



WATERLOO COUNTY TRACK WARS Friday, May 5th, 2023

Welcome to TRACK WARS with easy entries and Finish Lynx Photo timing.

Online entry procedures are open now on Athletic.net

Hosts: Waterloo Regions District School Board Schools

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

Date: Friday, May 5, 2023.

Jim Woolley Meet Director	Darcy Mintz, Chuck Thompson Officials
jim_woolley@wrdsb.ca	darcy_mintz@wrdsb.ca charles_thompson@wrdsb.ca

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: \$15.00 per athlete (they may compete in unlimited events)

MAXIMUM FEE: \$ 600.00 per school

Make cheques payable to: Huron Heights Secondary School

Guaranteed Entry Deadline: Wednesday April 19th
Schools that register by this date will be guaranteed entry into Track Wars this year

Schools that register between Thursday April 20th and Wednesday May 3rd will be accepted on a first come first served basis until we reach a maximum of 50 schools. We have found that if more than 50 schools register not all athletes get an opportunity to have three attempts in the field events and we get way behind in our track schedule

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

Registration: A registration table will be set up at administration portable located closest to the bleachers at the start line.

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

Schedule of Track Events (2023)

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
10:30 a.m.	Sprint hurdles	Novice/Junior/Senior	Girls/Boys
11:30 a.m.	4 x 800m	OPEN	Girls/ Boys
12:30 p.m.	100m	Novice/Junior/Senior	Girls on the back straight Boys on the front straight
2:00 p.m.	1500m	Novice/Junior/Senior	Girls/ Boys
3:15 p.m.	4 x 100 m	Novice/Junior/Senior	Girls/ Boys
4:30 p.m.	300m (not hurdles)	Novice/Junior/Senior	Girls/ Boys
5:30 p.m.	Steeplechase	OPEN	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
10:30	JG	NB	NG	JB	SG	SB
11:45	SG	SB	JB	NG	NB	JG
1:00	NB	NG	JG	SG	SB	JB
2:15	SB	JB	SG	NB	JG	NG
3:30	NG	JG	NB	SB	JB	SG
4:45	JB	SG	SB	JG	NG	NB
Pole Vault 10:30 am				Open Girls		
Pole Vault 1:30 PM				Open Boys		

In terms of Field events, due to the number of entries we can't guarantee a minimum number of attempts. In order to hopefully allow every competitor to get three attempts, the first attempt for all competitors will be measured. All subsequent attempts will only be measured if they are beyond the distance of the 8th place competitor from the first round. Adjustments may also be in place for pole vault and high jump depending on the number of competitors.

Track Wars 2023 Entries Information

Please see above for the two entry deadlines

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

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 2023 to your team calendar, please do the following.

1. Icon beside your name (top right)
2. Team Home
3. Track Wars 2023 (From within your 2023 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. (Novice (N) 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. The 'Junior' and 'Senior' buttons are highlighted in blue. To the right of each name is an 'Override seed' button and a help icon. On the far right, there is a sidebar with 'Event Details' and 'Team Entry Totals'.

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!!!