

**WELCOME TO THE 2010 EDITION OF  
THE SOUTH SIMCOE - EAST REGION TRACK MEET.**

**Tuesday June 8 2010**

(Raindate is Wednesday June 9. I will email coaches early in the morning if we need to postpone.)

Coaches, thank you for taking the time to help develop the sport of track and field at the grassroots level in Bradford and the surrounding area. 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 **COUNTRY LANE LANDSCAPING, JOHN EEK & SONS LTD.** and **LISBON PAVING** as well as **DUFFERIN CONCRETE**. 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:**

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, 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:

[www.carrotfast.com/eastmeet.html](http://www.carrotfast.com/eastmeet.html)

Soccer/football style cleats are not permitted on the track. Running shoes or track spikes only.



ENTRY GUIDELINES - PLEASE READ THIS BEFORE DOING YOUR ON-LINE ENTRIES ON [WWW.TRACKDATABASE.COM](http://WWW.TRACKDATABASE.COM)

**ENTRIES ARE DONE ON-LINE AT [WWW.TRACKDATABASE.COM](http://WWW.TRACKDATABASE.COM). THE INSTRUCTIONS AND 'MEET CODE' ARE IN A SEPARATE DOCUMENT. DEADLINE FOR ENTRIES IS THURSDAY June 3 6:00pm.**

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 2 track events plus they may do 2 field events as well as 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](mailto:cmclaughlin@smcdsb.on.ca) or call (school) 905-775-4841 (home) 905-775-3537.

6. The entry fee is \$100/ school. Please make cheques payable to Holy Trinity High School.