



TITAN-BRONCO PREP

TRACK & FIELD MEET

MEET INFORMATION

Where: Alumni Stadium, Western University, London

When: Thursday, April 30, 2026

10:30 am - 5:30 pm

Welcome to the Titan-Bronco Prep meet hosted by Regina Mundi Catholic College Titans and Sir Frederick Banting Broncos. This prep meet is intended as an opportunity for your athletes to prepare for championships in the same facility where TVRA and WOSSAA Championships will be held.

FACILITY: UWO is a Rubberized 8-lane 400-meter track.
Please ensure that a maximum 6mm pyramid spikes are worn.

ELIGIBILITY: Secondary School athletes only.
All athletes must be entered through their school and compete in their school uniform only. (Throwers may wear t-shirts)

AWARDS: First-place finishers will receive medals. Second-place, to Sixth-place finishers will receive ribbons.

ENTRY INFORMATION

Entry Fees: \$20.00 per athlete per event, \$25.00 per relay team.

Maximum Team Fee: \$600 (if no adult event official is provided)

Discounted Team Fee: \$500 (if you provide an adult official. Must be familiar with event rules.)

Late Fee: Add \$50.00 to your fee if the entries are not submitted by Monday, April 27, 2026 @ 6:00 p.m.

-Entries will be accepted through AthleticNET.

-Please create a team in AthleticNet using the instructions on page 5 of the coach's package.

-Do not wait until the last minute to set up a team, as AthleticNET will have to approve you as an owner of your school team.

Payment: Please bring payment to the meet. (** MAKE CHEQUES PAYABLE TO "Banting Secondary School")

ENTRIES:

ENTRY DEADLINE: Monday, April 27, 6:00 pm

Absolutely no new entries allowed after this deadline. ONLY scratches allowed.

SCRATCH DEADLINE: Tuesday, April 28, 6:00 pm **(Made directly in AthleticNET)

LIVE RESULTS: Can be viewed on AthleticLIVE (<https://live.athletic.net/meet-list>)

Visit **onttrack.com** for meet information

ENTRY LIMITS: Three (3) athletes/relay teams per event per school.

EVENT VOLUNTEERS: We require extra volunteers from each school to assist with our field events and marshalling.

Your school will receive a discounted entry fee with an adult event volunteer. (Three event sessions) (10:30, 11:45, 1:00 or 2:00, 3:15, 4:30)

*Any team volunteering can email Franco to adjust their invoice to reflect the discounted price once they have submitted their entries.



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EVENT SIGN-UP SCHEDULE:

*If you plan to officiate an event, and receive the meet discount, please email Franco to request your event and time slot, on a first come-first served basis.

https://docs.google.com/document/d/1MqjgXIB_X80gBOMN1fZwP7ddWubPmJgniOEoDrv4k8s/edit?usp=sharing

*Each adult should bring a student assistant while officiating the event.

*We will also provide SHSM student volunteers to assist adults at each event.

TECHNICAL INFORMATION

PLEASE READ THE FOLLOWING INFORMATION CAREFULLY.

1. Please seed all distance athletes as they will be placed in preset sections according to seed times.
Please also seed your throwing athletes so that throwers will be put into flights to speed up measurements.
2. After a final call, athletes must be checked into the event.
3. Athletes must restrict their warm-up to the unused portions of the track.
4. Results will be posted online at the meet website and on the shed at the south end of the main stands.
5. We will move ahead of schedule up to 20 minutes if running early.
6. Since we are not using bibs, if an athlete can not compete in their spot, you may replace them with an alternate, as long as they compete for the same school.

We will not replace their names, so the coach and athlete are responsible for knowing who they are replacing to find results.

MEASUREMENTS:

Every athlete will receive at least one measurement in the shot put, discus, javelin, and triple jump.

They will each be given 3 trials. If time permits, the top-6 will get 2 more attempts at the official's discretion.

*For throws and horizontal jumps, every athlete will get at least one measurement. After the first round, the standard is set by the 6th-best performance. Performances less than this standard distance will not be measured in subsequent attempts. However, sectors and a tape will be set out to approximate subsequent distances. (Will depend on the number of entries, and schedule)

High Jump Starting Heights:

	Novice	Junior	Senior
Girls	1.25	1.30	1.35
Boys	1.35	1.45	1.55

OTHER INFORMATION

1. **WEATHER:** There is no rain date. In the event of inclement weather, athletes can move inside the main floor of the pavilion, under the stands, or utilize their team tent. Please dress appropriately for the expected weather. Bring warm clothes, rain jackets, hats, and sunscreen, depending on the forecast.
2. **INJURIES:** First Aid will be provided near the entrance to the pavilion.
3. **PARKING:** Parking at the stadium has a cost and is paid for on the **HONK** parking app.
4. **WASHROOMS:** Washrooms are located on each side of the main pavilion.
5. **CHANGEROOMS:** These are available inside the pavilion
6. **FOOD:** The concession stand will be open and available for food and beverages.
Subway and Barakat Restaurants are available at the top of the hill along Western Road.
8. **GARBAGE:** Please encourage the use of trash containers for depositing garbage. As the meet comes to an end, please ensure that your team area is clean and tidy.
9. **Tents:** There is space for team tents throughout the greenspace and in the stands. If in the stands, please place them halfway up.



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SCHEDULE

TRACK		FIELD	
TIME	EVENT	TIME	EVENT
10:30 am	Novice Girls 80m Hurdles Heats Junior Girls 80m Hurdles Heats Senior Girls 100m Hurdles Heats Novice Boys 100m Hurdles Heats Junior Boys 100m Hurdles Heats Senior Boys 110m Hurdles Heats	10:30 am	Novice Girls High Jump Senior Boys Triple Jump Novice Girls Shot Put Junior Girls Javelin Senior Girls Discus Senior Girls Pole Vault
11:15 am	Novice Girls 800m Timed Finals Junior Girls 800m Timed Finals Senior Girls 800m Timed Finals	11:45 am	Novice Boys High Jump Senior Girls Triple Jump Novice Boys Shot Put Junior Boys Javelin Senior Boys Discus
		12:30 pm	Senior Boys Pole Vault
12:00 pm	Senior Boys 110mh Finals Junior Boys 100mh Finals Novice Boys 100mh Finals Senior Girls 100mh Finals Junior Girls 80mh Finals Novice Girls 80mh Finals Para 100m Sprint Timed Finals (II, AMB, VI)	1:00 pm	Junior Boys High Jump Junior Girls Triple Jump Senior Girls Shot Put Novice Girls Javelin Junior Girls Discus
12:20 pm	Novice Boys 800m Timed Finals Junior Boys 800m Timed Finals Senior Boys 800m Timed Finals	2:15 pm	Senior Girls High Jump Novice Boys Triple Jump Senior Boys Shot Put Novice Boys Javelin Junior Boys Discus
		2:30 pm	Junior Girls Pole Vault (Gr. 9-10)
1:00 pm	Novice Girls 4 x 100m Relay, Timed Finals Junior Girls 4 x 100m Relay, Timed Finals Senior Girls 4 x 100m Relay, Timed Finals Novice Boys 4 x 100m Relay, Timed Finals Junior Boys 4 x 100m Relay, Timed Finals Senior Boys 4 x 100m Relay, Timed Finals	3:30 pm	Senior Boys High Jump Novice Girls Triple Jump Junior Girls Shot Put Senior Girls Javelin Novice Girls Discus Girls Para Shot Put
		4:30 pm	Junior Boys Pole Vault (Gr. 9-10)
2:00 pm	Novice Girls 1500m Timed Finals Junior Girls 1500m Timed Finals Senior Girls 1500m Timed Finals	4:45 pm	Junior Girls High Jump Junior Boys Triple Jump Junior Boys Shot Put Senior Boys Javelin Novice Boys Discus Boys Para Shot Put
3:00 pm	Wheelchair 200m Timed Finals Novice Girls 200m Timed Finals Novice Boys 200m Timed Finals Junior Girls 200m Timed Finals Junior Boys 200m Timed Finals Senior Girls 200m Timed Finals Senior Boys 200m Timed Finals		
4:15 pm	Novice Boys 1500m Timed Finals Junior Boys 1500m Timed Finals Senior Boys 1500m Timed Finals		

*Events can begin up to 15-min's early if required.



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FACILITY MAP





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ATHLETICNET RESOURCES

Quick Start Guide for Using AthleticNET:

<https://support.athletic.net/article/edfgi0tvgm-quick-start-guide-for-new-coaches>

TEAM PAGE:

Creating a team (or finding your team if it already exists)

<https://support.athletic.net/article/qlk6wynk07-add-a-team>

Request Access to Team Page - My Team has a page but no Coaches are listed!

<https://support.athletic.net/article/yei96meatb-request-access-to-team-page>

Invite a Coach to Use AthleticNET - Invite another Coach to be a member of your Team—or ask another Coach to do this for you!

<https://support.athletic.net/article/gro5k92m14-invite-a-coach-to-use-athletic-net>

UPLOADING ATHLETES/ROSTER:

Uploading your roster (this shows you how to do a bulk upload of Athletes to your team.):

<https://support.athletic.net/article/g3l6e4jp3z-uploading-a-roster>

Adding, deactivating, reactivating athletes on your team roster

<https://support.athletic.net/article/u9yf7i9myw-deactivating-reactivating-and-moving-athletes>

ADDING MEETS:

Adding a meet to your team calendar:

<https://support.athletic.net/article/brvetv3jcz-adding-a-meet-to-your-calendar>

SUBMITTING ENTRIES FOR A MEET:

<https://support.athletic.net/article/z11f8f1jja-submitting-entries-for-a-meet>