



## 2018 Elementary School Prep Super Track & Field Meet presented by The Gazelles Track & Field Club and Running For Your Life

Date: Sunday June 10<sup>th</sup> 2018

Location: The Oshawa Civic Outdoor Track  
99 Thornton Road South, Oshawa,

Meet Director: Randy Brookes & Cathy Barry

Phone: 647-297-2639 or 905-809-2885

Email: [info@running4yourlife.ca](mailto:info@running4yourlife.ca) or [cathy@running4yourlife.ca](mailto:cathy@running4yourlife.ca)

Fees: Regular: \$10 per Event, \$15 per Relay Team  
Late Registration: \$20 per Event, \$25 per Relay Team

### EVENTS OFFERED:

Pee Wee: Athletes born in 2012 - 2013  
100m, Long Jump

Mite: Athletes born in 2010-2011  
100m, 200m, 400m, 800m, Long Jump, 4x100

Tyke: Athletes born in 2008-2009  
100m, 200m, 400m, 800m, 1200m, 80m Hurdles Long Jump, High Jump, Shot Put, Javelin,  
4x100,

Atom: Athletes born in 2006-2007  
100m, 200m, 400m, 800m, 1500m, 80m Hurdles, Long Jump, Triple Jump, High Jump,  
Javelin, Shot Put, 4x100

Senior: Athletes born in 2004-2005  
100m, 200m, 400m, 800m, 1500m, 80m Hurdles, Long Jump, Triple Jump, High Jump,  
Javelin, Shot Put, 4x100



## **ENTRY INFORMATION AND INSTRUCTIONS**

**Online Entries** Complete online entries at [www.trackiereg.com](http://www.trackiereg.com)

**Email Entries** MS Excel file must include Athlete Name, MTA #, DOB, Division, Gender, and Event - Email the completed entries to [cathy@running4yourlife.ca](mailto:cathy@running4yourlife.ca)

**Entry Deadline** Thursday June 7<sup>th</sup>, 2018 by 11:59pm

**Late Entries:** Friday June 8<sup>th</sup>, 2018 by 11:59pm

Please make cheque payable to **Running For Your Life** or etransfer funds at [info@running4yourlife.ca](mailto:info@running4yourlife.ca)

## **EVENT SCHEDULE**

A rolling schedule is enclosed – a later schedule will be posted by Friday June 8<sup>th</sup> by 12:00pm. Events will begin immediately at the conclusion of the previous event.

## **AWARDS**

Medals will be presented to the 1st, 2nd, and 3rd place finishers in each event. Ribbons will be presented to 4<sup>th</sup> to 8<sup>th</sup> place finishers

## **NOTES**

Athletes may enter in four individual events, of which no more than three may be track events (relay not included) Waiver forms must be filled out and submitted by each athlete or a blanket waiver by coach with power of attorney (list all athletes). Athletes without signed waiver forms will not be allowed to compete. Events with less than five athletes may be combined with another age group.

## **STARTING BLOCKS**

Starting blocks for Atom and Seniors only

## **GENERAL RULES**

Track events take precedence over field schedules. If the timing of the field and track event conflict, the athlete must check in at both events, notify both officials of the conflict and be ready to run when the race is started. The athlete will be able to return to the field event once they completed their race.

## **FIELD EVENTS**

Jumps and Throws. <20 participants, each competitor receives 3 trials and top 8 get 2 additional jumps

>20 participants, each competitor receives 2 trials and top 8 get 2 additional jumps

In either case — top eight receives an additional 2 trials. Only the best result of the day is scored for position. A tie will be broken by the second-best jump.

Seniors jump from the line.



**SANCTIONED AND REQUIRED BY:  
MINOR TRACK ASSOCIATION  
RELEASE, WAIVER AND INDEMNITY**

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the **2018 Track & Field Prep Super Meet presented by The Gazelles Track & Field Club and Running For Your Life**

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

Minor Track Association of Ontario, Running For Your Life Inc., The Gazelles Track & Field Club, City of Oshawa and The Oshawa Civic Recreation Complex

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of 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 spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by 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 and against any and all liability incurred by any or all of those 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 AGREED to the above WAIVER, RELEASE AND INDEMNITY. WARRANT that I am physically fit to participate in this event.

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

(If under 18, parent or guardian or Power of Attorney to sign below.)

Print Name of Power of Attorney: \_\_\_\_\_

Signature of Legal Guardian: \_\_\_\_\_



**TRACK EVENTS SCHEDULE: (Subject to Change)**

**START TIME 9:30 AM**

Sprints/ Hurdles: All Timed Finals (except 100m)

1200m (Tykes)

1500m (Atoms/Seniors)

100m Heats (Peewee / Mite / Tyke / Atom / Senior)

400m (Mite / Tyke / Atom / Senior)

**Break (Approximately 12:45pm)**

100m Finals (Peewee / Mite / Tyke / Atom / Senior)

100m Hurdles (Tyke / Atom / Senior)

800m (Mite / Tyke / Atom / Senior)

200m (Mite / Tyke / Atom / Senior)

**Field Events Schedule (Subject to Change)**

9:30am Start (Approximate 12:45pm Break)

<b>Long Jump Pit 1</b>	<b>Long Jump Pit 2</b>	<b>Javelin</b>	<b>Shot Put</b>	<b>High Jump</b>
PeeWee Boys & Girls	Mite Boys & Girls	Atom Boys	Atom Girls	Senior Girls
Tyke Girls & Tyke Boys	Atom Girls	Senior Girls	Atom Boys	Senior Boys
Atom Boys	Senior Girls	Atom Girls	Senior Boys	
Break (Approximately 12:45pm)				
<b>Long Jump Pit 1 / Triple Jump</b>	<b>Triple Jump Pit 2</b>	<b>Javelin</b>	<b>Shot Put</b>	<b>High Jump</b>
Senior Boys - LJ	Atom Boys		Senior Girls	Atom Girls
Senior Girls - TJ	Atom Girls	Senior Boys		Atom Boys
	Senior Boys			