

91st HIGHLANDERS ATHLETIC ASSOCIATION **INDOOR TRACK AND FIELD MEET**

DIRECTOR: Pam Mulholland, pam.mulholland14@gmail.com

LOCATION: 101 York Blvd. Hamilton, Ontario - First Ontario Centre (formerly known as Copps Coliseum)

DATE: Thursday, February 22, 2018

ENTRY DEADLINE: Friday, February 16, 2018

ENTRY FEE: \$8.00 - Individual Events
\$12.00 - Relay Events
\$250.00 - Total Team Cap

*Please bring your cheque to the meet and make it out to *91st Highlanders Athletic Association*



NEW AND IMPORTANT INFORMATION:

- The **first 25** schools to commit (via email), participation is guaranteed (when committing please inform me if you plan on bringing a full team or a small team)
- **1** entry per school for each individual field event, relay events and the 600m. **2** entries per school in the 300m. Ten wildcard entries per school can be used in any event
- Each athlete is permitted to be entered in a maximum of **4** events, including relays
- All track events are photo timed and are **timed finals except the 4x1 lap relay. There will be a 4 team final for each relay group.**
- Bib numbers are to be worn on the front
- Each athlete must be wearing a school shirt that clearly identifies the name of the school
- No spikes or pins are permitted
- Enter through doors on York St. by Hamilton Bulldogs office (**open 7:45 am**)
- The meet should finish between **3:30 - 4:00**

TRACK EVENTS SCHEDULE

8:15 – 9:15 - Warm Up time on the track

9:15 – Coaches Meeting at the finish line area

9:30 - the start of the track portion of the meet. **Order of running** for all track events will be as followed. Senior Girls, Senior Boys, Junior Girls, Junior Boys, Bantam Girls, Bantam Boys

ORDER OF EVENTS

- 4x1 lap relay (all 6 age groups)
- 300 metres (all 6 age groups)
- 4x2 lap relay co-ed (3 groups Senior, Junior, Bantam)
- 600 metres (all 6 age groups)
- 4x1 lap relay final (top 4 teams from each group)
- Medley Relay – (2 laps, 1 lap, 1 lap, 2 laps) *this is an Open Girls and Open Boys event. You may use any four runners from any age classification

FIELD EVENTS SCHEDULE

Long Jump (3 attempts) Pit #1

9:30 – Bantam Girls
10:30 – Bantam Boys
11:30 – Junior Girls
12:30 – Junior Boys
1:30 – Senior Girls
2:30 – Senior Boys

Triple Jump (3 attempts) Pit #2

9:30 – Junior Boys
10:30 – Junior Girls
11:30 – Senior Boys
12:30 – Senior Girls
1:30 – Bantam Boys
2:30 – Bantam Girls

SCORING AND AWARDS

- Team scoring for individual events:
 - 1st = 10 points
 - 2nd = 8 points
 - 3rd = 6 points
 - 4th = 5 points
 - 5th = 4 points
 - 6th = 3 points
 - 7th = 2 points
 - 8th = 1 point

***relays are worth double the points (Ex. 1st =20 points)**

- The school accumulating the most points will receive the McDonalds Team Trophy
- Top 3 finishers in individual and relay events will receive medals

***Only the one athlete per school will score points that go towards the team trophy**

***Only coaches are allowed to pick up medals in the results room**

FINAL REMINDERS AND INFORMATION

- There must be a waiver form completed by the parents and this must be handed in when you check in. In order to receive your package, the completed forms must be handed in
- Should there be any athletes whose identity must be concealed, you must notify with your entry package
- AGE CATEGORIES: **Note the change - division is now based on grade and NOT age.
 - Bantam -- Grade 6
 - Junior -- Grade 7
 - Senior -- Grade 8