



Saturday, October 17, 2020 Track Meet

COVID-19 Event precautions and guidelines can be found based off the Athletics Canada “Back on Track” strategy with provincial and municipal modifications.

All Entries (emailed)

- Register by emailing Darl Sutherland (Head Coach of Kawartha Lakes Lightning). Email darl_sutherland@hotmail.com. The deadline for the meet is due by October 15th, 2020.
- There will be NO on-site entries, cash exchanges, or refunds.
- \$25.00/Athlete single event additional \$10 for each additional event. Cheques can be made to Kawartha Lakes Lightning.
- A health questionnaire must be completed before entering the track.

Procedure of events

- The final schedule of events will be posted on the morning of the event.
- Competition is open to all ages and all ability levels.
- Running events with a cut in may be seeded to avoid the creation of a “peloton” and minimize the amount of passing.
- Track events will run fast to slow; men precede women
- Sprinters are asked to bring their own starting blocks and take responsibility for them
- Athletes are asked to not linger and leave the area after competing.
- Warm-up areas will be clearly marked. 10-person max will be allowed in each respective area to conduct warm-ups and prepare for their event. This includes athletes and coaches.
- All events will be seeded as if it was a semi-final.
- Athletes should be encouraged to keep their belongings away from start and finish lines.

Sanction

- All meets are sanctioned by Athletics Ontario and have IPC approval. All participants should be members of their respective branch, IPC or IAAF Federation. Those who are not members are subject to additional fees.

Events Scheduled

Saturday, October 17, 2020

9 AM start (St Peters Catholic Secondary School, 730 Medical Dr, Peterborough, ON K9J 8M4)
Track Events 100m age groups U12, U14, U16, Open,

11AM 4X1000m Heats OPEN for all ages and abilities

Heats will be run based on time from fastest teams to slowest. Each heat will consist of a maximum of 5 teams. Each athlete starting first will be separated by 5 seconds. Ex:

Team 1 first leg starts

Team 2 first leg starts 5 seconds later

Team 3 first leg starts 5 seconds later etc etc.

U14, U16, U18, U20, Open

2PM 200m start

U12, U14, U16, OPEN

Facilities Layout

St Pete's Catholics Secondary School track has a very strict policy pertaining to a 100-person capacity (athletes, coaches, volunteers, meet organizers combined). All individuals entering the facility must complete a health questionnaire. It is the utmost importance for all participants to respect the physical distancing regulations that have been put in place by the public health officials. Here the meet organizers will confirm registration and that the event health questionnaire has been completed and passed prior to entry. Under the scenario of severe weather (lightning, tornado warning) participants will be asked to take shelter in their vehicles as this is an outdoor facility while respecting physical distancing. Hand sanitizer will be provided at the entrance and exit of the facility. If not competing or warming-up athletes and coaches are going to be asked to wear a mask.

Warm-up Areas

- Athletes are asked to stay within warmup areas for the entirety of their warm-up.
- Track Warm-up area is on the far side of the track lanes 1, 3, 5 can be utilized as long as the capacity of 10 is followed.
- Once done competing athletes will be expected to depart from the warmup areas to allow for the next group of athletes to enter and begin their warm-ups.

Competition Area's

- Maximum of 10 permitted in each area (volunteers, officials, athletes, and coaches combined).
 - A coaching area will be created to not interfere with the area capacity.
 - With typical track etiquette, we ask athletes respect the competitive areas and to not interfere with them as an event is taking place.
 - Athletes are asked to clear the competitive area as soon as possible when done competing.
 - We ask that athletes do not linger upon finishing at the track as we will need sufficient space for athletes competing.

COVID Preparations

- All athletes and teams are asked to refrain from physical contact between both athletes and teammates.
- No high fives, or physical touching. To facilitate an environment that is safe we must insist all teams refrain from any contact amongst teammates or other teams. If rules are broken, you will be asked to vacate race area and not allowed to compete.

(COVID-19) – Mandatory Face Coverings

(COVID-19) – Mandatory Face Coverings On July 20, 2020 Peterborough Public Health released a directive outlining the instructions for mandatory face coverings within the geographical area served by Peterborough Public Health. The directive is to owners and operators of commercial establishments, public transit, and commercial transportation.

Beginning August 1, 2020, face coverings will be mandatory [...]

Wash Your Hands Often

Keep Your Hands Clean:

- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer when hands are not visibly dirty.

- Cough into your sleeve or elbow, or sneeze into a tissue, and encourage others to do the same.
- Wash your hands after handling nose and throat secretions (e.g. after throwing out used facial tissues).

Practice Physical Distancing?

To prevent the spread of COVID-19 and protect our community, Peterborough Public Health encourages everyone to practice physical distancing.

This means avoiding close contact (being within 2 metres or 6 feet) with people outside of your immediate household contacts or [social circle](#).

- Avoid touching your face and clean hands before touching eyes, nose or mouth.
- Sanitize or wash your hands when entering and exiting buildings.
- Use tap to pay rather than handling money

Awards

- To be completed at the completion of track. Medals will be awarded to the top 3 overall in each category.