

SABRECATS SUMMER TRACK SHOWDOWN

Sunday, July 5th

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, July 1st, 11:59pm
- Late Deadline:** Friday, July 3rd, 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, 200m, Intermediate Hurdles, 800m, 1200m/1500m
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 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-in: Athletes are required to bring their own implements. Implements will not be weighed-in prior to competition, but will be further inspected should a record be broken.

Tentative Schedule:

Track

Time	Event	Notes
10:00am	200m/300m/400m Hurdles Timed Finals	Girls, then boys Younger distance to older.
10:45am	80/100m Prelims	
11:15am	1200/1500m Timed Finals	
12:00pm	200m Timed Finals	
Track Break		
1:00pm	800m Timed Finals	
1:30pm	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	
11:15am	Women's High Jump Men's/Boys Shot Put Women's/Girls Hammer Throw	
12:30pm	Women's Javelin Men's Discus Men's Long Jump Women's Triple Jump Men's Pole Vault	
1:45pm	Men's High Jump Men's Javelin Women's Discus	