

**WELCOME TO THE 2009
SOUTH SIMCOE-EAST REGIONAL TRACK MEET.**

Monday June 1 2009

(Raindate is Wednesday June 3. We are also hosting the Invitational meet on Tuesday. If both Monday and Tuesday get rained out we'll do this meet on Wednesday and the invitational meet on Thursday. I will email coaches early in the morning if we need to postpone.)

We are very pleased to be able to host this event at our school this year and we hope you have an enjoyable day. As coaches and participants in track and field the Holy Trinity Tigers team wishes to instill in the elementary athletes a love for the sport. We see this sport as an opportunity for anyone to get involved in healthy, fun competition.

Holy Trinity's team has been represented at the high school provincial championship (O.F.S.A.A.) almost every year. Some of our alumni have gone on to compete at the university and national level in Canada and some have earned athletic scholarships to U.S. schools.

We would like to express our great appreciation for the donations of labour and materials that we have received from **JOHN EEK & SONS LTD.** and **LISBON PAVING** as well as **DUFFERIN CONCRETE** and **COUNTRY LANE LANDSCAPING**. Without their help we would not have the beautiful facilities we have today.

The meet is officiated by current and former Tiger Track and Field athletes. Please be understanding with them as they do their best to help the kids have fun. While we do present a trophy to the winning team, all athletes earn a participant ribbon for their efforts.

We wish you all the best of luck. Have fun!!!

Holy Trinity Track and Field Team

NOTES:

Please try to arrive 30 mins before the start of the first event so we can give last minute instructions and we will provide you with a set of numbers and pins in your coach's package when you arrive.

All competitors must have their number on the front of their shirt for all events

Athletes must check in with the official at their event approximately 10-15 minutes before.

Listen for announcements and watch to see when the event is beginning.

If an athlete has a track event and a field event at the same time (unlikely), they should notify both officials and then be sure not to miss the track event. Jumps or throws may be made up but a race cannot be held up or re-run.

Athletes are not allowed to roam the school. Washrooms are available inside the school.

All meet info as well as results will be posted on the web site below:

<http://newmarkethuskietrack.ca/Design/Assets/trinitymeet.htm> .

Soccer/football style cleats are track spikes only.



not permitted on the track. Running shoes or

ENTRY GUIDELINES - PLEASE READ THIS BEFORE DOING YOUR ON-LINE ENTRIES ON WWW.TRACKDATABASE.COM

ENTRIES ARE DONE ON-LINE AT WWW.TRACKDATABASE.COM. THE INSTRUCTIONS AND 'MEET CODE' ARE IN A SEPARATE DOCUMENT. DEADLINE FOR ENTRIES IS THURSDAY MAY 28 6:00pm. No more driving to another school to hand write your entries on bristle board!

Please include a coach's contact number and email for the weekend in case I have questions while doing the entries.

1. Each school may enter **no more than 2** people per grade/sex in each event. The number of athletes you bring is up to you.
i.e. only 2 gr. 7 girls in shot put, 2 gr. 7 boys in shot put, 2 gr. 8 girls in shot put etc.
You do not have to fill all your available spots.
2. Each athlete may enter a **maximum** of 4 individual events (**max 2 track, 2 field**) plus they may run on their age group 4*100m relay as well as the Sprint Medley relay. For the Sprint Medley relay the first 2 runners each run 100m, the third runner runs 200m and the fourth runner runs 400m.
3. Schools may enter one team per relay event. There is a Junior Girls or Junior Boys relay and an Intermediate Girls or Intermediate Boys relay. Names of your relay runners are not needed, just enter the team on the trackdatabase.com website.
4. Javelin and Discus are 'demonstration' sports this year. No points are awarded for these events. Since these two events run concurrently do not put the same athlete in both events.
5. If you have any questions please email me at cmclaughlin@smcdsb.on.ca or call (school) 905-775-4841 (home) 905-775-3537.
6. The entry fee is \$95.00 per school. Please make cheques payable to Holy Trinity High School.