

MADAWASKA ELEMENTARY SCHOOLS ACTIVITY ASSOCIATION
MESAA
2023 INVITATIONAL **TRACK & FIELD** MEET

ENTRY FORMS

Thursday, June 8, 2023

For all the rules and a copy of the schedule

Go to <http://pal.rcdsb.on.ca/en/schoollife/MESAA.asp/>

SCHOOL NAME ▾

COACH'S NAME:

COACH'S HOME PHONE:

PLEASE RETURN ENTRY FORMS TO PALMER RAPIDS PUBLIC SCHOOL or Paul Sarazin no later than Wednesday, **May 31, 2023**, in order to prepare for the Meet. This is important.

Palmer Rapids Public School
Box 10, 116 Burnt Bridge Road
Palmer rapids, Ontario
K0J 2E0
Phone: (613) 758 2202
Email: sarazinp@rcdsb.on.ca

ENTRY FORMS COMPLETION OPTIONS

Complete these PDF Forms on your computer or print them.

OR

Use the Google Doc that will be shared with your school and can be completed directly, without having to submit them afterwards.

IMPORTANT

If changes need to be made to your Entry Forms please do so on or before Monday, June 5. Email or call changes into Palmer Rapids Public School. It would be GREATLY appreciated if no changes were made following this date.

Remember:

Indicate your fastest runners with a 1 for seeding purposes.

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2023 INVITATIONAL **TRACK & FIELD** MEET

SCHOOL ASSIGNMENTS

Date: Thursday, June 8, 2023 (raindate - June 12)

Location: Killaloe Public School

Time: Starting at 10:30 am

RESPONSIBILITIES

EVENTS	Division	SCHOOL	CONTACT
Ball Throw	Girls	Sherwood	
Ball Throw	Boys	George Vanier	
Running Long Jump	Girls	Palmer Rapids	G Parcher
Running Long Jump	Boys	Killaloe	
Standing Long Jump	U10	St. Andrew's	
Triple Jump	U12 and U14	St. John Bosco	
Track	All	Palmer Rapids	P. Sarazin

Note: Each school is responsible for the necessary equipment to run their assigned event. Please procure your equipment early. If you would like to change assignments with another school you must initiate the change.

COST

Cheque payable to MESAA: \$0.50 per student per event. As soon as possible please. Once I have received your information a print out will be emailed to you with a summary and amount due. Please check the summary for any mistakes.

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ENTRY FORMS

U14 Girls

Born in 2008 and 2009 or later

SCHOOL NAME ▾

Type or print full names Only two athletes per event Only three events per athlete Place a ✓ or x in corresponding boxes beside names Indicate fastest runners in each event with a 1								
ATHLETE'S NAME		100	200	400	800	Run Long Jump	Triple Long Jump	Ball Throw
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

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ENTRY FORMS

U14 Boys

Born in 2008 and 2009 or later

SCHOOL NAME ▾

Type or print full names Only two athletes per event Only three events per athlete Place a ✓ or x in corresponding boxes beside names Indicate fastest runners in each event with a 1								
ATHLETE'S NAME		100	200	400	800	Run Long Jump	Triple Long Jump	Ball Throw
1								
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