



KEVIN DILLON INVITAIONAL Cross Country Meet

Tuesday, October 8th, 2024 (Durham Forest)

MEET DIRECTORS: Joe Dionne (Wilson) Mark Crawford (All-Saints) Mike Pichette (Garnier)

INQUIRIES: mpichette1@cscmonavenir.ca, 905.665.5635 ext. 81133 (Mike Pichette at Garnier)

MEET SCHEDULE:

| | | |
|----------|------------------------|---------|
| 10am | Registration | |
| 10:30am | Grade 7/8 girls / boys | 3km |
| 11am | NOVICE GIRLS / PARA | 4km |
| 11 :40am | NOVICE BOYS | 4km |
| 12 :10pm | JUNIOR GIRLS | 5km |
| 12 :50pm | JUNIOR BOYS | 5km |
| 1:30pm | SENIOR GIRLS | 6km |
| 2 :10pm | SENIOR BOYS | 6km |
| 2:50pm | Novice co-ed relay | 4 x 1km |
| | (Grade 7/8 welcomed) | |
| 3:30pm | OPEN co-ed relay | 4 x 1km |



COURSE: Primarily run on dirt forest roads and trails. Spikes or waffle-soled shoes are recommended.

FACILITIES: No change facilities. Portable toilets will be available.

PARKING: Event parking is not permitted on Concession 7. **Please encourage your buses to drop off and pick up. There is limited vehicle within Durham Forest.**

SCORING: In each race the finishing places of a school's top four runners will be totalled. Ties will be broken by the position of the fourth runner. "B" teams may also earn awards.

AWARDS: T-Shirts to the top 3 individuals in each race and ribbons to the first 5 members of the 3 top teams in each division.

ENTRIES: Enter on line at www.trackdatabase.com – Instructions attached. Meet code: MJQ2M Please don't wait until the last minute before attempting to put in your entries. Entries can easily be modified or deleted any time before the deadline.

ENTRY FEES: On line: \$12.00 per runner and \$15 per relay team to a maximum of \$400.00 per school by the entry deadline. Post entries: \$15 per athlete – no maximum. Cheques preferred - payable to Donald A Wilson att: Joe Dionne. You must pay for all athletes you enter regardless of who shows up.

ENTRY DEADLINE: Oct 4th , 2024 @ 03:00 pm

DIRECTIONS: **From the west:** Brock Road North (Pickering) to Goodwood Road – (Durham 21). Turn east on Goodwood Road to Concession 7 and turn south to Durham Forest.

From the east: North on Lakeridge Road (Durham 23) to Goodwood Road – (Durham 21). Turn west on Goodwood Road and follow to Concession 7 and turn south to Durham Forest. If you are travelling on the 401, there is no exit to Durham 23. You should continue west to Brock Road North in Pickering and come back to get to Durham 23. (**Don't get off at Brock Street in Whitby.**)

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

Meet Name: Durham Lynx-Tiger Invite

Meet Code: MJQ2M

Meet Date: Oct 10, 2023

Entry Close Date: **Oct 4, 2024 @ 03:00 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.