

# Sudbury Twilight Meet – 2019

**Date:** Wednesday June 26th, 2019

**Location:** Laurentian University Track, Sudbury, ON

**Transportation:** The bus departs from Memorial Garden's parking lot (YMCA side) at 3:30pm. All athletes and parents are welcome on the bus. Any 11U and 13U athletes that ride the bus must have a parent\guardian with them.

## Age Divisions and Events:

There are only 2 age divisions for this meet. Athletes will be seeded in heats according to the year they were born.

**Bantam (13 and under)**

**Open**

**Cost:** There is no cost as long as you have paid the \$20.00 Spring Program fee asked for at the beginning of the spring program. If you have not, the cost is \$20.00.

**Waiver Form:** A Competition Waiver Form for this Twilight meet **must** be filled out and signed by a parent before an athlete can compete at this meet. The form is also on the website. Bring the form to the practice Friday June 21<sup>st</sup>, 2019 or bring it to the meet with you.

**Sign-Up:** Coach Jan Faucon will have the sign-up sheet at practice or email ([jan@nbltc.ca](mailto:jan@nbltc.ca)) the event(s) you are interested in, AND if you are taking the bus. Parents have the option to drive their aspiring athlete.

**Event schedule:**

<b>Track:</b>	6:00pm – 100m	<b>Field:</b>	6:00pm – Long Jump
	6:20pm – 3000m		7:00pm – Triple Jump
	6:35pm – 800m		
	6:50pm – 200m		
	7:10pm – 1500m		
	7:30pm – 400m		

**Return to North Bay:** We will wait for the 16 and over athletes to cool down after the 400m. The bus should be back in North Bay between 10 - 10:15 pm.