

York Region Track and Field Championships

Dates: Tuesday and Wednesday May 23-24th
Location: Bill Crothers Secondary School
Time: 9:00am – 6:00pm
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

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 Thursday May 18th 6:00pm **MEET CODE: WGJ34**

Fees: Fee is approx. \$225 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 2008 or later and in grade 9
Junior girls and boys. Born in 2007 or (2008 and in grade 10)
Senior girls and boys Born between 2003-2006 (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

YRAA Track & Field Championships Meet Schedule

Tuesday May 23rd, 2023
Bill Crothers Secondary School

Track Events (Tentative Schedule)			
Time	Event	Type	Order
9:20 a.m.	Coaches Meeting		
9:45 a.m.	2000 m Steeplechase (30")	Timed Final	OG
	2000 m Steeplechase (36")	Timed Final	OB
10:15 a.m.	80 m Hurdles (30")	Heats/Final	NG <i>(Final if not more than 17 in heats)</i>
	80 m Hurdles (30")	Heats/Final	JG <i>(Final if not more than 17 in heats)</i>
	100 m Hurdles (30")	Heats/Final	SG <i>(Final if not more than 17 in heats)</i>
	100 m Hurdles (33")	Heats/Final	NB <i>(Final if not more than 17 in heats)</i>
	100 m Hurdles (36")	Heats/Final	JB <i>(Final if not more than 17 in heats)</i>
	110 m Hurdles (36")	Heats/Final	SB <i>(Final if not more than 17 in heats)</i>
	80-110 m Hurdles	Finals <i>(if needed)</i>	NG, JG, SG, NB, JB, SB
11:15 a.m.	100 m	Heats	NG, NB, JG, JB, SG, SB
		*8 fastest times advance to final	
1:15 p.m.	400 m	Timed Final	NG, NB, JG, JB, SG, SB
2:30 p.m.	100 m	Finals	Vis.Impaired, Int.Impaired, NG, NB, JG, JB, SG, SB, Ambulatory
3:00 p.m.	1500 m	Timed Final	NG, NB, JG, JB, SG, SB
4:30 p.m.	4 x 100 m Relay	Timed Final	NG, NB, JG, JB, SG, SB

Field Events						
LJ	TJ	HJ	PV	SP	Dis	Jav
NG & NB 9:45am		SG 9:45am	Boys 9:45am	NB (4kg) 10:00am	JG (1kg) 10:00am	SB (800g) 10:00am
JG 1:00pm	JB 1:00pm	NG 11:15am	Girls 12:00pm	JB (4kg) 12:00pm	SG (1kg) 12:00pm	NB (600g) 12:00pm
SG 3:00pm	SB 3:00pm	JG 2:30pm		SB (12lb) 2:00pm	NG (1kg) 2:00pm	JB (600g) 2:00pm

YRAA Track & Field Championships Meet Schedule

Wednesday May 24th, 2023

Bill Crothers Secondary School

Track Events (Tentative Schedule)			
Time	Event	Type	Order
9:20 a.m.	Coaches Meeting		
9:45 a.m.	300 m Hurdles (30")	Timed Final	NG
	300 m Hurdles (30")	Timed Final	JG
	400 m Hurdles (30")	Timed Final	SG
	300 m Hurdles (33")	Timed Final	NB
	300 m Hurdles (33")	Timed Final	JB
	400 m Hurdles (36")	Timed Final	SB
10:45 a.m.	3000 m	Timed Final	SG, SB
11:30 a.m.	200 m	Timed Final	Wheelchair, NG, NB, JG, JB, SG, SB
1:00 p.m.	3000 m	Timed Final	JG, JB
1:30 p.m.	800 m	Timed Final	Vis.Impaired, Int.Impaired, Ambulatory, NG, NB, JG, JB, SG, SB
2:15 p.m.	3000 m	Timed Final	NG, NB
3:00 p.m.	4 x 400 m Relay	Timed Final	OG, OB

Field Events					
LJ	TJ	HJ	SP	Dis	Jav
	NG & NB 9:45am	SB 9:45am	JG (3kg) 9:45am	SB (1.6kg) 9:45am	SG (600g) 9:45am
SB 12:00pm	SG 12:00pm	JB 11:15am	SG (4kg) 11:45am	NB (1kg) 11:45am	NG (600g) 11:45am
JB 2:00pm	JG 2:00pm	NB 12:45pm	NG (3kg) 1:45pm	JB (1kg) 1:45pm	JG (600g) 1:45pm

Division	Race & Classification (see OFSAA Chart #1)	Race & Classification (see OFSAA Chart #1)
Visually Impaired	100m (T/F 11, 12 & 13)	800m (T/F 11, 12 & 13)
Intellectually Impaired	100m (T/F 20)	800m (T/F 20)
Ambulatory	100m (T/F 35-38 & 40-47)	800m (T/F 35-38 & 40-46)
Wheelchair	200m (T/F 34 & 51-54)	

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

Meet Name: York Region Track and Field Finals
Meet Code: **WGWJ34**
Meet Date: May 23, 2023 - May 24, 2023

Entry Close Date: **May 18, 2023 @ 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 don't match the current meet, or would violate entry limits.