

**NORTH BAY SPECIAL OLYMPICS
5th ANNUAL JACK LYONS
TRACK AND FIELD MEET**

JUNE 20th, 2026

**ST. JOSEPH/SCOLLARD HALL
SECONDARY SCHOOL**

NORTH BAY

**June 20th, 2026
St. Joseph/Scollard Hall Secondary School
North Bay, ON**

Agenda

- | | |
|------------------------|-----------------|
| • Registration | 8:30 a.m. |
| • Warm ups | 8:30-9:00 a.m. |
| • Head Coaches Meeting | 8:30 a.m. |
| • Opening Ceremonies | 8:45 a.m. |
| • Meet Begins | 9:00 a.m. |
| • Lunch | 12:00-1:00 p.m. |
| • Meet Resumes | 1:00 p.m. |

REGISTRATION DEADLINE: JUNE 11th, 2026

ENTRIES ARE TO BE MAILED TO:

Rob Saunders
1412 Shea St.
North Bay, ON
P1B 5V2
(705)477-1056 (evenings and weekends)
Or email to
(saunders_64@hotmail.com)

ATHLETE Registration Fees \$0.00

\$20.00 fee for ALL coaches/volunteers that attend.

Reminder of the 4:1 ratio

This year's Track and Field Meet is being sponsored by:

Assante Wealth Management Group

**There is no Registration Fee for athletes only! Thank you,
Assante!**

THIS MEET WILL BE GOVERNED ACCORDING TO SOC RULES

Important Information:

AGE: Ages, as of the first day of the meet are to be listed on each athlete's entry

Entry Limitations: The number of entries per athlete will be limited to 5 individual events plus relays. Adapt athletes will be limited to 4 events if capable.

Head Coaches are requested to be respectful of the athletes' ability when selecting events.

Scratches from events: must be reported upon arrival at the venue.

Anyone who registers in the 50M cannot enter other running events.

RELAYS (if time permits): All teams are limited to 2 relays entry per event.

Athletes check in at event: It is the responsibility of the head coach to ensure that athletes are at events at the scheduled time.

Protests: must be received within 30 minutes of said event completion.

Loss of protest will result in a \$50.00 cash fee.

Medical: a medical form is not required for this competition; however, clubs should have in their possession a copy of athletes' local medical form.

Let's all stay safe and have fun.

Track events:

50 metres (FINALS)
100 metres (Finals)
200 metres (Finals)
400 metres (Finals)
800 metres (Finals)
1500 metres (Finals)
3000 metres (Finals)
5000 metres (will run early Friday night or Sat. 8:15am FINAL)

Field events:

Running Long Jump (FINAL)
Standing Long Jump (FINAL)
Shot Putt (FINAL)
Javelin (FINAL)
4X100 metres Relay (if time permits)
4X400 metre Relay (if time permits)

Adapt Events

25 metre Wheelchair Race FINAL
Softball Throw (FINAL)

Track and Field Schedule of events will be set at a later date once entries are received.

****PLEASE MAKE SURE ALL FORMS ARE FILLED OUT AND RETURNED BY DEADLINE** (all forms can be filled out on your computer)**

Lunch will be provided for all teams – orders must be received with registration

Menu: Subs, Juice, Cookie, and Fruit

Subs Options:

Ham, Ham & Cheese, Vegetarian, Tuna, and Assorted Cold Cuts, or Salad

(ALL SUBS WILL HAVE LETTUCE AND TOMATOES ON THEM)

Please indicate below how many of each sub you would like:

Team (Community) Name: _____

Ham _____ **Ham & Cheese** _____ **Vegetarian** _____

Assorted Cold Cuts _____ **Salad** _____

SPECIAL DIET REQUEST

Wildcats Special Olympics will be happy to assist individuals with special dietary needs. This would include diabetes or those requiring low sodium or those with specific food allergies. **Picky eaters will be the responsibility of the team.**

Team Name: _____

Name of Athlete Requesting Special Diet: _____

Dietary Request: _____

Team Information

TEAM NAME: _____

ATHLETE NAMES:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

COACHES NAMES:

- 1.
- 2.
- 3.
- 4.
- 5.