

York Region Track and Field Championships

Dates: Wednesday and Friday May 15th and 17th

Location: Bill Crothers Secondary School

Time: 9:00am – ?? Depends on entries, see schedule

Meet Convenors: Mark Arsenault, Adrienne Chong, Amy Menczel, Sue Menczel, Stephen Jimmo
Albert Wong, Lylyana James, Kelly Bradshaw, Patrick Russell

Entries: Athletes can enter up to 3 individual events and two relays

Limit of 6 entries per event per age group and limit of 2 relays per event per age group

Entries are done at www.trackdatabase.com. If you are not familiar please refer to the end of this package for directions about how to use trackdatabase to do registrations.

Deadline Monday May 13th 6:00pm MEET CODE: STCPQ

Fees: Fee is approx. \$260 per school, or \$100 if 5 athletes or less on the team.
Late entries or changes are \$20 per entry or change.
Will be charged centrally by the YRAA

Awards: Ribbons are given to the top 6 finishers in each competition
(Top 5 athletes in each competition qualify to Central Regions)
Medal is given to top male and female athlete in each division
Banner and Trophy is given to the top team in each division

Divisions: Novice girls and boys. Born in 2009 or later and in grade 9
Junior girls and boys. Born in 2008 or (2009 and in grade 10)
Senior girls and boys Born between 2004-2007 (max 5 years high school)

Facility: 400m- rubber 8-lane track. All runways are rubber including javelin.

Spikes: MAXIMUM 6mm.

Timing: Fully electronic timing.

Changing facility: Washrooms and change rooms available beside the track

Food: Food and drinks will be for sale on site

Playing Regulations: For a full description of Track and Field Playing regulations please see YRAA.com

2024 YRAA TRACK & FIELD CHAMPS: SCHEDULE

DAY 1 TRACK: Wed. May 15, 2024

(DRAFT: all sections are based on 2023 final schedule; schedule will be revised based on 2024 entries)

NEW: # of entries cap: **6 entries per event / per division / per gender** (ie. Markville can enter a maximum of 6 athletes for Novice Girls 100m and a maximum of 6 entries Novice Boys 100m... same for JG, JB, SG, SB)

9:20 am	COACHES MEETING			
9:45 am	OPEN GIRLS	2000m STEEPLECHASE	1 section Final	
10:00	OPEN BOYS	2000m STEEPLECHASE	1 section Final	
10:15 am	NOVICE GIRLS	80m HURDLES	1 section Final	
10:20	JUNIOR GIRLS	80m HURDLES	1 section Final	
10:25	SENIOR GIRLS	100m. HURDLES	2 sections Timed Final	
10:30	NOVICE BOYS	100m. HURDLES	2 sections Timed Final	
10:35	JUNIOR BOYS	100m. HURDLES	2 sections Timed Final	
10:45	SENIOR BOYS	110m. HURDLES	2 sections Timed Final	
11:00 am	NOVICE GIRLS	100m	16 heats	TOP
11:30	NOVICE BOYS	100m	17 heats	8
12:05	JUNIOR GIRLS	100m	14 heats	Advance
12:35	JUNIOR BOYS	100m	23 heats	to
1:20	SENIOR GIRLS	100m	12 heats	Final
1:45	SENIOR BOYS	100m	23 heats	
2:35 pm	NOVICE GIRLS	400m	5 sections Timed Final	
2:50	NOVICE BOYS	400m	9 sections Timed Final	
3:20	JUNIOR GIRLS	400m	5 sections Timed Final	
3:35	JUNIOR BOYS	400m	11 sections Timed Final	
4:05	SENIOR GIRLS	400m	6 sections Timed Final	
4:20	SENIOR BOYS	400m	15 sections Timed Final	
5:00 pm	Phys & Int Disabilities	100m	FINAL	
	NOVICE GIRLS	100m	FINAL	
	NOVICE BOYS	100m	FINAL	
	JUNIOR GIRLS	100m	FINAL	
	JUNIOR BOYS	100m	FINAL	
	SENIOR GIRLS	100m	FINAL	
	SENIOR BOYS	100m	FINAL	
5:15 pm	NOVICE GIRLS	1500m	1 section Final	
	NOVICE BOYS	1500m	2 sections Timed Final	
5:35 pm	JUNIOR GIRLS	1500m	1 section Final	
	JUNIOR BOYS	1500m	3 sections Timed Final	
6:00 pm	SENIOR GIRLS	1500m	1 section Final	
	SENIOR BOYS	1500m	3 sections Timed Final	
6:30 pm	NOVICE GIRLS	4 X 100m RELAY	3 sections Timed Final	
	NOVICE BOYS	4 X 100m RELAY	4 sections Timed Final	
6:50 pm	JUNIOR GIRLS	4 X 100m RELAY	3 sections Timed Final	
	JUNIOR BOYS	4 X 100m RELAY	5 sections Timed Final	
7:20 pm	SENIOR GIRLS	4 X 100m RELAY	3 sections Timed Final	
	SENIOR BOYS	4 X 100m RELAY	5 sections Timed Final	
7:50 pm	FINISHED			

2024 YRAA TRACK & FIELD CHAMPS: SCHEDULE

DAY 2 TRACK: Fri. May 17, 2024

[DRAFT: all sections are based on 2023 final schedule; schedule will be revised based on 2024 entries]

NEW: # of entries cap: **6 entries per event / per division / per gender** (ie. Markville can enter a maximum of 6 athletes for Novice Girls 100m and a maximum of 6 entries Novice Boys 100m... same for JG, JB, SG, SB)

9:20 am	COACHES MEETING		
9:45 am	NOVICE GIRLS	300m HURDLES	2 sections Timed Final
9:50	JUNIOR GIRLS	300m HURDLES	1 section Final
9:55	SENIOR GIRLS	400m HURDLES	1 section Final
10:05	NOVICE BOYS	300m HURDLES	1 section Final
10:10	JUNIOR BOYS	300m HURDLES	2 sections Timed Final
10:20	SENIOR BOYS	400m HURDLES	2 sections Timed Final
10:30 am	SENIOR GIRLS	3000m	1 section Final
10:45	SENIOR BOYS	3000m	2 sections Timed Final
11:15 am	Wheelchair	200m	1 section Final
11:20	NOVICE GIRLS	200m	12 sections Timed Final
11:45	NOVICE BOYS	200m	14 sections Timed Final
12:15	JUNIOR GIRLS	200m	11 sections Timed Final
12:35	JUNIOR BOYS	200m	18 sections Timed Final
1:05	SENIOR GIRLS	200m	10 sections Timed Final
1:25	SENIOR BOYS	200m	17 sections Timed Final
2:00 pm	JUNIOR GIRLS	3000m	1 section Final
2:15	JUNIOR BOYS	3000m	2 sections Timed Final
2:45 pm	Intellectually Imp	800 M	1 section Final
2:50	NOVICE GIRLS	800 M	2 sections Timed Final
	NOVICE BOYS	800 M	4 sections Timed Final
3:10	JUNIOR GIRLS	800 M	3 sections Timed Final
	JUNIOR BOYS	800 M	4 sections Timed Final
3:35	SENIOR GIRLS	800 M	2 sections Timed Final
	SENIOR BOYS	800 M	5 sections Timed Final
4:00 pm	NOVICE GIRLS	3000 M	1 section Final
4:15	NOVICE BOYS	3000 M	2 sections Timed Final
4:45 pm	OPEN GIRLS	4 X 400 M RELAY	3 sections Timed Final
5:00	OPEN BOYS	4 X 400 M RELAY	3 sections Timed Final
5:20 pm	FINISHED		

Race	Divisions	Classification (see OFSAA website for classification chart)
100m	Visually Impaired	T/F 11, 12, & 13
100m	Intellectually Impaired	T/F 20
100m	Ambulatory	T/F 35 – 38 & 40 - 47
200m	Wheelchair	T/F 34 & 51 - 54
800m	Visually Impaired	T/F 11,12,13
800m	Ambulatory	T/F 35 – 38 & 40- 46

2024 YRAA TRACK & FIELD CHAMPS: SCHEDULE

DAY 1 FIELD: Wed. May 15, 2024

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THROWS

10:00 AM	JUNIOR GIRLS NOVICE BOYS SENIOR BOYS	DISCUS SHOT PUT JAVELIN	(3 throws + top 8 get 3 throws) (3 throws + top 8 get 3 throws) (Flight 1 @10:00am) (3 throws) (Flight 2 @11:00am) (3 throws) (Final) *12:00pm (TOP 8 get 3 throws)
12:00 PM	SENIOR GIRLS JUNIOR BOYS	DISCUS SHOT PUT	(3 throws + top 8 get 3 throws) (Flight 1 @12:00pm) (3 throws) (Flight 2 @1:00pm) (3 throws) (Final) *2:00pm (TOP 8 get 3 throws)
1:00 PM 2:00 PM	NOVICE BOYS NOVICE GIRLS	JAVELIN DISCUS	(3 throws + top 8 get 3 throws) (3 throws + top 8 get 3 throws)
3:00 PM	JUNIOR BOYS	JAVELIN	(Flight 1 @3:00pm) (3 throws) (Flight 2 @4:00pm) (3 throws) (Final) *5:00pm (TOP 8 get 3 throws)
3:00 PM	SENIOR BOYS	SHOT PUT	(Flight 1 @3:00pm) (3 throws) (Flight 2 @4:00pm) (3 throws) (Final) *5:00pm (TOP 8 get 3 throws)

JUMPS

9:45 AM	ALL BOYS	POLE VAULT	
9:45 AM	NOVICE GIRLS	LONG JUMP	(Flight 1 @9:45am) (3 jumps) (Flight 2 @11:00am) (3 jumps) (Final) *12:30pm (TOP 8 get 3 jumps)
9:45 AM	NOVICE BOYS	LONG JUMP	(Flight 1 @9:45am) (3 jumps) (Flight 2 @11:00am) (3 jumps) (Final) *12:30pm (TOP 8 get 3 jumps)
10:15 AM	SENIOR GIRLS	HIGH JUMP	
12:00 PM	NOVICE GIRLS ALL GIRLS	HIGH JUMP POLE VAULT	
1:00 PM	JUNIOR GIRLS	HIGH JUMP	
1:30 PM	JUNIOR GIRLS	LONG JUMP	(Flight 1 @1:30pm) (3 jumps) (Flight 2 @ 2:30pm) (3 jumps) (Final) *3:30pm (TOP 8 get 3 jumps)
1:30 PM	JUNIOR BOYS	TRIPLE JUMP	(3 jumps + top 8 get 3 jumps)
3:30 PM	SENIOR BOYS	TRIPLE JUMP	(Flight 1 @3:30pm) (3 jumps) (Flight 2 @4:30pm) (3 jumps) (Final) *5:30pm (TOP 8 get 3 jumps)
4:00 PM	SENIOR GIRLS	LONG JUMP	(Flight 1 @4:00pm) (3 jumps) (Flight 2 @5:00pm) (3 jumps) (Final) *6:00pm (TOP 8 get 3 jumps)

2024 YRAA TRACK & FIELD CHAMPS: SCHEDULE

DAY 2 FIELD: Fri. May 17, 2024

[DRAFT: all flights are based on 2023 final schedule; schedule will be revised based on 2024 entries]

NEW: # of entries cap: **6 entries per event / per division / per gender** (ie. Markville can enter a maximum of 6 athletes for Novice Girls 100m and a maximum of 6 entries Novice Boys 100m... same for JG, JB, SG, SB)

THROWS

10:00 AM	JUNIOR GIRLS	SHOT PUT	(3 throws + top 8 get 3 throws)
	SENIOR GIRLS	JAVELIN	(3 throws + top 8 get 3 throws)
	SENIOR BOYS	DISCUS	(Flight 1)*10:00am (3 throws) (Flight 2)*11:00am (3 throws) (Final)*12:00pm (TOP 8 get 3 throws)
12:00 PM	SENIOR GIRLS	SHOT PUT	(3 throws + top 8 get 3 throws)
	NOVICE GIRLS	JAVELIN	(3 throws + top 8 get 3 throws)
12:30 PM	NOVICE BOYS	DISCUS	(3 throws + top 8 get 3 throws)
2:00 PM	NOVICE GIRLS	SHOT PUT	(3 throws + top 8 get 3 throws)
	JUNIOR GIRLS	JAVELIN	(3 throws + top 8 get 3 throws)
	JUNIOR BOYS	DISCUS	(3 throws + top 8 get 3 throws)

JUMPS

9:45 AM	NOVICE GIRLS	TRIPLE JUMP	(3 jumps + top 8 get 3 jumps)
	SENIOR BOYS	HIGH JUMP	
	NOVICE BOYS	TRIPLE JUMP	(3 jumps + top 8 get 3 jumps)
11:45 AM	JUNIOR BOYS	HIGH JUMP	
11:15 AM	SENIOR BOYS	LONG JUMP	(Flight 1)*11:15am (3 jumps) (Flight 2)*12:15pm (3 jumps) (Flight 3)*1:15pm (3 jumps) (Final)*2:15pm (TOP 8 get 3 jumps)
12:00 PM	SENIOR GIRLS	TRIPLE JUMP	(3 jumps + top 8 get 3 jumps)
12:45 PM	NOVICE BOYS	HIGH JUMP	
2:00 PM	JUNIOR BOYS	LONG JUMP	(Flight 1)*2:00pm (3 jumps) (Flight 2)*3:15pm (3 jumps) (Final)*4:30pm (TOP 8 get 3 jumps)
3:00 PM	JUNIOR GIRLS	TRIPLE JUMP	(3 jumps + top 8 get 3 jumps)

<http://www.trackdatabase.com/>

Meet Name: York Region Track and Field Finals
Meet Code: **STCPQ**
Meet Date: May 15, 2024 - May 17, 2024

Entry Close Date: **May 13, 2024 @ 06:00 pm**

If this is your first meet with the Track Database online entries:

(Returning Users, see below)

Select "Register" from the menu on the left to bring you to the registration page that will allow you to register your team. On your first visit to the registration system you will need to provide all the information required. OFSAA & CISAA have restricted modification abilities as much of their information is generated automatically.

Registration now uses a username and password, the username you create must be unique and cannot be changed. This username and password can be shared between the coaching team to allow multiple coaches to do registrations for segments of the team.

When you enter team data, be sure to use an email address which is checked often as any communication with either the meet convener, or trackDatabase.com will likely be time sensitive. Using the online entry system, your entries will be emailed to you prior to the entry close date in order to allow you time to review your entries and make any changes needed. These dates are set by your convener and should be noted in your meet package.

Returning Users:

Select "Login" from the menu on the left and use the username and password from your previous meet(s).

Joining a Meet:

To join a new meet, select "Join Meet" from the left menu. You will be prompted to enter the meet code provided by the convener. After entering this code and clicking the join meet button you will be added to the meet and it will now appear on your meet homepage.

Adding your entries:

The sign-up for relays is located under the "Athlete" heading. Select "Relay Entries" to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

For all other events, you can select them in the edit view for each athlete, check the box beside the event to register for it, clicking submit at the bottom of the page will save the data entered. Seed times may optionally be entered for running events in the box provided.

Copy Entries:

After choosing the meet to edit, click the "copy entries" button, located at the top of the entries listing. This will bring up a form to select the meet you would like to copy the entries from. After selecting the source meet, a listing of all the athletes and entries from your team will come up, click the box beside the entries you would like to copy and click copy entries. The system will alert you if any of the copied entries are for events that do not match the current meet, or would violate entry limits.