



THOROLD ELITE MIDSUMMER TUNEUP



Wednesday July 9, 2025

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

Eligibility:

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

Regular Deadline:

Saturday July 5, 2025 @ 11:59 pm

Late Deadline:

Tuesday July 8, 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-July9

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-** 100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m, Sprint Hurdles, 1500 m Steeplechase
4x100 m Relay, 4x400 m Relay, Sprint Medley Relay

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

Awards: This is a prep meet only and thus 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 Fri April 25
- Final schedule may still be advanced +/- 15 minutes as required
- **Track events will run from slowest to fastest heat but may be combined as needed to ensure a streamlined meet**

Track Session				
4:45 pm	80 m Hurdles (30")	Timed Final	U14	Girls + Boys
4:50 pm	80 m Hurdles (30")	Timed Final	U16	Girls
4:55 pm	100 m Hurdles (30") 100 m Hurdles (33")	Timed Final	U18 U20 / Open	Girls
5:00 pm	100 m Hurdles (33")	Timed Final	U16	Boys
5:05 pm	110 m Hurdles (36") 110 m Hurdles (39") 110 m Hurdles (42")	Timed Final	U18 U20 Open	Boys
5:15 pm	1500 m Steeplechase (30")	Timed Final	U16	Girls + Boys
5:30 pm	1500 m	Timed Final	Open	Girls
	1500 m	Timed Final	Open	Boys
5:50 pm	100 m	Round 1	U10 / U12	Girls + Boys
5:55 pm	100 m	Round 1	Open	Girls
6:05 pm	100 m	Round 1	Open	Boys
6:20 pm	400 m	Timed Final	Open	Girls
6:35 pm	400 m	Timed Final	Open	Boys
6:50 pm	100 m	Round 2	U10 / U12	Girls + Boys
6:55 pm	100 m	Round 2	Open	Girls
7:05 pm	100 m	Round 2	Open	Boys
7:20 pm	800 m	Timed Final	Open	Girls
7:35 pm	800 m	Timed Final	Open	Boys
7:50 pm	200 m	Timed Final	U10 / U12	Girls + Boys
8:00 pm	200 m	Timed Final	Open	Girls
8:10 pm	200 m	Timed Final	Open	Boys
8:25 pm	3000 m	Timed Final	Open	Girls
8:40 pm	3000 m	Timed Final	Open	Boys
9:00 pm*	4x 100 m Relay	Timed Final	Open	Girls
	4x 100 m Relay	Timed Final	Open	Boys
9:10 pm*	4x 400 m Relay	Timed Final	Open	Girls + Boys
9:20 pm*	Sprint Medley Relay	Timed Final	Open	Girls + Boys

Relays only if needed

Field Events					
Time	Horizontal Jumps Pit 1	Horizontal Jumps Pit 2 (only if needed)	Shot put	Discus/ Hammer Cage	Javelin
4:00 pm				Warm-ups open	
4:30 pm	Warm-ups open			Boys + Girls Hammer	
5:00 pm	All Triple Jump				
5:30 pm					
6:00 pm	Long Jump 1			Boys + Girls Discus	
6:30 pm					
7:00 pm	Long Jump 2		Warn-ups open		Warm-ups open
7:30 pm			Boys + Girls Shot put		Boys + Girls Javelin
8:00 pm	Long Jump 3				
8:30 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