

8TH ANNUAL IRISH INVITATIONAL TRACK AND FIELD MEET

WEDNESDAY, MAY 10TH, 2017

NOTRE DAME CATHOLIC SECONDARY SCHOOL – BURLINGTON, ON

Entries: \$10 per athlete to a maximum of \$300.00 per school

Cheques should be made payable to **Notre Dame Catholic Secondary School**

Entries will be done online through www.xrunner.ca

Entry deadline: 4:00 p.m. on Friday, May 5th

Awards: Technical t-shirts (IRISH INVITATIONAL) to individual and relay winners

Officiating: Please e-mail Rory Sneyd (sneydr@hcdsb.org) with preferences (top 3 in order)

- a) Shot put
- b) Long jump
- c) Finish line
- d) Clerk
- e) Relay exchange

Entry questions: Please direct to Steve Moran - morans@hdsb.ca

There are no limits on a school's individual entries for a given event but please only enter athletes who plan to attend.

A school may enter up to **two** relay teams in any event.

All running events will be **timed finals**.

Athletes in LJ and SHOT PUT will receive three jumps/throws. Additional jumps/throws for top 6 or 8 athletes will be at the discretion of the official. (time permitting)

Special Note: **Athletes should only enter Notre Dame to use washrooms (west side)**

Parking for buses available at Ireland Park

All other questions: Rory Sneyd - sneydr@hcdsb.org or (905) 335-1544 ext. 1090

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WEDNESDAY, MAY 10, 2017

NOTRE DAME CATHOLIC SECONDARY SCHOOL

All track and all field events may be moved up 30 minutes.

TRACK EVENTS

8:45 A.M. INT. HURDLES MG/JG-MB/JB-SG-SB
 300m-300m-400m-400m

(Athletes do not need to sign up for this event. We will use 4 lanes and ensure that all heats are as full as possible. Please ensure that your athletes are wearing a number.)

9:30 A.M. 100M MG-MB-JG-JB-SG-SB

11:15 A.M. 1500M MG-MB-JG-JB-SG-SB

12:15 P.M. 4 X 100M RELAY MG-MB-JG-JB-SG-SB

1:30 P.M. SPRINT MEDLEY RELAY
 (800-200-200-400) JG-JB-SG-SB

2:15 P.M. 4 X 400M RELAY JG-JB-SG-SB

FIELD EVENTS

9:00 A.M.	SG SHOT PUT -	SB LONG JUMP -
10:15 A.M.	SB SHOT PUT -	SG LONG JUMP
11:30 A.M.	MB/JB SHOT PUT -	MG/JG LONG JUMP
12:45 P.M.	MG/JG SHOT PUT	MB/JB LONG JUMP

