

# Royal City Track 2018

## Invitational High School Track and Field Meet

Wednesday, April 25<sup>th</sup> 2018

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 Sunday April 22 <sup>nd</sup> , 11:59pm)
AWARDS:	1 <sup>st</sup> Place T Shirts in all events	

Make cheques payable to: St. John Bosco Catholic School  
19 Northumberland St, Guelph, ON  
N1H 3A6

Electronic Entries: All entries are to be completed on trackie.ca

Entry Deadline: Sunday April 22<sup>nd</sup>, 11:59pm

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

**[guelphtrack@sympatico.ca](mailto:guelphtrack@sympatico.ca)**

### ENTRY PROCEDURE

- 1.) Go to <http://www.trackie.com/online-registration/>
- 2.) Click on current events, filter for track and field and Ontario, scroll down to Royal City Invitational
- 3.) Click on Register, input data, - **note ability for multiple entries by using import entries function.**
- 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. All athletes in the 100m and sprint hurdle events will have use of blocks. PLEASE NOTE THIS IS NOT THE TIME TO TEACH AN ATHLETE HOW TO USE THE AS THERE IS LIMITED TIME BETWEEN RACES. All other events will use standing start or 4 point stance. Hurdle races will be hand timed as will the Midget girls 100m.**

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

## 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.**