

Royal City Track 2010

Invitational High School Track and Field Meet

Thursday, April 29th
2010

Grange Rd/ St James Track and Field Complex
(site of 2001 Ontario Summer Games, 2008 CWOSSA)

For complete details entry files go to
guelphtrack.ca

Eligibility: High School eligible as defined by OFSAA.

ENTRY FEE:	INDIVIDUAL EVENT:	\$ 8.00 per event
	RELAY TEAM:	\$ 12.00 per event
MAXIMUM FEE:	MAXIMUM ENTRY	\$ 200.00 per school (deadline Monday, April 26 th)

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

Electronic Entries: Email Hy Tech entries to tschrhrt@sympatico.ca

Entry Deadline: Tuesday April 26th, 6:00PM

ENTRIES MUST BE SUBMITTED USING Hy Tech – full details and downloadable program are available at guelphtrack.ca

ENTRY PROCEDURES

Email: Download the entry forms from the web page. Complete the required information and email back to Albert Tschirhart at tschrhrt@sympatico.ca. Payment is due at time of registration

Schedule of Track Events

Please Note: Girls run before boys (Mid/ Jun/ Sen) for all races except the 100m where we will use two straightaways. Junior and Senior 100m races will have photo timing and wind gauge, Midget will be on back straight using hand timing. Please seed accurately.

	Home Straight or Oval	Back Straight
9:00am	3000m Open Event	
9:45am	100m jun, sen girls boys	100m mid girls, boys (hand timed)
10:45am	800m	
11:30am	4 x 100m	
12:15pm	400m	
1:30pm	1500m	
2:15pm	200m	
3:00pm	4 x 400m Open	

Schedule of Field Events

	Pit 1	Pit 2	High Jump	Shot Put	Javelin
9:00am to 10:30am	Mid Boys LJ	Sen Girls LJ	Mid Girls	Jun/ Sen Girls	Sen Boys
10:30am to 12:00pm	Jun Boys LJ	Jun Girls LJ	Jun/ Sen Boys	Mid Girls	Mid/ Jun/ Boys
12:00pm to 1:30pm	Sen Boys LJ	Mid Girls LJ	Jun/ Sen Girls	Sen Boys	Jun/ Sen Girls
1:30pm to 3:00pm	Open Boys TJ	Open Girls TJ	Mid Boys	Mid/ Jun Boys	Mid Girls

Please Note: Javelin will be off of an all weather runway, Long Jump and Triple Jump will have wind gauges as will the 100 and 200m races making them eligible for national qualifications.