

**McMaster University  
XC & Track Teams is proud to host  
the 2016 Ray Lewis Relays  
in honour of Hamilton born  
Olympian – “Rapid” Ray Lewis (1910-2003)**

Ray Lewis attended Hamilton’s Central Collegiate where he excelled in the 100, 220 and 440 yard distances. In 1932 (Los Angeles) “Rapid” Ray was named to the Canadian Olympic team. He and his Canadian teammates captured a bronze medal in the 4 x 400m relay. And in 1934 (London England) he celebrated silver in the 4 x 440 yard relay at the British Empire Games. Ray was inducted into the Hamilton Gallery of Distinction (1992); named to the Order of Canada (2001); honoured locally by having an elementary school named after him (2005); and inducted into the Hamilton Sports Hall of Fame (2010). “Rapid” Ray was proud to be the first Canadian-born black Olympic medalist.

- Date: Thursday April 28th, 2016
- Entries: \$10 per athlete to maximum of \$300 per school
- Cheques should be made payable to **McMaster University** (please bring to meet)
- Entries will be done online through [www.xcrunner.ca](http://www.xcrunner.ca)
- Entry deadline: 4:00 p.m. on Tuesday, April 26<sup>th</sup>
- Awards: awards to individual and relay winners and an award for the overall winning school
- Facility: New eight- lane Mondo track
- 5 or 6mm pyramid pins only** - any other spike will not be allowed
- Washrooms available on the concourse of the football stadium
- Entry questions: Please direct to Steve Moran - [morans@hdsb.ca](mailto:morans@hdsb.ca)
- There are no limits on a school’s individual entries
- A school may enter up to **two** relay teams in any event
- Special Note: **Parking for buses available at the west campus lot M**
- <http://parking.mcmaster.ca/Map.html>
- Buses may choose to drop off athletes on Mayfair Oval- parking fee for cars is \$20/day
- All other questions: Paula Schnurr- [schnurr@mcmaster.ca](mailto:schnurr@mcmaster.ca)

## 2016 Ray Lewis Relays Schedule

Thursday April 28<sup>th</sup>, 2016

Events may run up to 30min ahead of schedule

10:00 A.M.	<b>4 X 100m Relay</b> MG-MB-JG-JB-SG-SB
11:00A.M.	<b>4 X 800m Relay</b> Open Girls, Open Boys
11:30 A.M.	<b>100m Heats</b> MG-MB-JG-JB-SG-SB 8 fastest in each division qualify for final
12:30 P.M.	<b>4 X 200m Relay</b> Midget Co-ed, Junior Co-ed, Senior Co-ed (2 males and 2 females)
1:00 P.M.	<b>Girls- Mile</b> MG-JG-SG <b>Boys- Mile</b> MB-JB-SB
2:00 P.M.	<b>100m Final</b> MG-MB-JG-JB-SG-SB
2:30 P.M.	<b>4 X 400m</b> Open Girls, Open Boys