

Royal City Track 2016

Invitational High School Track and Field Meet

Wednesday, April 20th 2016

Grange Rd/ St James Track and Field Complex

Eligibility: High School eligible as defined by OFSAA

ENTRY FEE:	INDIVIDUAL EVENT:	\$ 15.00 per athlete (not per event, unlimited event participation)
MAXIMUM FEE:	MAXIMUM ENTRY	\$ 300.00 per school (deadline Friday April 10th, 4:30pm)
AWARDS:	1 st Place T Shirts in all events	

Make cheques payable to: Our Lady of Lourdes CHS
54 Westmount Rd
Guelph, Ontario
N1G 3K5

Electronic Entries: Email entries to bryanstride62@gmail.com

Entry Deadline: Friday April 15th 4:30pm

Questions: (Other than entry materials) contact A Tschirhart at

atschirhart@wellingtoncdsb.ca

ENTRY PROCEDURE

- 1.) Go to <http://www.trackie.com/online-registration/>
- 2.) Click on current events, scroll down to Royal City Invitational
- 3.) Click on Register, input data, - note ability for multiple entries by identifying number of athletes
- 4.) When completed entries, click on Register for This Event.
- 5.) To check entries, go back to event page, click on entry toggle on right hand side.

Schedule of Track Events

Please Note: Girls run before boys (Mid/ Jun/ Sen) for all races UNLESS NOTED ON THE SCHEDULE. Only senior boys and sen girls will have use of blocks for 100m races. All other events will use standing start or 4 point stance. Hurdle races will be hand timed as will the Mid and Jun girls 100m.

	Home Straight or Oval	Back Straight
9:00am	800m	
9:45am	100m Sen Boys, Jun Boys, Mid Boys, Sen Girls,	80 - 110m HURDLES Mid Girls, Jun Girls, Sen Girls, Sen Boys, Jun Boys, Mid Boys 100m Mid Girls, Jun Girls,
11:45am	400m	
1:00pm	1500m	
1:45pm	300/400m Hurdles	
2:30pm	4 x 100m	
3:30pm	200m (SG,SB.JG.JB.MG.MB)	

Schedule of Field Events

<u>Time</u>	Long Jump Pit 1	Long Jump Pit 2	<u>Time</u>	High Jump Pit A	High Jump Pit B	Shot Put Circle A	Shot Put Circle B	Javelin (Soccer Infield)	Javelin (Baseball Field)	Discus North side of school
9:00am to 10:30am	Mid Boys	Sen Girls	9:00am to 11:00am	Mid Girls	Jun Boys	Jun Boys	Mid Girls	Sen Girls	Mid Boys	Open Girls
11:00am to 12:30pm	Jun Boys	Jun Girls	11:30am to 1:30pm	Sen Girls	Sen Boys	Sen Boys	Jun Girls	Sen Boys	Jun Girls	Midget Junior Boys
1:00pm to 2:30pm	Sen Boys	Mid Girls	2:00pm to 4:00pm	Jun Girls	Mid Boys	Mid Boys	Sen Girls	Jun Boys	Mid Girls	Senior Boys
2:30pm to 4:00pm	Open Boys Triple Jump	Open Girls Triple Jump								

Please Note: IF coaches wish to have Midget Boys, Mid or Jun Girls throw from the runway for javelin, PLEASE ENTER the athletes in the Jun Boys group or Sen Girls group dependent on sex.