

## Niagara Olympic Track and Field Club 5 k Track - Technical Package

Date: Saturday, May 17, 2025

**Location**: Niagara Olympic Track and Field Center

78 Louth St., St. Catharines, ON All-weather 8 lane rubberized surface

Sanctioned by: Athletics Ontario

**Hosted by**: Niagara Olympic Track and Field Club

Meet Director:Steve Moransteve@sportmadesimple.comMeet Manager:Sharon Stewartsharon.noc@outlook.com

Entries: 5K Festival (open event for age 14 and up)

**Entry Deadline**: May 1st with T-shirt guaranteed

May 14th late entry and no T-shirt guaranteed.

**Entry Fee**: \$35.00 **Waiver included on registration**.

**Results:** https://sportmadesimple.com/

**Events:** 5 k on the track with sections seeded accordingly

maximum 25 athletes per section

**Bib Pick Up:** 9:00 am @ the track

**Schedule:** 10:00 am start for first section, sections run slow to fast.

Tentative schedule posted May4th.

Final schedule with seeded sections posted May 15th.

**Events:** 

Time Range			
40:00 minutes plus			
35:00 - 40:00 minutes			
30:00 - 35:00 minutes			
25:00 - 30:00 minutes			
20:00 - 25:00 minutes			
18:00 - 20:00 minutes			
15:00 - 18:00 minutes			