELD FINALE

Thursday December 28, 2023

Location:	Toronto Track & Field Centre 231 Ian Macdonald Blvd, Toronto, ON M7A 2C5
Hosted by:	Thorold Elite Track & Field Club
Sanctioned by:	Athletics Ontario
Meet Director:	Steven Fife thoroldelitetc@gmail.com
Eligibility:	Athletes registered with Athletics Ontario, Minor Track Association, Ontario Masters Association Non-member fee: \$5.00
Regular Deadline:	Thursday December 21, 2023 @ 11:59 pm
Late Deadline:	Tuesday December 26, 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.
Entry Fees:	\$20.00 per event An additional \$5.00 processing fee applies to all late entries.
Online Registration:	www.trackie.com/event/ONTrackFinale2023 All entries are to be completed online at Trackie
Waiver:	Mandatory for all athletes and to be completed online
Awards:	None. This is a Prep meet/ Developmental meet only.
Age Divisions:	All ages eligible. Most events will be open category with heats designated by seed time.
Number of Attempts:	All athletes in all throws and horizontal jumps will receive six attempts.
Washrooms:	Available on site
First Aid/ Medical:	Available on site
Implements:	<ul style="list-style-type: none">• Athletes are requested to bring 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.

Tentative Schedule:

Note: A Final Schedule will be published and sent out by the end of the night on Tuesday December 26 and may have significant changes based on the number of entrants/ heats and flights needed

Time	Straight	Oval	High Jump	Long Jump	Triple Jump	Throws
9:00 am						
9:15 am		Warm-ups				
9:30 am	Warm-ups	4x800 m	Warm-ups	Warm-ups	Warm-ups	Warm-ups
9:45 am		2000/3000 m				
10:00 am	60 m		Girls Flight 1	Boys Flight 1	Girls Flight 1	Boys Shot put Flight 1
10:15 am	Hurdles					
10:30 am	Round 1					
10:45 am		200 m				
11:00 am						
11:15 am		800 m				
11:30 am			Boys Flight 1	Girls Flight 1	Boys Flight 1	Girls Shot put Flight 1
11:45 am	60 m					
12:00 pm	Hurdles					
12:15 pm	Round 2					
12:30 pm	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
12:45 pm	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
1:00 pm	60 m Round 1		Girls Flight 2	Boys Flight 2	Girls Flight 2	Boys Flight 2
1:15 pm						
1:30 pm						
1:45 pm		1500 m				
2:00 pm		Racewalk 400 m				
2:15 pm		1200/				
2:30 pm		1500 m	Boys Flight 2	Girls Flight 2	Boys Flight 2	Girls Flight 2
2:45 pm	60 m					
3:00 pm	Round 2					
3:15 pm						
3:30 pm		4x400 m				
3:45 pm		4x200 m Sprint Medley				
4:00 pm						All Weight Throw
4:15 pm						
4:30 pm						
4:45 pm						
5:00 pm						