

SABRECATS SPRING TRACK SHOWDOWN

Sunday, June 7th

College Avenue SS

700 College Avenue, Woodstock, Ontario N4S 2C8

- Host:** Stratford Sabrecats Track Club
- Sanctioned by:** Athletics Ontario
- Meet Director:** Ian Morton morton.sabrecats@gmail.com
- Eligibility:** Athletes registered with Athletics Ontario (AO); Minor Track Association of Ontario (MTA)
- Regular Deadline:** Wednesday, June 3rd, 11:59pm
- Late Deadline:** Friday, June 5th, 6:00pm (entries received after this time may be accepted at the discretion of the meet director, and dependent on field size.)
- Entry Fees:** \$20 per event plus Trackie processing fees.
- Registration:** To be completed online at ****
- Waiver:** This is mandatory for all competitors. To be completed online during registration.
- Age Divisions:** All ages eligible. Masters athletes are welcome to compete. Most events will be run as OPEN. Athletes will compete together based on seed times.
- Events Offered:** Track - 80m/100m, Sprint Hurdles, 300m/400m, 800m, 2000m/3000m
Field - Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer Throw
- # of Attempts:** Top 8 in horizontal jumps and throws will receive 6 attempts, all others will receive 3 attempts.
80m/100m and Sprint Hurdles will have preliminaries and A and B finals.
- Awards:** There are no awards at this meet.

Washrooms: Available inside the school. Follow the signage.

Implements & Weigh-ins: Athletes are required to bring their own implements. Implements will not be weighed-in prior to competition, but will be weighed-in should a record be broken.

Tentative Schedule:

Track

Time	Event	Notes
10am	80m/100m/110m Hurdles Prelims	Girls, then boys. Young distance to older.
10:45am	80/100m Prelims	
11:15am	2000/3000m	
11:45am	300/400m	
Track Break		
1:30pm	Sprint Hurdle Finals	
2pm	800m	
2:30pm	80/100m Finals	

Field

Time	Event	Notes
10am	Women's/Girls Shot Put Men's/Boys Hammer Throw Women's Long Jump Men's Triple Jump Women's Pole Vault	
11:30am	Women's High Jump Men's/Boys Shot Put Women's/Girls Hammer Throw	
1:00pm	Women's Javelin Men's Discus Men's Long Jump Women's Triple Jump Men's Pole Vault	
2:30pm	Men's High Jump Men's Javelin Women's Discus	