

# ELEMENTARY SCHOOL TRACK & FIELD SUPER MEET

## TECHNICAL PACKAGE

**Date:** Sunday, June 26, 2016

**Time:** 9:30 a.m.

**Place:** **Oshawa Civic Recreation Complex Stadium**  
99 Thornton Road South, Oshawa, ON, L1J 5V1

**Facilities:** All-weather rubberized eight-lane oval track, suitable for pin spikes (6-mm max).  
Washrooms on site, snacks & drinks will be sold.

**Competition Director:** Earl Letford & Randy Brookes

**Entries:** Online entries at <http://elementaryschoolsupermeet.ca>

### EVENTS

**Grade 4:** Athletes born in 2006  
100m, 200m, 400m, 800m, 1200m, Long Jump, Shot Put

**Grade 5:** Athletes born in 2005  
100m, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, Shot Put, Javelin

**Grade 6:** Athletes born in 2004  
100m, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, Shot Put, Javelin

**Grade 7:** Athletes born in 2003  
100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, Triple Jump, Shot Put, Javelin

**Grade 8:** Athletes born in 2002  
100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, Triple Jump, Shot Put, Javelin

### **Notes:**

- Athletes will get only 3 attempts in the Long Jump, Shot Put, and Javelin
- Athletes in the Long Jump will take off from a 1m chalk area
- Athletes check in to the starting line for the track events and to the event area their field events

**Awards:** Medals will be awarded for the first three places in all events.

**Entry Fees:** Individual events: \$10.00 per event

**Spectator Fee:** \$5.00 per person

**Deadline:** **Deadline for entries is Friday, June 24 at 11:59 pm.**

**[ENTRIES WILL NOT BE ACCEPTED ON RACE DAY](#)**

**Make cheques payable to:** Running for Your Life

**Telephone:** 647-297-2639

## FLYING ANGELS TRACK & FIELD CLUB

THIS WAIVER FORM MUST BE SUBMITTED BY EACH ATHLETE ENTERED BY PARENT

In consideration of the acceptance of my application and permission to participate as an entrant of competitor in the ELEMENTARY SCHOOLS TRACK & FIELD SUPER MEET scheduled for Sunday, June 26, 2016

I, for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE:

Running For Your Life Inc.  
The Durham Gazelles Track & Field Club  
Flying Angels Youth Organization of Ontario  
Flying Angels Track & Field Club  
City of Oshawa

And all other association, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, representatives, and assigns OF AND FROM ALL claims, demands, damage costs, expense actions, and causes of action, whether in law or equity, in respect to death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor, or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that the same may be the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREE to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian  
(If under 18 years)

## SCHEDULE OF EVENTS

This is a tentative schedule and may be advanced 30 minutes or delayed as required

TRACK EVENTS	MORNING SESSION (9:40 a.m.)	Long Jump	Shot Put	Triple Jump	Javelin
3000m		Grade 4 Girls	Grade 4 Boys	Grade 5 Boys	Grade 5 Girls
1200m		Grade 5 Girls	Grade 5 Boys	Grade 6 Boys	Grade 6 Girls
1500 m		Grade 6 Girls	Grade 6 Boys	Grade 7 Boys	Grade 7 Girls
400m		Grade 7 Girls	Grade 7 Boys	Grade 8 Boys	Grade 8 Girls
100 m Heats		Grade 8 Girls	Grade 8 Boys		
	Lunch Break				
	AFTERNOON SESSION (1:15 p.m. )				
100m Finals		Grade 4 Boys	Grade 4 Boys	Grade 5 Girls	Grade 5 Boys
800m		Grade 5 Boys	Grade 5 Boys	Grade 6 Girls	Grade 6 Boys
200m Final		Grade 6 Boys	Grade 6 Boys	Grade 7 Girls	Grade 7 Boys
		Grade 7 Boys	Grade 7 Boys	Grade 8 Girls	Grade 8 Boys
		Grade 8 Boys	Grade 8 Boys		

**Athletes get 3 attempts only in the Long Jump, Triple Jump, Javelin and Shot Put**