



# THOROLD ELITE PRE-SEASON NATIONALS QUALIFIER



**Saturday, May 3, 2025**

This is a great preseason meet to record some early performances and particularly for U16 athletes to achieve national standards in events like 300 m, 1200 m, 2000 m, 200 m Hurdles, or 1500 m Steeplechase.

**Location:**

**Canada Games Park @ Brock University**  
2021 Canada Games Way, Thorold

**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)

**Eligibility:**

Athletes registered with Athletics Ontario (AO); Minor Track Association of Ontario (MTA)

**Regular Deadline:**

Tuesday April 29, 2025 @ 11:59 pm

**Late Deadline:**

Thursday May 1, 2025 @ 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-May3](http://www.trackie.com/event/TETC-May3)

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

**Age Divisions:** All ages eligible.

Masters athletes are welcome to compete.

Most events will be run as OPEN with athletes competing together based on seed times.

**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-** Sprint hurdles, 200 m hurdles only, 100 m, 200 m, 300 m, 800 m, 1200 m, 2000 m, 800/1500/3000 m racewalk, 1500 m steeplechase

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

**Special Events:** **We may add a Special Invitational Section to this meet. Stay tuned.**

**Awards:** This is a prep meet/ qualifier so no awards will be given.

**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 Thurs May 1
- Final schedule may still be advanced +/- 15 minutes as required
- **All track events will run girls first boys second from slowest to fastest heat but may be combined as needed to ensure a streamlined meet**

<b>Morning Track Session</b>				
9:30 am	1500 m Steeplechase	Timed Final	U16	Girls
9:45 am	1500 m Steeplechase	Timed Final	U16	Boys
10:00 am	Sprint Hurdles (80/100/110)	Timed Final	U14/ U16/ U18/ U20/ Open NO SCISSOR HURDLES	Girls / Boys
10:45 am	2000 m	Timed Final	U14 / U16 / Open (1 combined section)	Girls
11:00 am	2000 m	Timed Final	U14 / U16 / Open (1 combined section)	Boys
11:20 am	100 m	Heats	Open (All will run again in Final)	Girls
11:40 am	100 m	Heats	Open (All will run again in Final)	Boys
12:00 pm	300 m	Timed Final	U14/ U16/ Open	Girls
12:15 pm	300 m	Timed Final	U14/ U16/ Open	Boys
12:30 pm	100 m	Finals	Open (will be seeded by Round 1)	Girls
12:45 pm	100 m	Finals	Open (will be seeded by Round 1)	Boys
1:00 pm	800 m/ 1500 m/ 3000 m Racewalk	Timed Final	Atom / Senior / Intermediate / Youth	All Girls and Boys COMBINED
LUNCH BREAK (Approx 1:15-2:00 pm)				
<b>Afternoon Track Session</b>				
2:00 pm	200 m Hurdles (30")	Timed Final	U14 / U16 NO SCISSOR HURDLES	Girls + Boys
2:20 pm	1200 m	Timed Final	U12 / U14 / U16 / Open	Girls
2:40 pm	1200 m	Timed Final	U12 / U14 / U16 / Open	Boys
3:00 pm	200 m	Timed Final	Open	Girls
3:15 pm	200 m	Timed Final	Open	Boys
3:30 pm	800 m	Timed Final	Open	Girls
3:45 pm	800 m	Timed Final	Open	Boys
4:00 pm	4x 100 m Relay	Timed Final	Open	Girls
4:15 pm	4x 100 m Relay	Timed Final	Open	Boys
4:30 pm	4x 400 m Relay	Timed Final	Open	Girls + Boys
4:45 pm	Sprint Medley Relay	Timed Final	Open	Girls + Boys

Field Events						
Time	High Jump	Horizontal Jumps Pit 1	Horizontal Jumps Pit 2 (only if needed)	Shot put	Discus/ Hammer Cage	Javelin
9:30 am	Warm-ups open	Warm-ups open		Warm-ups open		Warm-ups open
10:00 am		Girls Long Jump 1		Girls Shot put		Boys Javelin
10:30 am						
11:00 am		Boys Long Jump 1		Boys Shot put		Girls Javelin
11:30 am						
12:00 pm		Girls Triple Jump			Warm-ups open	
12:30 pm					Boys Discus	
1:00 pm		Boys Triple Jump				
1:30 pm					Girls Discus	
2:00 pm	Girls High Jump	Boys Long Jump 2				
2:30 pm					Boys Hammer	
3:00 pm	Boys High Jump	Girls Long Jump 2				
3:30 pm					Girls Hammer	
4:00 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. If there is need to change anything then we will provide as much notice as possible.**

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