

HOLY TRINITY ANNUAL INVITATIONAL MEET

Below are some instructions for you to prepare your entries for the meet.

ENTRIES ARE DONE ON-LINE AT WWW.TRACKDATABASE.COM. THE INSTRUCTIONS AND 'MEET CODE' ARE IN A SEPARATE DOCUMENT. DEADLINE FOR ENTRIES IS THE THURSDAY BEFORE THE MEET.

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. 6 girls in shot put, 2 gr. 6 boys in shot put, 2 gr. 7 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 plus they may run on their age group 4*100m relay as well as the Mixed Sprint Medley relay. The Mixed Sprint Medley relay is made up of 2 girls and 2 boys. The first 2 runners each run 100m, the third runner runs 200m and the fourth runner runs 400m. You decide which ones are girls and which are boys.

3. Schools may enter one team per relay event. Names of your relay runners are not needed, just enter the team on the trackdatabase.com website.

4. If you have a student that has failed a grade please enter them in the older grade so they are competing against athletes the same age.

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 for the meet is \$100/ school. Please make cheques payable to Holy Trinity High School.