**1st ANNUAL**

**KNIGHT TIME INVITATIONAL**

Monday, May 26th, 2025

North Grenville District High School – Intermediate Division

**ORDER OF RACES**

|  |  |  |  |
| --- | --- | --- | --- |
| 9am | 1500m | Gr 8 BOYS  Gr 8 GIRLS | TIMED FINALS |
| 9:20am | 100m | Gr 7 GIRLS  Gr 7 BOYS  Gr 8 GIRLS  Gr 8 BOYS | HEATS |
| 9:50am | 400m | Gr 7 GIRLS  Gr 7 BOYS  Gr 8 GIRLS  Gr 8 BOYS | TIMED FINALS |
| 10:30am | 1500m | Gr 7 BOYS  Gr 7 GIRLS | TIMED FINALS |
| 10:50 | 200m | Gr 7 GIRLS  Gr 7 BOYS  Gr 8 GIRLS  Gr 8 BOYS | HEATS |
| **SMALL BREAK** | | | |
| 11:30am | 800m | Gr 8 GIRLS  Gr 8 BOYS | TIMED FINALS |
| 11:50am | 200m | Gr 7 GIRLS  Gr 7 BOYS  Gr 8 GIRLS  Gr 8 BOYS | FINALS |
| 12:05pm | 800m | Gr 7 GIRLS  Gr 7 BOYS | TIMED FINALS |
| 12:25pm | 100m | Gr 7 GIRLS  Gr 7 BOYS  Gr 8 GIRLS  Gr 8 BOYS | FINALS |
| 12:35pm | MEDLEY  800-200-200-400 | (MIXED – one Gr7 Boy, one Gr 7 Girl, one Gr 8 boy, one Gr 8 girl)  \*\* MAX OF 2 TEAMS PER SCHOOL. | Relay timed finals |
| 1:00pm | 4x100m | Gr 7 GIRLS  Gr 7 BOYS  Gr 8 GIRLS  Gr 8 BOYS  \*\* MAX OF 2 TEAMS PER SCHOOL. | Relay timed finals |

**COACHES’ MEETING**

There will be a brief coaches’ meeting at 8:45am near the timing tent.

**AWARDS**

The top 3 runners in each event will receive a ribbon at the end of their race. Top 3 relay teams will equally receive ribbons. **There will be no team points tabulated.**

**ENTRIES**

Please use [www.trackie.com](http://www.trackie.com) to register your athletes. An e-mail will be sent out when it is live. Athletes can race in a max of 3 races (excluding relay) to a MAX OF 5 ATHLETES PER RACE. The entry deadline is *Monday, May 19th, 2025, at 11:59pm.* Please direct any questions you may have to: [christina.lobasso@ucdsb.on.ca](mailto:christina.lobasso@ucdsb.on.ca) or (613) 866-7440.

**ENTRY FEE**

$5.00 per runner / late entries $10.00 per runner. If paying by cheque, please make it payable to: ***North Grenville District High School*.** A receipt will be issued to you on the day of the meet. (A max of 200$ per team).

**RESULTS**

Results will be posted on our outside wall once heats / finals are complete. Full meet results will be e-mailed to coaches following the meet.

**SMALL BREAK**

If we are running behind, there will be NO BREAK, and we will continue our day with events that follow the original break period.

**MARSHALLING**

* Marshaling for the first event will start at 8:50a.m. The first event of the day will begin at 9:00 a.m. sharp. Remind your athletes to collect all personal items (and garbage) at the end of the day. **Please set up your team’s tents ON THE OUSDISE OF THE TRACK (on the back stretch of the track). There is a grass patch that you can use. NO ATHLETES ON THE INFIELD PLEASE.**
* As our track is a paved track, no starting blocks may be used. **As per OPHEA regulations, PINS or SPIKED SHOES are NOT allowed at any track events.** Athletes are to wear running shoes for all events.
* **If your relay team uses tape on the track, PLEASE remove it immediately after the relays are done.**

**Track Events**

* **100, 200 and 400m** in lanes
* **800** - Waterfall start or box start
* **1500** - Waterfall start

Coaches must not interfere with the timers and finish place judges. Also, athletes are not allowed near the marshalling tent. COACHES ONLY.

**ON THE DAY OF THE MEET**

* Entry fees must be paid DIRECTLY THROUGH YOUR FINANCIAL ADVISOR to ours: [laura.byrd@ucdsb.on.ca](mailto:laura.byrd@ucdsb.on.ca) This way, there is no need for coaches to have to deal with a cheque and receipt. Our financial advisor will be made aware of how much your school owes us. Please ensure you do the same on your end. As of 8:30am, a coach can attain their coach’s package, including a list of all runners and races (with athlete names), a garbage bag, and multiple copies of the schedule to tape onto your tent.
* A canteen will be made available for athletes and spectators. Items will range between $1 and $3.
* Spectators will be asked to remain behind the short fence on the 100m straightaway and on the top of the hill. There are NO BLEACHERS, therefore please encourage parents to bring their own foldable chairs.
* Washrooms: Athletes can access one area for washrooms inside the school (through our back doors).

**REMINDERS**

* Please remind runners to be ON TIME for their races. If they are not there at the timing of checking off athlete names, there will not be any special considerations made for them. They will be considered a scratch.
* Please use the garbage bag given to you in your team package to help keep our field clean. This is very much appreciated.
* Rain or shine, the meet will be a go. If there is lightening, we will wait 30 minutes to ensure there is no more lightening prior to continuing.

**THINGS TO CONSIDER**

* **\*\*As this is our first NG meet, please bear in mind that the timing of some events may be slightly off.** Weappreciate your patience with any hiccups that may occur. We are hopeful that we have crossed our T’s and dotted our I’s.
* Please ask your bus drivers to drop your team off at the bus loop. The track is right behind the main gym of the school. Busses that are staying CANNOT remain in the bus loop. They will need to park in the parking lot. Our dismissal of busses at 2:20pm. The parking lot will be somewhat packed with cars. Once busses have been cleared for dismissal, they can use the bus loop to wait for your team should we be running late.

**For coaches ONLY🡪 3 events per runner MAX / A max of 5 runners per event**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **EVENT** | **RUNNER 1** | **RUNNER 2** | **RUNNER 3** | **RUNNER 4** | **RUNNER 5** |
| 1500m Gr8 G |  |  |  |  |  |
| 1500m Gr8 B |  |  |  |  |  |
| 100m Gr7 G |  |  |  |  |  |
| 100m Gr 7 B |  |  |  |  |  |
| 100m G8 G |  |  |  |  |  |
| 100m G8 B |  |  |  |  |  |
| 400m Gr7 G |  |  |  |  |  |
| 400m Gr7 B |  |  |  |  |  |
| 400m Gr8 G |  |  |  |  |  |
| 400m Gr8 B |  |  |  |  |  |
| 1500m Gr7 G |  |  |  |  |  |
| 1500m Gr7 B |  |  |  |  |  |
| 200m Gr7 G |  |  |  |  |  |
| 200m Gr7 B |  |  |  |  |  |
| 200m Gr 8 G |  |  |  |  |  |
| 200m Gr8 B |  |  |  |  |  |
| 800m Gr8 G |  |  |  |  |  |
| 800m Gr 8 B |  |  |  |  |  |
| 800m Gr7 G |  |  |  |  |  |
| 800m Gr 7 B |  |  |  |  |  |
| MEDLEY  G7 G / G7 B / G8 G / G8 B | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 |
| 4x100m Gr7 G | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 |
| 4x100m Gr7 B | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 |
| 4x100m Gr8 G | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 |
| 4x100m Gr8 B | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 | TEAM 1  TEAM 2 |