

**10th ANNUAL**

**UNIERSITY OF OTTAWA HIGH SCHOOL INVITATIONAL**

THURSDAY APRIL 28

TERRY FOX ATHLETIC FACILITY (MOONEY’S BAY PARK), OTTAWA, ONTARIO

10:10am Officials/volunteers meeting (Finish Line)

10:30am Coaches Meeting (Finish Line – 1 coach from each team must be present)

**Track Events**

**Time EVENT CATEGORY (HEATS)**

10:45am 300m Hurdles OG(4) / OB(3)

11:00am 4x100m Relays NG(2) / NB(1) / JG(1) / JB(2) / SG(3) / SB(3)

11:35am 1500m NG(1) / NB(1) / JG(1) / JB(2) / SG(2) / SB(2)

12:15pm 200m NG(6) / NG(5) / JG(5) / JB(6) / SG(8) / SB(8)

12:45pm 80m Hurdles (30”) NG(2) / JG(2)

12:55pm 100m Hurdles (30”) SG(5)

1:00pm 100m Hurdles (33”) NB(1)

1:05pm 100m Hurdles (36”) JB(2)

1:10pm 110m Hurdles (36”) SB(2)

1:15pm 800m NG(2) / NB(2) / JG(2) / JB(2) / SG(3) / SB(2)

2:05pm 100m NG(8) / NB(7) / JG(5) / JB(6) / SG(8) / SB(10)

2:40pm 3000m OG(1)

2:55pm 100m Final NG(1) / NG(1) / JG(1) / JB(1) / SG(1) / SB(1)

3:10pm 3000m OB(2)

3:35pm Medley Relay (4,2,2,8) OG(1)

3:45pm Medley Relay (4,2,2,8) OB(1)

**Track Events**

**\*\*\* All events are timed finals unless indicated otherwise.**

**\*\*\* Blocks may only be used in Senior age categories and only if they are experienced in**

**using them.**

**\*\*\* Athletes in the 800m, 1500m, 3000m and Medley Relay will require hip and chest numbers that can be picked up at the uOttawa Tent located by the Large Blue shed.**

**\*\*\*Please report to your track event on time**

**\*\*\* We will roll up to 20min ahead of schedule if the schedule allows.**

**Field Events**

**Time Event Category (Entries)**

11:00am High Jump OB(39)

 Long Jump (3 pits) SG(55)

11:30am Discus (1kg) NB(9) / JB(9) Combined

 Shot Put (4kg) SG(30)

12:00pm Long Jump (3 pits) SB(45)

12:30pm Discus (1.5kg) SB(23)

 Shot Put (3kg) NG(8) / JG(12) Combined

1:00pm Long Jump (2 pits) JG(28)

 High Jump OG(33)

1:30pm Discus (1kg) SG(22)

 Shot Put (4kg) NB(13) / JB(13) Combined

1:45pm Long Jump (2 pits) JB(32)

2:30pm Discus (1kg) NG(5) / JG(8) Combined

 Shot Put (5.4kg) SB(33)

 Long Jump (3 pits) NG(38)

3:15pm Long Jump (2 pits) NB(26)

## Long Jump

## \*\*\* Due to massive entries in the field events we will only allow 3 jumps per athlete.

## \*\*\* Long Jump events will be split across 3 pits for fields that exceed 32 entries

## Shot Put & Discus

## \*\*\* NB & JB will be combined in both Discus and Shot Put

## \*\*\* NG & JG will be combined in both Discus and Shot Put

## \*\*\* Due to massive entries in the field events we will only allow 3 throws per athlete.

## High Jump

## \*\*\* Open Boys starting height will be 1.40m with increments of 5cm each height)

## \*\*\* Open Girls starting height will be 1.20m with increments of 5cm each height)

## \*\*\*If the High Jump pit is wet due to the weather we will ask that only those who have proper spikes