



# THOROLD ELITE SUMMER PREP MEET

Wednesday July 15, 2026



**Location:**

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

**Parking:**

Parking is FREE at this venue. Please park in front of the building – this lot is circled on the image below. The lot across the street is an overflow lot and MAY have charges associated with it.



|                            |  |
|----------------------------|--|
| <b>Hosted by:</b>          | Thorold Elite TC   |
| <b>Sanctioned by:</b>      | Athletics Ontario  |
| <b>Meet Director:</b>      | Steven Fife <a href="mailto:thoroldelitetc@gmail.com">thoroldelitetc@gmail.com</a>   |
| <b>Eligibility:</b>        | Athletes registered with Athletics Ontario (AO)<br><br><b>Non-members are welcome but will pay a \$5.00 non-member fee for insurance</b>   |
| <b>Regular Deadline:</b>   | Sunday July 12, 2026 @ 11:59 pm  |
| <b>Late Deadline:</b>      | Tuesday July 14, 2026 @ 12:00 pm<br>Entries received after this deadline <u>may</u> be accepted at the discretion of the meet directors and only if maximum field sizes are not reached. |
| <b>Entry Fees:</b>         | \$20 per event<br>Plus Trackie processing fees<br><br>An additional \$5.00 fee applies to all late entries.  |
| <b>Registration:</b>       | To be completed online at <a href="http://www.trackie.com/event/TETC-July15">www.trackie.com/event/TETC-July15</a>   |
| <b>Waiver:</b>             | Mandatory for all athletes and to be completed online  |
| <b>Age Divisions:</b>      | All ages eligible.<br><br>Masters athletes are welcome to compete.   |
|                            | Most events will be run as OPEN with athletes competing together based on seed times.  |
| <b>Number of Attempts:</b> | All athletes in all throws and horizontal jumps will receive six attempts – except any U8/Peewee athletes (three attempts only)  |
| <b>Washrooms:</b>          | Indoor washrooms are available in the Facility   |
| <b>Awards:</b>             | This is a prep meet only and thus no awards will be given.   |

**Events Offered:**

**TRACK-** 100 m, 200 m, 300 m, 400 m, 1200 m, 1500 m, 2000 m, 3000 m, Sprint Hurdles, 1500 m Steeplechase

Requests for any relay distances will be considered

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

**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.

**Additional Meets:**

|   |  |
|---|--|
|   | <b>SUNDAY APRIL 26 – THOROLD ELITE SEASON OPENER</b><br><a href="http://www.trackie.com/event/TETCBlueAndGold2026">www.trackie.com/event/TETCBlueAndGold2026</a>                             |
|  | <b>SATURDAY MAY 9 – THOROLD ELITE BLUE AND GOLD CLASSIC</b><br><a href="http://www.trackie.com/event/TETCBlueAndGold2026">www.trackie.com/event/TETCBlueAndGold2026</a><br><b>*MTA MEET*</b> |
|  | <b>WEDNESDAY JULY 29 – THOROLD ELITE MIDSUMMER TUNEUP</b><br><a href="http://www.trackie.com/event/TETC-July29">www.trackie.com/event/TETC-July29</a>  |



# THOROLD ELITE SUMMER PREP MEET



## 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 Tues July 14
- 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**

| <b>Track Session</b> |                               |             |   |                          |
|----------------------|-------------------------------|-------------|---|--------------------------|
| 4:30 pm              | Sprint Hurdles                | Timed Final | All age categories starting at U14 from youngest girls to oldest boys | Girls/ Boys              |
| 5:00 pm              | 100 m                         | Round 1     | U10 / U12   | Girls + Boys             |
| 5:05 pm              | 100 m                         | Round 1     | Open  | Girls                    |
| 5:20 pm              | 100 m                         | Round 1     | Open  | Boys                     |
| 5:35 pm              | 1500 m<br>Steeplechase (30'') | Timed Final | U16   | Girls + Boys<br>COMBINED |
| 5:50 pm              | 1500 m                        | Timed Final | Open  | Girls                    |
|                      | 1500 m                        | Timed Final | Open  | Boys                     |
| 6:05 pm              | 300 m                         | Timed Final | Open  | Girls                    |
| 6:15 pm              | 300 m                         | Timed Final | Open  | Boys                     |
| 6:25 pm              | 400 m                         | Timed Final | Open  | Girls                    |
| 6:40 pm              | 400 m                         | Timed Final | Open  | Boys                     |
| 6:55 pm              | 100 m                         | Round 2     | U10 / U12   | Girls + Boys             |
| 7:00 pm              | 100 m                         | Round 2     | Open  | Girls                    |
| 7:10 pm              | 100 m                         | Round 2     | Open  | Boys                     |
| 7:25 pm              | 1200 m                        | Timed Final | Open  | Girls + Boys<br>COMBINED |
| 7:35 pm              | 2000 m                        | Timed Final | Open  | Girls + Boys<br>COMBINED |
| 7:50 pm              | 200 m                         | Timed Final | U10 / U12   | Girls + Boys             |
| 8:00 pm              | 200 m                         | Timed Final | Open  | Girls                    |
| 8:15 pm              | 200 m                         | Timed Final | Open  | Boys                     |
| 8:30 pm              | 3000 m                        | Timed Final | Open  | Girls                    |
| 8:45 pm              | 3000 m                        | Timed Final | Open  | Boys                     |

Relays only if needed. There will be an open call for any and all relay teams at 8:30 pm

| Field Events |                                |                           |   |                |                        |                         |
|--------------|--------------------------------|---------------------------|---|----------------|------------------------|-------------------------|
| Time         | High Jump                      | Horizontal Jumps<br>Pit 1 | Horizontal Jumps<br>Pit 2<br>(only if needed) | Shot put       | Discus/<br>Hammer Cage | Javelin                 |
| 4:00 pm      | Warm-ups open                  |                           |   |                | Warm-ups open          |                         |
| 4:30 pm      | Girls High Jump                | Warm-ups open             |   |                | Boys + Girls<br>Hammer |                         |
| 5:00 pm      |                                | Long Jump 1               |   |                |                        |                         |
| 5:30 pm      | Boys High Jump                 |                           |   |                |                        | Warm-ups open           |
| 6:00 pm      |                                | Long Jump 2               |   | Warm-ups open  |                        | Girls + Boys<br>Javelin |
| 6:30 pm      | Additional Flight<br>if needed |                           |   | Boys Shot put  |                        |                         |
| 7:00 pm      |                                | Long Jump 3               |   |                | Warm-ups open          |                         |
| 7:30 pm      |                                |                           |   | Girls Shot put | Girls + Boys<br>Discus |                         |
| 8:00 pm      |                                | All Triple Jump           |   |                |                        |                         |
| 8:30 pm      |                                |                           |   |                |                        |                         |
| 9:00 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