

2025 THOROLD ELITE BLUE AND GOLD SPRING CLASSIC

Saturday May 10, 2025

Hosted by:	Thorold Elite Track Club
Sanctioned by:	Minor Track Association Athletics Ontario
Meet Director:	Steven Fife thoroldelitetc@gmail.com
Location:	Canada Games Park Outdoor Track 2021 Canada Games Way, Thorold, ON
Parking:	Parking is free on-site. There are two possible parking lots. One in front of the building and behind the track.
Eligibility:	Athletes registered with Athletics Ontario or Minor Track Association for 2025 Non-members are permitted for an additional fee of \$5.00
Regular Deadline:	Monday May 5, 2025 @ 11:59 pm
Late Deadline:	Thursday May 8, 2025 @ 12:00 pm No changes will be made after this deadline.
Entry Fees:	First event: \$20.00 Subsequent events: \$15.00 Sprint Medley or 4x200 m Relay: \$20.00 <i>An additional \$5.00 processing fee applies to all late entries.</i>
Online Registration:	www.trackie.com/event/TETCBlueandGold All entries are to be completed online at Trackie
Results:	Will be posted at www.trackie.com and www.minortrack.org at the conclusion of the meet
Waiver:	Mandatory for all athletes and to be completed online
Facility:	8-lane track with four horizontal jump pits, high jump apron, two shot put circles, and a throwing cage
Coach Passes:	Only coaches registered with MTA/ AO for 2025 will be issued a coaching pass to access the field of play. <u>No exceptions.</u>

Events Offered:

Category	Birth Years	Events Offered
Peewee	Born 2019-2020	100 m, Long Jump (3 attempts only)
Mite	Born 2017-2018	100 m, 200 m, 400 m, 800 m Long Jump, Shot put (1.5 kg) 4x 200 m Relay, Sprint Medley Relay (200-100-100-400)
Tyke	Born 2015-2016	100 m, 200 m, 400 m, 800 m, 1200 m Long Jump, High Jump, Shot put (2 kg) 4x200 m Relay, Sprint Medley Relay (200-100-100-400)
Atom	Born 2013-2014	100 m, 200 m, 400 m, 800 m, 800 m RW, 1500 m Long Jump, Triple Jump, High Jump, Shot put (2.73 kg), Discus (750 g), Javelin (400 g) 4x200 m Relay, Sprint Medley Relay (400-200-200-800)
Senior	Born 2011-2012	100 m, 200 m, 400 m, 800 m, 800 m RW, 1500 m Long Jump, Triple Jump, High Jump, Shot put (3 kg), Discus (1 kg), Javelin (500 g) 4x200 m Relay, Sprint Medley Relay (200-200-400-800)
Intermediate	Born 2009-2010	100 m, 200 m, 400 m, 800 m, 800 m RW, 1500 m Long Jump, Triple Jump, High Jump, Shot put (3 kg girls/ 4 kg boys), Discus (1 kg), Javelin (500 g girls/ 600 g boys) 4x200 m Relay, Sprint Medley Relay (400-200-200-800)
Youth	Born 2007-2008	100 m, 200 m, 400 m, 800 m, 800 m RW, 1500 m Long Jump, Triple Jump, High Jump, Shot put (3 kg girls/ 5 kg boys), Discus (1 kg girls/ 1.5 kg boys), Javelin (500 g girls/ 700 g boys) 4x200 m Relay, Sprint Medley Relay (400-200-200-800)

Facility Rules:

- Spectators must watch the events from the perimeter. You may set up chairs along the concrete path. There is also space for tents on the grassy hills areas.
- No parents are allowed on the track/ field of play. Any unauthorized individuals in the track area will be asked to leave; failure to do so will result in disqualification of your athlete(s);
- The in-field is completely out of bounds to all due to Throws taking place;
- Washrooms are available inside the building. Please be respectful of other members of the public who may be using the facility.

Awards:

Medals will be presented to the Top Three finishers in each event. 4th-6th place finishers will receive a ribbon.

The Top Three finishers should make their way to the Awards podium after the conclusion of their event to receive their medals. While there will not be an official presentation, every effort will be made to hand out awards within 15 minutes of the event finishing.

The 4th-6th place finishers can pick up their ribbon at the Awards desk once results have been received.

False Start Rule:

The False Start Rule follows those of the IAAF, with the following exceptions: in events staged for Peewee, Mite, Tyke, Atom, and Senior divisions, one false start is charged to the field and all further false starts will result in the disqualification of the athlete making the false start.

Advancement to Finals: Finals will be held for the 60 m Sprint only.

Six (6) or fewer heats: The top 8 times from the qualifying round will move to a single final.

Seven (7) or more heats: The top 16 times from the qualifying round will move to a two-section final (ie. A final and B final). Awards will be given to the top times between the two finals.

Horizontal Jumps:

Peewee, Mite, Tyke, and Atom athletes will jump from a 1 m jump zone for the long jump. The jump zone may be marked with powder if allowed by the facility.

Senior, Intermediate, and Youth athletes must jump from the designated board.

All Triple Jump competitors must jump from the designated board(s).

High Jump:

Each competitor will receive three attempts at each height. The starting height will be the lowest height requested by any competitor.

Height will increase by 5 cm increments until there are 3 jumpers left, or as otherwise determined by the discretion of the high jump official(s).

Number of Attempts:

All competitors in throws or horizontal jumps will receive three preliminary attempts; the Top 8 will then receive 2 additional attempts each.

Simultaneous Events:

It is impossible to schedule a meet where there are no conflicts for athletes who are competing in multiple events.

In general, track events take precedence over field events; however there are some important points to be aware of.

Athletes who are competing in two or more events simultaneously must check in to each event at the start of the event and inform the officials that they are competing in two or more events at the same time. The athletes will get a chance to warm up and/or find their mark during the warm-

up period allotted to all participants before they leave for the simultaneous event. They will not get any additional time to warm up or “find their mark” upon returning to the event.

Horizontal Jumps and Shot Put: Athletes in the **Mite, Tyke, Atom, and Senior** categories will receive all their preliminary attempts if they return to the event before the end of the preliminary rounds. They will receive two additional attempts if they qualify as one of the top eight finalists. The athlete must return before the end of the final round to receive the two additional attempts. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts.

Athletes in the **Intermediate and Youth** categories do not get any attempts to make up for the rounds they missed while competing in simultaneous events. Athletes must join the event at the round being contested upon their return.

High Jump: Athletes must join the High Jump event where the bar is at the time of their return. The bar will not be lowered for an athlete in any division who missed the round while competing in a simultaneous event. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts.

Volunteers:

We are in need of volunteers to assist officials with the efficient operation of this track and field meet. Possible jobs include raking, measuring, adjusting high jump standards, hurdle crew, etc.

Being a volunteer will allow parents to access the track level.

If you would like to volunteer please contact thoroldelitc@gmail.com. Thank you.

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SATURDAY MAY 10, 2025

(Rolling Schedule: Each event will start after the previous event)

Morning Track Session				
9:30 am	1200 m	Timed Final	Tyke	Girls
9:40 am	1200 m	Timed Final	Tyke	Boys
9:50 am	1500 m	Timed Final	Atom / Senior / Intermediate / Youth	Girls
10:10 am	1500 m	Timed Final	Atom / Senior / Intermediate / Youth	Boys
10:40 am	100 m	Timed Final	Peewee	Girls
10:45 am	100 m	Timed Final	Peewee	Boys
10:50 am	100 m	Heats	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
11:10 am	100 m	Heats	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
11:40 am	400 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
12:00 pm	400 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
12:20 pm	100 m	Finals	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
12:35 pm	100 m	Finals	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
12:50 pm	800 m Racewalk	Timed Final	Atom / Senior / Intermediate / Youth	All Girls and Boys COMBINED
LUNCH BREAK (Approx 1:00-2:00 pm)				
Afternoon Track Session				
2:00 pm	800 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
2:30 pm	800 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
3:00 pm	200 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
3:45 pm	200 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
4:15 pm	4x 100 m Relay	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
4:45 pm	4x 100 m Relay	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
5:15 pm	Sprint Medley Relay	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
5:30 pm	Sprint Medley Relay	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys

Field Events							
Time	High Jump	Horizontal Jumps Pit 1	Horizontal Jumps Pit 2	Shot Put Circle 1	Shot Put Circle 2	Discus	Javelin
9:00 am	Warm-ups open	Warm-ups open	Warm-ups open	Warm-ups open	Warm-ups open	Warm-ups open	Warm-ups open
9:30 am	All Girls	Peewee Boys Long Jump	Peewee Girls Long Jump	Mite Girls	Mite Boys	All Boys	
10:00 am							
10:30 am							
11:00 am	All Boys	Mite Boys Long Jump	Mite Girls Long Jump	Tyke Girls	Tyke Boys	All Girls	
11:30 am		Tyke Boys Long Jump	Tyke Girls Long Jump	Intermediate Girls Youth Girls	Intermediate Boys Youth Boys		
12:00 pm							
12:30 pm		Atom Boys Long Jump	Atom Girls Long Jump	Senior Girls	Senior Boys		
1:00 pm							
1:30 pm							
2:00 pm		Senior Boys Long Jump	Senior Girls Long Jump	Atom Girls	Atom Boys		
2:30 pm							All Girls
3:00 pm		Intermediate Boys Youth Boys Long Jump	Intermediate Girls Youth Girls Long Jump	Peewee Girls + Peewee Boys			
3:30 pm							
4:00 pm		All Boys Triple Jump	All Girls Triple Jump				
4:30 pm							
5:00 pm							

Note: Schedule is tentative / approximate / estimated based on expected number of entries and length of time required to run the event. An updated and final schedule WILL be communicated prior to the meet based on the actual entries and heats/flights required and may, in some cases, change significantly. Every effort will be made to keep events on the same days as indicated here. If there is need to change anything then we will provide as much notice as possible.