



TETC XC PREP MEET

Sunday October 5, 2025



Hosted by:	Thorold Elite Track Club
Sanctioned by:	Minor Track Association (Morning Session) Athletics Ontario (Afternoon Session)
Venue:	Firemen's Park 2275 Dorchester Rd, Niagara Falls, ON <i>Course is mostly on grass with a very small gravel section. Spikes are recommended/ encouraged.</i>
Parking:	There is capacity for up to 200 cars in the main lot. <u>Do not triple park or park where there is not a designated spot.</u>
Meet Director:	thoroldelitetc@gmail.com
Eligibility:	Athletes registered with Athletics Ontario or Minor Track Association of Ontario Races for all ages including an Open 5K race Non-members are permitted for an additional fee of \$5 per athlete.
Entry Deadline:	Wednesday October 1, 2025 @ 11:59 pm
Entry Fees:	\$25.00 per athlete In keeping in alignment with new MTA Fee structure; however Trackie fees will be covered and not extra
Late Deadline:	Saturday October 4, 2025 @ 12:00 noon For entries after this deadline you must contact us directly.
Late Fees:	\$30.00 per athlete
Online Registration:	www.trackie.com/event/TETCXC2025 All entries are to be completed online at Trackie and payment must be paid online. Trackie accepts many forms of payment.
Waiver:	Mandatory for all athletes and to be completed online
Awards:	Ribbons to the Top Five competitors in each race and to the Top Three teams (up to five athletes)
Washrooms:	Washrooms are available on-site

TENTATIVE Schedule:

A final schedule will be communicated the day before the meet, factoring in the number of runners, time needed for warm-ups; however it is expected that race times would not change more than +/- 15 minutes, if at all.

SESSION 1 (MTA Athletes)			
9:15 am	Course Walk-Throughs		
10:15 am	Peewee Girls + Boys	Born 2019 or younger	800 m
10:30 am	Mite Girls	Born 2017/2018	1000 m
10:45 am	Mite Boys	Born 2017/2018	1000 m
11:00 am	Tyke Girls	Born 2015/2016	1500 m
11:20 am	Tyke Boys	Born 2015/2016	1500 m
11:40 am	Atom Girls + AO U14 Girls	Born 2013/2014	2000 m
12:00 pm	Atom Boys + AO U14 Boys	Born 2013/2014	2000 m
12:25 pm	Senior Girls	Born 2011/2012	3000 m
12:50 pm	Senior Boys	Born 2011/2012	3000 m
SESSION 2 (AO Athletes + MTA Intermediate)			
1:15 pm	Warm-ups		
2:00 pm	MTA Intermediate/ U16 Girls		4000 m
2:30 pm	MTA Intermediate/ U16 Boys		4000 m
3:00 pm	MTA Youth/ Open Race (Girls + Boys Combined)	Open to community	5000 m
3:30 pm	U18 Girls + U18 Boys		6000 m

6000 m will be combined with 5000 m if entries are low.

Course Maps will be communicated in advance of the meet.