



TITAN-BRONCO PREP TRACK & FIELD MEET

MEET INFORMATION

Where: Alumni Stadium, Western University, London

When: Thursday, May 2, 2024

10:30 am - 5:30 pm

Welcome to the Titan-Bronco Prep meet hosted by Regina Mundi Catholic College Titans and Sir Frederick Banting Broncos. This prep meet is intended as an opportunity for your athletes to prepare for championships in the same facility where TVRA and WOSSAA Championships will be held.

FACILITY: UWO is a new Rubberized 8-lane 400-meter track. Please ensure that a maximum 6mm pyramid spikes are worn.

ELIGIBILITY: Secondary School athletes only.

All athletes must be entered through their school and compete in their school uniform only. (Throwers may wear t-shirts)

AWARDS: First-place finishers will receive medals. Second-place, to Sixth-place finishers will receive ribbons.

ENTRY INFORMATION

Entry Fees: \$15.00 per athlete per event, \$15.00 per relay team.

Maximum Team Fee: \$550 (if no volunteer is provided)

Discounted Team Fee: \$450 (if you provide a volunteer)

Late Fee: Add \$50.00 to your fee if the entries are not submitted by Sunday, April 28, 2024 @ 6:00 p.m.

Payment: Please bring payment to the meet. (** **MAKE CHEQUES PAYABLE TO "Banting Secondary School"** **)

*****If supplying a volunteer, email Franco for a discount code to be applied when submitting entries, so that your receipt will show the discount. *****

ENTRY DEADLINE: Sunday, April 28, 6:00 pm

ENTRY CHANGES: Monday, April 29, 6:00 pm ******(Made directly in TrackieReg)

****No changes/Scratches after Entry Change Deadline****

ENTRY INFORMATION AND LIVE RESULTS:

Visit ***ontrack.com*** for meet information and live results.

Paper: Posted on the track shed, south end of the main stands.

*****Email Meet registrar for information and Trackie link:*** Franco Ielapi: fielapi@ldcsb.ca

ENTRY LIMITS: Three (3) athletes/relay teams per event per school.

EVENT VOLUNTEERS: To best officiate the meet, we require extra volunteers from each school to assist with our field events. Your school will receive a discounted entry fee with an adult event volunteer. (Three event sessions)

*****Please note that we have scheduled the events, and adjusted field event measuring formats, to provide as many event opportunities as possible in this prep meet.***

*****The entry fee price is a result of the cost to rent the facility.***



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EVENT SCHEDULE SIGN-UP:

- *Event sign-up is done on Trackie. Discounts will be given on a first come-first served basis for the 9 event requirements.
- *Each adult should bring a student assistant while officiating the event.
- *We will also provide SHSM student volunteers to assist adults at each event.

TECHNICAL INFORMATION

PLEASE READ THE FOLLOWING INFORMATION CAREFULLY.

1. Please seed all distance athletes as they will be placed in preset sections according to seed times.
Please also seed your throwing athletes so that throwers will be put into flights to speed up measurements.
2. After a final call, athletes must be checked into the event.
3. Athletes must restrict their warm-up to the unused portions of the track.
4. Results will be posted online at the meet website and on the shed at the south end of the main stands.
5. We will move ahead of schedule up to 20 minutes if running early
6. Since we are not using bibs, if an athlete can not compete in their spot, you may replace them with an alternate, as long as they compete for the same school.
We will not replace their names, so the coach and athlete are responsible for knowing who they are replacing to find results.

MEASUREMENTS:

Every athlete will receive at least one measurement in the shot put, discus, javelin, and triple jump. They will each be given 3 trials. If time permits, the top-6 will get 2 more attempts at the official's discretion.
*For throws and horizontal jumps, every athlete will get at least one measurement. After the first round, the standard is set by the 6th-best performance. Performances less than this standard distance will not be measured in subsequent attempts. However, sectors and a tape will be set out to approximate subsequent distances. (Will depend on the number of entries, and schedule)

High Jump Starting Heights:

	Novice	Junior	Senior
Girls	1.25	1.30	1.35
Boys	1.35	1.45	1.55

OTHER INFORMATION

1. **WEATHER:** There is no rain date. In the event of inclement weather, athletes can move inside the main floor of the pavilion, under the stands, or utilize their team tent. Please dress appropriately for the expected weather. Bring warm clothes, rain jackets, hats, and sunscreen, depending on the forecast.
2. **INJURIES:** First Aid will be provided near the entrance to the pavilion.
3. **PARKING:** Parking at the stadium has a cost and is paid for on the **HONK** parking app.
4. **WASHROOMS:** Washrooms are located on each side of the main pavilion.
5. **CHANGEROOMS:** These are available inside the pavilion
6. **FOOD:** The concession stand will be open and available for food and beverages.
Subway and Barakat Restaurants are available at the top of the hill along Western Road.
8. **GARBAGE:** Please encourage the use of trash containers for depositing garbage. As the meet comes to an end, please ensure that your team area is clean and tidy.
9. **Tents:** There is space for team tents throughout the greenspace and in the stands. If in the stands, please place them halfway up.



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SCHEDULE

TRACK

FIELD

TIME	EVENT		TIME	EVENT
10:30 am	Novice Girls 80m Hurdles Heats Junior Girls 80m Hurdles Heats Senior Girls 100m Hurdles Heats Novice Boys 100m Hurdles Heats Junior Boys 100m Hurdles Heats Senior Boys 110m Hurdles Heats		10:30 am	Novice Girls High Jump Senior Boys Triple Jump Novice Girls Shot Put Junior Girls Javelin Senior Girls Discus Senior Girls Pole Vault
11:15 am	Novice Girls 800m Timed Finals Junior Girls 800m Timed Finals Senior Girls 800m Timed Finals		11:45 am	Novice Boys High Jump Senior Girls Triple Jump Novice Boys Shot Put Junior Boys Javelin Senior Boys Discus
			12:30 pm	Senior Boys Pole Vault
12:00 pm	Senior Boys 110mh Finals Junior Boys 100mh Finals Novice Boys 100mh Finals Senior Girls 100mh Finals Junior Girls 80mh Finals Novice Girls 80mh Finals		1:00 pm	Junior Boys High Jump Junior Girls Triple Jump Senior Girls Shot Put Novice Girls Javelin Junior Girls Discus
12:20 pm	Novice Boys 800m Timed Finals Junior Boys 800m Timed Finals Senior Boys 800m Timed Finals		2:15 pm	Senior Girls High Jump Novice Boys Triple Jump Senior Boys Shot Put Novice Boys Javelin Junior Boys Discus
			2:30 pm	Junior Girls Pole Vault (Gr. 9-10)
1:00 pm	Novice Girls 4 x 100m Relay, Timed Finals Junior Girls 4 x 100m Relay, Timed Finals Senior Girls 4 x 100m Relay, Timed Finals Novice Boys 4 x 100m Relay, Timed Finals Junior Boys 4 x 100m Relay, Timed Finals Senior Boys 4 x 100m Relay, Timed Finals		3:30 pm	Senior Boys High Jump Novice Girls Triple Jump Junior Girls Shot Put Senior Girls Javelin Novice Girls Discus
			4:30 pm	Junior Boys Pole Vault (Gr. 9-10)
2:00 pm	Novice Girls 1500m Timed Finals Junior Girls 1500m Timed Finals Senior Girls 1500m Timed Finals		4:45 pm	Junior Girls High Jump Junior Boys Triple Jump Junior Boys Shot Put Senior Boys Javelin Novice Boys Discus
3:00 pm	Novice Girls 200m Timed Finals Novice Boys 200m Timed Finals Junior Girls 200m Timed Finals Junior Boys 200m Timed Finals Senior Girls 200m Timed Finals Senior Boys 200m Timed Finals			
4:15 pm	Novice Boys 1500m Timed Finals Junior Boys 1500m Timed Finals Senior Boys 1500m Timed Finals			

*Events can begin up to 15-min's early if required.



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FACILITY MAP

