



WATERLOO COUNTY TRACK WARS

Friday, May 3rd, 2019

All of the information for the meet can be found at:
www.galasso.ca

TRACK WARS is here again with easy entries and Finish Lynx Photo timing.

On line entry procedures are open now on Athletic.net

Location: Jacob Hespeler S.S. 355 Holiday Inn Drive, Cambridge, Ontario. (This venue is located just off the 401 near Hwy 24) Site of OFSAA West 2019

Date: Friday, May 3, 2019.

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Facilities: Jacob Hespeler Secondary School has an 8 lane track. All weather (rubber) surface on all runways, track surfaces, javelin and high jump fans. Shot and Discus circles are concrete. Portable toilets are available.

Participants are responsible for the safety of their own belongings and medical needs.

MAXIMUM SPIKE LENGTH 6 MM ON ALL TRACK OR RUNWAY SURFACES

Eligibility: High School eligible as defined by OFSAA.

For safety reasons, throwing implements are only to be used in the supervised competition areas for Shot, Discus and Javelin. Also, footballs, Frisbees and other throwing equipment are not allowed to be used at the JHSS Track and Field Facility.

Awards

T shirts to all first place finishers in individual events and relays.

ENTRY FEE: \$10.00 per athlete (they may compete in unlimited events)

MAXIMUM FEE: \$ 400.00 per school

Make cheques payable to: Huron Heights Secondary School

Entry Deadline: Wednesday, May 1st, no later than 10:59pm

Late Entries: Athletes will be accepted on meet day. The cost is \$20.00 per athlete and this cost will not be applied to the school maximum.

Entry fees must be paid at the registration table before school packages are released.

Registration: A registration table will be set up at the front entrance to the facility or in the administration portable.

Officiating: All duties will be carried out by WRDSB an WCDSB schools!

All of the information for the meet can be found at:
www.galasso.ca

Meet results will only be posted on the web.

Schedule of Track Events (2019)

Please Note: Girls run before boys for all races except the 100m timed finals which will run at the same time on both straights. Lynx photo timing will be used on both sides of the track for the 100m timed finals.

	Event	Age Classes Contested	Order
9:00 a.m.	Sprint hurdles	Midget/Junior/Senior	Girls/Boys
10:00 a.m.	4 x 800m	Midget/OPEN	Girls/ Boys
11:00 a.m.	100m	Midget/ Junior/ Senior	Girls on the back straight Boys on the front straight
12:30 a.m.	1500m	Midget/ Junior/ Senior	Girls/ Boys
1:45 p.m.	4 x 100 m	Midget/ Junior/ Senior	Girls/ Boys
3:00 p.m.	300m (not hurdles)	Midget/ Junior/ Senior	Girls/ Boys
4:00 p.m.	Steeplechase	Open Girls/Open Boys	Girls/ Boys

(Note that track events will run ahead of schedule if possible. Max of 30 minutes)

Schedule of Field Events

	Shot Put	Javelin	Discus	High Jump	Long Jump	Triple Jump
9:00	JG	MB	MG	JB	SG	SB
10:15	SG	SB	JB	MG	MB	JG
11:30	MB	MG	JG	SG	SB	JB
12:45	SB	JB	SG	MB	JG	MG
2:00	MG	JG	MB	SB	JB	SG
3:15	JB	SG	SB	JG	MG	MB
Pole Vault 9 am				Open Girls		
Pole Vault 12:00 Noon				Open Boys		

- Minimum increments would be 15 cm for girls, (starting height 1.40m), 20cm for boys. (1.80m starting height) ~Increments once set, would be consistent for the duration of the competition. Any athlete sitting for more than an hour will be granted 2 min on the run-way one-time, between height changes. This is subject to change slightly based on the number of competitors.

Track Wars 2019 Entries Information

All athletes and schools must be entered by **10:59pm** on Wednesday, May 1, 2019. The entry database will close at this time and the late entry fees will apply.

All entries are to be done online at Athletic.net.

. Detailed information is below as well as at www.galasso.ca to explain this years' entry procedure.

Please note that you do not have to enter the athletes or your relays into events online.

You are just submitting your team list by age group. All entries will be done at the start line or at the field events. You can even import an excel sheet into the database in Athletic.net to enter your roster and then select the athletes that you want to come to Track Wars.

When you are logged into Athletic.net and have created your account and added Track Wars 2019 to your team calendar, please do the following.

1. Icon beside your name (top right) -> 2. Team Home-> 3. Track Wars 2019 (From within your 2019 Outdoor Calendar)-> 4. Register Athletes (Blue Button). 5. Click on the Blue words (Roster Only) for Men and Women and select an age group for each athlete. (Midget (M) Junior (J) or Senior (S)).

The picture below shows you what your entries will look like when you are finished. The athletes with the Blue Hi-lited division beside their names will be entered into the meet.

The screenshot shows the 'Register by Event' interface on Athletic.net. At the top, there is a 'Multi-Button View' checkbox. Below it, a navigation bar shows a back arrow and 'Roster Only' with a dropdown arrow. A search bar is labeled 'Filter by Grade, Athlete or Division'. The main area displays a list of athletes with their names, grades, and division selections. Each row includes a blue button for the division, an 'Override seed' input field, and a help icon. The right sidebar shows 'Event Details' with 'Team Entry Totals' and 'Seeds' information.

Name	Grade	Division	Override seed
10 Sam Barrick	Junior	Junior	Override seed
11 Jackson Bromiley	Senior	Senior	Override seed
11 Korbett Cator	Senior	Senior	Override seed
10 Evan Dodd	Junior	Junior	Override seed
12 Brian Eaton	---		
12 Zach Edwards	Senior	Senior	Override seed
10 Theo Fotiadis	Junior	Junior	Override seed
12 Nate Gillingham	Senior	Senior	Override seed
10 Aaron James	Junior	Junior	Override seed
12 Tu Le	Senior	Senior	Override seed
12 Noah Lebar	Senior	Senior	Override seed
12 Tyler Luker	Senior	Senior	Override seed
12 Victor Luu	Senior	Senior	Override seed
10 Griffin McPhee	Junior	Junior	Override seed
10 Ben Mollink	Junior	Junior	Override seed

Team Entry Totals

Midget	0
Junior	12
Senior	18
Open	0

Seeds
Source: **Season Records**
Type: **All Results**
Standardized: **Yes**
Overrides: **Accepted**

See you soon at JHSS!!!