

# Royal City Track 2019

## Invitational High School Track and Field Meet

Wednesday, April 24<sup>th</sup> 2019

Grange Rd/ St James Track and Field Complex

**COMPLEX FULLY REFURBISHED Fall 2018**

Eligibility: High School eligible as defined by OFSAA

ENTRY FEE:	INDIVIDUAL EVENT:	\$ 16.00 per athlete (not per event, unlimited event participation)
MAXIMUM FEE:	MAXIMUM ENTRY	\$ 325.00 per school (deadline Sunday April 21st, 11:59pm)
AWARDS:	1 <sup>st</sup> Place awards	

Make cheques payable to: Our Lady of Lourdes High School  
54 Westmount Rd, Guelph, ON  
N1H 5H7

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

Entry Deadline: Sunday April 21<sup>st</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 province, Ontario, and type, track and field and scroll to Royal City Invitational
- 3.) Click on Register, input data, - note ability for multiple entries by using IMPORT ENTRIES function. Step by Step instructions are provided at the end of this package
- 4.) When entries completed, click on Register for This Event.
- 5.) To check entries, go back to event page, click on entry toggle on right hand side. Click on confirmation list.

## 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  NOTE ORDER	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	High Jump	<u>Time</u>	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 – 10:30m  Jun Boys	9:00am to 11:00am	Jun Boys	Mid Girls	Sen Girls	Mid Boys	Open Girls
11:00am to 12:30pm	Jun Boys	Jun Girls	10:30am – 12:00pm  Mid Boys	11:30am to 1:30pm	Sen Boys	Jun Girls	Sen Boys	Jun Girls	Midget Junior Boys
1:00pm to 2:30pm	Sen Boys	Mid Girls	12:00pm – 1:30pm  Sen Boys	2:00pm to 4:00pm	Mid Boys	Sen Girls	Jun Boys	Mid Girls	Senior Boys
2:30pm to 4:00pm	Open Boys Triple Jump	Open Girls Triple Jump	1:30pm –  Mid Girls Jun Girls Sen Girls Separate age group awards						

**NOTE: ALL FIELD EVENTS WILL HAVE 2 MEASURED ATTEMPTS IN THE PRELIMINARY ROUND, AND TOP 6 WILL HAVE TWO ADDITIONAL ATTEMPTS IN THE FINAL.**

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.

## **HOW TO USE trackie.ca EXCEL ENTRY FORMAT**

### **General Registration**

- 1.) Access trackie.ca and go to the trackie registration page, accessible by toggling on the trackie.ca drop down box on the top left hand side of the page.
- 2.) Enter trackieReg and scroll to the bottom of the page and click on find event (centre of page at bottom).
- 3.) Click on the following filters  

Location: ONTARIO

Type: TRACK AND FIELD
- 4.) Scroll through pages/ dates to appropriate event. Click on register.
- 5.) Enter appropriate registration details.

### **Using Excel Entry File Format**

- 1.) At registration page click on **IMPORT ENTRIES**
- 2.) Click on **DOWNLOAD** template file.
- 3.) Open or Save file for later use. Please make sure you identify file for future easy access.
- 4.) When ready to enter data.
- 5.) When ready to enter registrations a few helpful hints.
  - a.) **Name:** First name in first column, last name in second column
  - b.) **Gender:** Identify in appropriate column with either F or M (note capitalization).
  - c.) **Date of Birth:** You can enter as YYYY/MM/DD or MM/DD/YYYY. **The year is critical, to expedite your entry all midgets could simply be entered as 12/12/2003 or 2003/12/12 for quick copy purposes. The same process can be used for Juniors and Seniors.**
  - d.) **Team Code:** This is your schools 4 alpha code that you would use for OFSAA qualification purposes. For example, Our Lady of Perpetual Motion from NWOSSA would be NW (first 2 letters of region, and OL (Our Lady) so its code would be NWOL.
  - e.) Available categories: **Intermediate is MIDGET**, Junior is Junior and Senior is Senior OFSAA age groupings.
  - f.) List of Events: These are the available races and the **EXACT** spelling is needed.
  - g.) Event Entry: The First event is the athletes first event such as 1500m, the Second Event is the athletes second event such as triple Jump and so on.
  - h.) SAVE File.**
  - i.) Go back to trackie.reg and go to event and click on **IMPORT ENTRIES**. Upload completed entry file, the page will tell you if upload was successful.
  - j.) Click on **SUBMIT**.
  - k.) Once submitted you will be sent back to the registration page on trackie.ca to complete the registration by submitting your email. Once you confirm registration your entries will be posted on the confirmation list for the race.