



# THOROLD ELITE SPRING PREP MEET



Saturday, May 4, 2024

**This meet is part of a two-part prep meet series. The first meet is on Sunday April 28 and contains some different events.**

**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:** Tuesday April 30, 2024 @ 11:59 pm

**Late Deadline:** Friday May 3, 2024 @ 12:00 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.trackie.com/event/TETC-May4](http://www.trackie.com/event/TETC-May4)

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

**Age Divisions:** All ages eligible.

Most events will be run as OPEN. There is a possibility of separating some events by age division, depending on number of entries.

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

**Washrooms:** Indoor washrooms are available in the Facility

**Events Offered:**

**TRACK-** Intermediate hurdles, 100 m, 200 m, 300/400 m, 600 m, 800 m, 1000 m, 1200 m, 2000 m, Steeplechase \*possible\*

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

*Note: The inclusion of steeplechase will depend on the facility. We will create a wait list for steeplechase and only accept payment if the event is confirmed.*

**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

- 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 Fri April 26
- Final schedule may still be advanced +/- 15 minutes as required
- **All track events will run girls first boys second from slowest to fastest heat**

Time	Track	Javelin	Throws	Jumps	
9:15 am	Registration/ facility opens for initial warm-ups				
10:00 am	Steeplechase* 2000 m	Boys Javelin	Girls Shot put	Girls Long jump	
10:30 am		Girls Javelin	Boys Shot put	Boys Long jump	
11:00 am	100 m Prelims				
11:30 am	300/400 m 100 m Finals 1000 m				
12:00 pm	Lunch Break		Boys Discus	Girls Triple jump	
12:30 pm	Intermediate hurdles		Girls Discus	Boys Triple jump	
1:00 pm			1200 m	Boys Hammer	Boys High jump
1:30 pm			200 m	Girls Hammer	Girls High jump
2:00 pm			600/800 m		
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					
5:00 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.*

*Field events may be combined Boys/ Girls if numbers warrant*