

Zone Prep Invitational Meet Wednesday May 7

This invitational meet will follow the same schedule as your ZONE meet. The goal of this meet is to have the athletes practice one last time before the Zone Championship meet. We will be using bib numbers for this meet. A week prior to the meet I will be asking you to send me a list of athletes that will be attending the meet **OR** you can enter your athletes using Team Manager 4.2 Lite. This is the same way we did entries last year. I will be sending out the meet code for those schools who will be using Team Manager 4.2 Lite. Please email me and ask me for the meet code please. If you are emailing me a list of your athletes, I **DO NOT** need to know what events your athletes are competing in; I just need their **First Name, Last Name and Gender**. You will receive your bib numbers in your package on the day of the meet.

The goal of this meet is to provide all competitors with a great warm-up meet. Please email in your entries to the school. All schools must send a teacher-official to help run events. Also, be prepared to bring equipment (tape measure, clipboard, pencil) and student helpers to help run your event. When emailing in your entries please specify two (2) duties you are willing to officiate. I hope to see you on Wednesday May 7th. Any questions feel free to email me or call me on my cell 905 931 1675.

Zone Prep Invitational.

When: Wednesday May 7th, 2025
Where: Centennial Secondary School in Welland
Time: 10:00am – 4:00pm
Entry Deadline: Friday May 2, 2025

Cost: \$15.00 per event
 \$25.00 per relay
 \$295.00 for unlimited entries
 FREE if you paid \$295.00 for the April 30th meet.

Send entries and cheque to: (or bring cheque with you the day of the meet)
(Cheques payable to Sir Winston Churchill Secondary School)

Sir Winston Churchill Secondary School
Attention: Brent Mergl
101 Glen Morris Drive
St. Catharines, ON
L2T 2N1

**ZONE PREP Invitational
ENTRY FORM**

School Name: _____

Coaches Name: _____

Coaches Email: _____

Teacher - Official: _____

Circle two of the following: (you may not get the one you want)

ALL SCHOOLS MUST SIGN UP FOR A DUTY

High Jump
Shot Put

Triple Jump
Discus

Long Jump
Javelin

Starter
Clerk of the Course
(putting athletes in heats)

ENTRIES:

Number of single event entries _____ x \$10.00 = _____

Number of relay entries _____ x \$20.00 = _____

Unlimited Entries: \$250.00

FREE if you attended the April 30th meet and paid full price.

***** Please do not enter athletes into an event they do not plan on competing in at ZONE. This is not a PLAY DAY for students.**

Total Entry Fee: _____

Registration Instructions

1. Email your entry form by Friday May 2nd, 2025
2. Entries for this meet DUE May 2nd, 2025, Email me a list of students. Must include their Last name, First name, and gender. OR enter your athletes through Team Manger 4.2 Lite and send me the export file.
3. NO LATE ENTRIES WILL BE ACCEPTED

All athletes must wear their bib to compete in the event.

SEE SCHEDULE BELOW. NOTE THE START TIME

ZONE PREP MEET TRACK EVENTS

10:00 AM	OG 2000 M S/C Finals OB 2000 M S/C Finals	12:50 PM	NG 300 M Hurdles Finals JG 300 M Hurdles Finals SG 400 M Hurdles Finals NB 300 M Hurdles Finals JB 300 M Hurdles Finals SB 400 M Hurdles Finals
10:20 AM	NG 80 M Hurdles Prelims JG 80 M Hurdles Prelims SG 100 M Hurdles Prelims NB 100 M Hurdles Prelims JB 100 M Hurdles Prelims SB 110 M Hurdles Prelims	1:30 PM	NG 800 M Finals NB 800 M Finals JG 800 M Finals JB 800 M Finals SG 800 M Finals SB 800 M Finals G/B 800 M VI Finals G/B 800 M I I Finals G/B 800 M Amb Finals
10:40 AM	NG 100 M Prelims NB 100 M Prelims JG 100 M Prelims JB 100 M Prelims SG 100 M Prelims SB 100 M Prelims	2:10 PM	NG 200 M Finals NB 200 M Finals JG 200 M Finals JB 200 M Finals SG 200 M Finals SB 200 M Finals G/B 200 M WC Finals
11:20 AM	NG 1500 M Finals JG 1500 M Finals SG 1500 M Finals NB 1500 M Finals JB 1500 M Finals SB 1500 M Finals		

*** (some 1500m events may be combined) ***

*** (some 3000m events may be combined) ***

		2:40 PM	NG 3000 M Finals JG 3000 M Finals SG 3000 M Finals NB 3000 M Finals JB 3000 M Finals SB 3000 M Finals
11:50 AM	NG 400 M Finals NB 400 M Finals JG 400 M Finals JB 400 M Finals SG 400 M Finals SB 400 M Finals		
12:30 PM	G/B 100 M VI Finals G/B 100 M I I Finals G/B 100 M Amb Finals NG 100 M Finals NB 100 M Finals JG 100 M Finals JB 100 M Finals SG 100 M Finals SB 100 M Finals		

RELAY EVENTS

3:30 PM	SG 4x100 M Relay Finals SB 4x100 M Relay Finals JG 4x100 M Relay Finals JB 4x100 M Relay Finals NG 4x100M Relay Finals NB 4x100 M Relay Finals
4:00 PM	OG 4x400 M Relay Finals OB 4x400 M Relay Finals

****** ALL 100M finals will only occur if time permits**

ZONE PREP MEET FIELD EVENTS

10:00 am EVENTS

NG Long Jump Finals
JG Triple Jump Finals
SG High Jump Finals
NB Shot Put Finals
VI,II,AmbShot Put Finals
JB Discus Finals
SB Javelin Finals

11:00 am EVENTS

NG Shot Put Finals
VI,II,Amb Shot Put Finals
JG Discus Finals
SG Javelin Finals
NB Long Jump Finals
JB Triple Finals
SB High Jump Finals
Girls Pole Vault Finals

12:00 am EVENTS

NG High Jump Finals
JG Long Jump Finals
SG Triple Jump Finals
NB Javelin Finals
JB Shot Put Finals
SB Discus Finals

1:00 pm EVENTS

NG Javelin Finals
JG Shot Put Finals
SG Discus Finals
NB High Jump Finals
JB Long Jump Finals
SB Triple Jump Finals
Boys Pole Vault Finals

2:00 pm EVENTS

NG Triple Jump Finals
JG High Jump Finals
SG Long Jump Finals
NB Discus Finals
JB Javelin Finals
SB Shot Put Finals

3:00 pm EVENTS

NG Discus Finals
JG Javelin Finals
SG Shot Put Finals
NB Triple Jump Finals
JB High Jump Finals
SB Long Jump Finals