

Technical Package
Shermar Paul Lidlifter
Saturday, December 17 2022

Contact:

Lyndon George
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Location:

Louis Riel Dome
1659 Bearbrook Rd
Gloucester, ON
K1B 4N3
Canada

Sanctioned: By Athletics Ontario

Registration: Online registration will take place at [Trackie.com](https://trackie.com) (insert exact link here). Registration closes Saturday, December 14 at midnight.

Events offered: 60m, 300m, 600m, 1500, Long Jump, High Jump

Age categories: Open

Entry Fees: \$20 per event, \$30 for two events. No Trackie Fees
\$5 fee extra for non AO members

Start Time: 1pm

Parking: Free parking is available in the lots adjacent to the facility

Meet Schedule:

- Meet schedule attached at the end of this document
- Final Meet Schedule will be posted the week preceding the meet

Track Events

- Races will be grouped based on gender and seed times. Seed times will be automatically generated upon registration
- Races will be run from **Fast to Slow. Women followed by Men**

Field

- **High Jump, Long Jump:** Athletes will be given 30 min warm up on the runway prior to the start of the event

Tentative Schedule

Field

1pm : High Jump
Long Jump

Track

60m Women Heats
60m Men / Heats
60m Women Final
60m Men / Final
1500 Women/Men
600m Women/ Men
300m Women/ Men