

2025 Spring Competitive Track and Field Program

Age Categories:

- Athletes in grades 4 to 8 are welcome to come for additional training to what is being offered at their school.
- Athletes in grades 9 to 11 (born 2008 or later) have daily practices with their high schools. Athletes wishing to improve their running technique are welcome to the Friday practices. Once the high school season is over (after OFSAA), additional practices will be held in preparation for the RCL District H Meet. This meet is a qualifier to the RCL Provincial Championships and the RCL/AO Canadian National Championships.

Registration:

For newcomers to NBLTC:

- Please fill out the online [Athlete Information Form](#).

Returning athletes to NBLTC:

- At your first practice, check your Athlete Information Sheet we have on file for any changes that need to be made.

Location: Chippewa Secondary School Track (Fridays)

Time: 3:40 pm to 5:15 pm

Training Cost: \$20.00 (total)

Competing Cost:

- The cost to the parents will depend on the number of Meets that the athlete attends. Every Track and Field Meet establishes their own event fee costs. Review the list of Meets for event prices.
- Traveling to and from the Meet(s) is the parents' responsibility.

Training Dates:

- **Come to practice any time over the two month training period. Athletes are encouraged to attend as many workouts as possible.**
 - April 25th
 - May 2nd
 - May 9th – **No Practice** – *Coaching at Nipissing Invitational Meet*
 - May 16th
 - May 23rd
 - May 30th
 - June 6th – **No Practice** – *Coaching at OFSAA*
 - June 13th
 - June 20th – Final prep day for the RCL District H Meet

Meets Available to the Spring Competitive Athletes:

- Athletes may attend any or all of the meets listed they are eligible for.

1. Nipissing Invitational – May 9th (all day at SJSH Track)

- The youngest age category is Novice (gr 9).
- The meet director is accepting athletes as young as grade 5.
- Every effort is made to put the young athletes in the same racing heat.
- The registration cost is \$5.00 per event payable by e-transfer to admin@nbltc.ca. Please include your child's name in the message box.
- **Novice Events:** 80m hurdles, 300m hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin, Pole Vault (Open Category – grades 9 to 12)
- **Deadline to register with Coach Jan for this Meet is Monday May 5th**

2. RCL District H Track and Field Meet – Saturday June 21st (all day at the Laurentian University Track and Field Complex in Sudbury)

- This is the primary meet we are training for.
- Additional information about the meet will be available once athletes have registered with Coach Jan.
- *****The District H Meet is a qualifier meet for the U16 and U18 age categories to the Legion Ontario Provincial Meet held July 11th and 12th at the Toronto Track and Field Center.**
- **Age classifications for this Meet are calculated as of December 31, 2025.**
- **Deadline to register with Coach Jan for this meet is Sunday June 15th**

A. Events for U12 (11yrs and under) (born 2014, or later)

- 100m, 200m, 300m, 800m, 1200m, High Jump, Long Jump, Triple Jump, Shot Put

B. Events for U14 (13yrs and under) (born 2012 and 2013)

- 100m, 200m, 300m, 800m, 1200m, 2000m, High Jump, Long Jump, Triple Jump, Shot Put

C. Events for U16 (15yrs and under) (born 2010 and 2011)

- 80m hurdles (women), 100m hurdles (men), 200m hurdles, 100m, 200m, 300m, 800m, 1200m, 2000m, 1500m steeple chase, pole vault, triple jump, long jump, high jump, javelin, shot put, discus.

D. Events for U18 (17yrs and under) (born 2008 and 2009)

- 100m hurdles (women), 110m hurdles (men), 400m hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 2000 steeple chase, pole vault, triple jump, long jump, high jump, javelin, discus, shot put.

The next three (3) Meets are available for those wishing to continue to improve their results once the Spring Competitive Season is over.

3. **[Sudbury Twilight Meet #2](#) – Wednesday, June 25th (6pm start time in Sudbury at the Laurentian University Track and Field Complex in Sudbury)**
 - All the events are an Open Category. The racing heats will progress from the youngest age category to the oldest age category.
 - **Time:** 6pm
 - **Events:** 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump or Triple Jump
 - Please select the option “**Entry Link**” for **Twilight Meet #2** [here](#).
 - **Entry Fees:** \$10 per event
 - **Deadline to register is Monday, June 23rd.**
4. **[Sudbury Twilight Meet #3](#) – Wednesday July 2nd (Laurentian University Track and Field Complex in Sudbury)**
 - All the events are an ‘Open Category’. The racing heats will progress from the youngest age category to the oldest age category.
 - **Time:** 6pm
 - **Events:** 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump or Triple Jump
 - Please select the option “**Entry Link**” for **Twilight Meet #3** [here](#).
 - **Entry Fees:** \$10 per event
 - **Deadline to register is Monday, June 30th.**
5. **[Sudbury Twilight Meet #4](#) – Wednesday July 16th (Laurentian University Track and Field Complex in Sudbury)**
 - All the events are an Open Category. The racing heats will progress from the youngest age category to the oldest age category.
 - **Time:** 6pm
 - **Events:** 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump or Triple Jump
 - Please select the option “**Entry Link**” for **Twilight Meet #4** [here](#).
 - **Entry Fees:** \$10 per event
 - **Deadline to register is Monday, July 14th.**

Additional details about the Meets will be posted as the information becomes available.