



TRACK AND FIELD

Indoor High School Track and Field Meet

Friday, March 26th & Saturday, March 27th, 2010

Location: Toronto Track and Field Centre, 4700 Keele Street, Toronto, ON M3J 1P3

Facilities: Banked 5 lane, 200m Chevron track. Separate 8 lane, 60m sprint strip outside of the oval track. Long Jump, Triple Jump and Pole Vault surfaces are Mondo. Pin spikes may be worn. Maximum length allowed is 6mm.

Lockers are also available, bring your own locks. The management of the City of Toronto Track and Field Centre nor the meet organizers are responsible for any loss or theft of personal items.

FACILITIES RULES AND REGULATIONS

- All implements except pole vault poles will be provided by the meet management. Personal implements will be allowed and are then entered into the competition pool.
- **No street shoes allowed on the track surface!**
- No portable radios inside the centre including the track surface and viewing area.
- **The track and field areas are off limits to all non-competitors at all times.**
- **The officials' working areas are also off limits!**

ELIGIBILITY: Open to high school students only.
Entries must be submitted by the school. (SCHOOLS LETTERHEAD REQUIRED)
NO REFUNDS ON ENTRIES THAT ARE ACCEPTED BY THE MEET ORGANIZERS.

ENTRY FEE: **Individual:** \$5.00 athlete/event **Relay:** \$10.00 per team
TEAM MAX: \$500.00 (Girls and Boys combined)

ENTRY DEADLINE: *Received by* Friday, March 19th, 2010 by 5:00pm (E.S.T.)
ENTRIES SUBMITTED WITHOUT THE ENTRY FEE WILL NOT BE ACCEPTED.

EVENT ENTRY LIMITS: **NOTE THE ENTRY LIMITS FOR EACH EVENT ON THE EVENT TABLE.**
NO TELEPHONE or FAX ENTRIES as we will be limiting the number of entries in each event and honoring those entries that come in with entry fee monies. You will be notified by email if your athletes have not been accepted, and you will be fully refunded.

- **AN ATHLETE MAY ONLY BE ENTERED IN A MAXIMUM OF 3 INDIVIDUAL EVENTS.** Timed sections and heats will be drawn on the basis of seed performances submitted by each team in that event between December 2009 and March 2010.
- **ATHLETES ARE NOT ALLOWED TO COMPETE IN THE SAME EVENT IN DIFFERENT AGE GROUPS.**
- **A SCHOOL MAY ENTER ONLY 4 ATHLETES PER EVENT and 2 RELAY TEAMS** PER DISTANCE (two male and two female).
- **ABSOLUTELY NO ENTRIES ON THE DAY OF THE MEET WILL BE ACCEPTED.**

SWEAT SUIT RULE: due to the anticipated number of entries, we ask that all athletes have their sweats off (t-shirts, sweats, tights) when they are called to the start line. This will allow us to stay on schedule.

ENTRIES: Complete the attached entry form(s) include event, event number and seed performances. Send completed form(s) along with cheque or money order made payable to **YORK UNIVERSITY:**

Colin Inglis
York University - School of Kinesiology and Health Science, 210A Stong College
4700 Keele Street, Toronto, ON M3J 1P3 (416) 736-2100 ext: 44669
Entries without entry fees will not be accepted.

- START LISTS:** Will be posted as of Tuesday, March 23rd, 2010 at: <http://www.yorku.ca/yutc/v2/meetInfo.php> and click on the link. Please notify us of any errors or omissions you notice by **Thursday, 12 Noon**. By email cinglis@yorku.ca.
- RESULTS:** Will be posted at: <http://www.yorku.ca/yutc/v2/meetInfo.php> Click on the link for the results.
- SCRATCHES:** In order to facilitate the smooth running of this competition, please make **SCRATCHES on the scratch form located in your packet - IMMEDIATELY UPON ARRIVAL and return to the results table located adjacent to the finish line.**
- SCHEDULE:** Please see the attached *tentative schedule* of events. Actual starting times and schedules can be obtained at the meet. **Heats will run slow to fast.**
- OFFICIALS:** We are asking each school to provide students to assist us with officiating. Please include their names with your entries and identify them as such. They will be provided with snacks on Friday night and lunch on Saturday.
- AWARDS:** York University medals will be awarded to the first three finishers in each event and the top 3 relay teams. Ribbons awarded for 4th through 8th place.
- The team with the most points at the end of the meet will receive a plaque.**
- SCORING:** Top 8 Finishers (10-8-6-5-4-3-2-1)
Only 1 Relay team scores (One medley and One 4x200m)
- 2006 SCORING:** 1st: Sarnia Northern 191pts, 2nd: Abbey Park 165pts, 3rd: St. Augustine SS 137pts
2007 SCORING: 1st: Sarnia Northern 181.5pts, 2nd Abbey Park 149pts, 3rd: Crestwood 116.5pts
2008 SCORING: 1st: Sarnia Northern 270pts, Lo Ellen Park 157pts, Notre Dame CSS 149pts
2009 SCORING: 1st: Sarnia Northern
- HOTELS:** Sport York is pleased to announce our new host hotel: **Holiday Inn Yorkdale**
3450 Dufferin Street
Toronto, ON M6A 2V1
(416) 789-5161



Ask for the "Sport York" rate when inquiring about room rates for your group

HOW TO GET TO YORK:

- From the West:** Follow Highway 401 (MacDonald Cartier Freeway) to Highway 400 North. Follow 400 North to Steeles Avenue and exit EAST. Go East on Steeles, past Jane Street and turn right at York University entrance at the North West gate just past the Black Creek Pioneer Village. Use parking lot 5A.
- From the East:** Follow Highway 401 (MacDonald Cartier Freeway) to Highway 400 North. Follow 400 North to Steeles Avenue and exit EAST. Go East on Steeles, past Jane Street and turn right at York University entrance at the North West gate just past the Black Creek Pioneer Village. Use parking lot 5A.
- OR** Follow Highway 401 (MacDonald Cartier Freeway) to Keele Street North. Follow Keele Street North to Steeles Avenue. Turn left on Steeles and then turn left into the second York University Entrance (North West Gate). Use parking lot 5A.
- AGE CLASSIFICATIONS:** **Midget** – under 14 & under as of January 1, 2009
Junior - under 15 & under as of January 1, 2009
Senior - under 19 as of January 1, 2009

TENTATIVE SCHEDULE OF EVENTS - FRIDAY March 26th, 2010

5:00pm SPRINT STRIP

5:00 MIDGET GIRLS 60M HURDLES - HEATS
5:15 JUNIOR GIRLS 60M HURDLES - HEATS
5:30 SENIOR GIRLS 60M HURDLES - HEATS
5:45 MIDGET BOYS 60M HURDLES - HEATS
6:00 JUNIOR BOYS 60M HURDLES - HEATS
6:15 SENIOR BOYS 60M HURDLES - HEATS
6:45 MIDGET GIRLS 60M HURDLES - FINAL
6:50 JUNIOR GIRLS 60M HURDLES - FINAL
6:55 MIDGET BOYS 60M HURDLES - FINAL
7:00 SENIOR GIRLS 60M HURDLES - FINAL
7:05 JUNIOR BOYS 60M HURDLES - FINAL
7:10 SENIOR BOYS 60M HURDLES - FINAL

5:00pm OVAL

5:00 JUNIOR GIRLS 3000M -TIMED SECTIONS
5:15 JUNIOR BOYS 3000M - TIMED SECTIONS
5:55 SENIOR GIRLS 3000M -TIMED SECTIONS
6:00 SENIOR BOYS 3000M -TIMED SECTIONS
6:30 MIDGET GIRLS 800M - TIMED SECTION
6:50 MIDGET BOYS 800M - TIMED SECTIONS
7:15 JUNIOR GIRLS 800M -TIMED SECTIONS
7:30 JUNIOR BOYS 800M - TIMED SECTIONS
8:00 SENIOR GIRLS 800M- TIMED SECTIONS
8:15 SENIOR BOYS 800M- TIMED SECTIONS

FIELD EVENTS -

5:00 JUNIOR BOYS LONG JUMP	MIDGET GIRLS HIGH JUMP	SENIOR BOYS SHOT PUT
5:00 SENIOR GIRLS POLE VAULT		
6:30 MIDGET BOYS POLE VAULT		
6:45 JUNIOR GIRLS LONG JUMP	MIDGET BOYS HIGH JUMP	JUNIOR BOYS SHOT PUT
8:00 SENIOR BOYS TRIPLE JUMP		

SATURDAY March 27th, 2010

SPRINT STRIP - 10:00 am

10:00 MIDGET GIRLS 60 METRES - HEATS
10:15 MIDGET BOYS 60 METRES - HEATS
10:30 JUNIOR GIRLS 60 METRES - HEATS
10:45 JUNIOR BOYS 60 METRES - HEATS
11:15 SENIOR GIRLS 60 METRES - HEATS
11:30 SENIOR BOYS 60 METRES - HEATS

OVAL - 10:00 am

10:00 JUNIOR GIRLS 400 M - TIMED SECTIONS
10:30 JUNIOR BOYS 400 M - TIMED SECTIONS
11:00 MIDGET GIRLS 400 M - TIMED SECTIONS
11:30 MIDGET BOYS 400 M - TIMED SECTIONS
12:00 SENIOR GIRLS 400 M - TIMED SECTIONS

LUNCH BREAK

12:40 MIDGET GIRLS 60 METRES - SEMI FINALS
12:50 MIDGET BOYS 60 METRES - SEMI FINALS
1:00 JUNIOR GIRLS 60 METRES - SEMI FINALS
1:10 JUNIOR BOYS 60 METRES - SEMI FINALS
1:20 SENIOR GIRLS 60 METRES - SEMI FINALS
1:30 SENIOR BOYS 60 METRES - SEMI FINALS
2:00 MIDGET GIRLS 60 METRES - FINAL
2:05 MIDGET BOYS 60 METRES - FINAL
2:10 JUNIOR GIRLS 60 METRES - FINAL
2:15 JUNIOR BOYS 60 METRES - FINAL
2:20 SENIOR GIRLS 60 METRES - FINAL
2:25 SENIOR BOYS 60 METRES - FINAL

LUNCH BREAK

12:45 SENIOR BOYS 400 M -TIMED SECTIONS
1:15 MIDGET GIRLS 1500 M-TIMED SECTIONS
1:45 MIDGET BOYS 1500 M- TIMED SECTIONS
2:15 JUNIOR GIRLS 1500 M- TIMED SECTIONS
2:45 JUNIOR BOYS 1500 M -TIMED SECTIONS
3:15 SENIOR GIRLS 1500 M-TIMED SECTIONS
3:45 SENIOR BOYS 1500 M -TIMED SECTIONS
4:00 GIRLS SPRINT MED RELAY TIMED FINAL
4:30 BOYS SPRINT MED RELAY TIMED FINAL
4:45 GIRLS 4x200m RELAY TIMED FINAL
5:00 BOYS 4x200m RELAY TIMED FINAL

FIELD EVENTS

10:00 AM SR BOYS LJ	JR BOYS H J	SR GIRLS SP	JR BOYS PV
11:30 AM SR GIRLS LJ	SR BOYS HJ	MID BOYS SP	
12:00 NOON SR BOYS PV			
1:00 PM JR/SR GIRLS TJ	SR GIRLS HJ	MID GIRLS SP	MID GIRLS LJ
2:30 PM JR BOYS TJ	JR GIRLS HJ	JR GIRLS SP	MID BOYS LJ

Event Table

Event	Max Competitors per age Group	Event Number Codes					
		Midget Girls	Midget Boys	Junior Girls	Junior Boys	Senior Girls	Senior Boys
60m Hurdles	32	01	02	03	04	05	06
60m	80	07	08	09	10	11	12
400m	48	13	14	15	16	17	18
800m	40	19	20	21	22	23	24
1500m	45	25	26	27	28	29	30
3000m	20			33	34	35	36
4x200m	NA	---	---	---	---	37	38
SM Relay	NA	---	---	---	---	39	40
High Jump	20	41	42	43	44	45	46
Triple Jump	20	--	--	47	48	49	50
Long Jump	25	51	52	53	54	55	56
Shot Put	25	57	58	59	60	61	62
Pole Vault	20	--	63	--	64	65	66
Pentathlon	14	--	--	--	--	67	68

Max Competitors: Entries in each event will be limited to the maximum number of competitors for each age group and gender. Ensure that you submit both your and entry fee monies to ensure your entries are accepted. We will go with the first entries to come in with the correct entry fee.

Seed Times: Please ensure you provide us with seed times. **Note: If you do not provide an accurate seed time we will place the athlete in a heat with no seed time (ie: Slowest Heat). If you entre an athlete and classify as "slow" or "fast" they will be entered with no seed.**

Relays: You can enter 2 relays for the women and 2 for the men.

Field Events

Starting Heights or Minimum Distance Measured

EVENTS:	Midget Girls	Midget Boys	Junior Girls	Junior Boys	Senior Girls	Senior Boys
High Jump	1.25m	1.40m	1.30m	1.45m	1.40m	1.60m
Triple Jump	-----	-----	8.50m	10.00m	9.00m	11.00m
Long Jump	3.00m	3.50m	3.50m	4.50m	4.00m	5.00m
Pole Vault	-----	2.40m	-----	2.50m	1.90m	2.75m
Shot Put	NS	NS	NS	NS	NS	NS

AGE CLASS	TOTAL DISTANCE	TOTAL # HURDLES	HEIGHT	START TO 1st HURDLE	DISTANCE BETWEEN	LAST HURDLE TO FINISH
Midget/Junior Girls	60m	5	2'6"	12.0m	8.0m	12.0m
Senior Girls	60m	5	2'6"	13.0m	8.5m	10.5m
Midget Boys	60m	5	2'9"	13.0m	8.5m	10.5m
Junior Boys	60m	5	3'0"	13.0m	8.5m	10.5m
Senior Boys	60m	5	3'0"	13.72m	9.14m	14.02m

Shot Put:

All age groups throw a 4.0kg with the exception of the Senior Boys which is 5.433kg.

Relay Entry Form

School: _____

Team Nick Name: _____

Senior Girls Sprint Medley (400 - 200 - 200 - 800)

Team #1 - Seed Time: _____

Team #2 - Seed Time: _____

Senior Boys Sprint Medley (400 - 200 - 200 - 800)

Team #1 - Seed Time: _____

Team #2 - Seed Time: _____

Senior Girls 4x200m Relay

Team #1 - Seed Time: _____

Team #2 - Seed Time: _____

Senior Boys 4x200m Relay

Team #1 - Seed Time: _____

Team #2 - Seed Time: _____

STUDENT HELPER

If you have a student that is going to help out, please list them below. They will be provided with a snack on Friday night and lunch on Saturday.

School: _____

Students Name: _____

Day & Time of Help: _____

Area of Interest: _____