

Lakeshore Catholic Ridin' Turbo Swamp Meet
Lakeshore Catholic High School
Friday April 26th, 2024 (10:00 am - 5:30 pm)

Location:

Niagara Olympic Club is located on 78 Louth St, St. Catharines, On L2S 2T4.

Facility:

Niagara Olympic Club has an 8-lane 400m rubberized track with a steeplechase water jump. Inside the track is a grass field for javelin competition along with a rubberized runway for this event. Outside the track area are 2 long jump runways, pole vault pit, shot put area, discus circle with a cage and a high jump area.

Officiating:

There will be NO OFFICIATING duties for participating schools. All duties will be operated by volunteers and AO officials. Head track official will be St. Francis; head jumps official will be St. Francis and head throws official will be St. Paul.

Age Classification:

Novice - under age 15 as of January 1st, of the current school year, and in grade 9.

Junior - under age 16 as of January 1st, of the current school year.

Senior - under age 20 as of January 1st, of the current school year.

Eligibility:

This meet is open to high school athletes only. Athletes must be entered by their coach and a school coach must be present at all times throughout the meet.

Entry Fee:

Individual Events - \$10.00 per event

Relay Events - \$12.00 per event

Maximum Team Fee - \$500.00 Max

Please make your **school cheque** (no personal cheques can be accepted) to Lakeshore Catholic High School and bring your cheques the day of the meet. Receipts will be issued upon payment.

Entry Details:

Each school may enter a maximum of 3 students per age group per event. Only 2 teams per school for the 4x400m relay per gender (open category). Only 2 teams per school for the mixed open sprint medley relay (200m, 200m, 400m, 800m) event (2 male and 2 female competitors). Field events do not require a mark. All field event competitors will get a minimum of 3 attempts and a maximum of 6 attempts based on time and number of entries in each event.

Online Entries & Deadline:

Use the "Online T&F entry procedure" document to help you register your team using the code

RHQJM and input your entries. The website is www.trackdatabase.com. Entries will be accepted

online up until **Tuesday April 23, 2024 @ 06:00 pm**. No changes of athletes or events will be made on race day. No post entries will be accepted.

Meet Convenors:

Austin Huh (austin.huh@ncdsb.com), Bernie Tessier (bernie.tessier@ncdsb.com)

Meet Entries:

Dave Ropret (ropretdave@gmail.com)