



# 2023 Indoor High School Track and Field Meet

Friday March 24 & Saturday March 25, 2023

**Meet Director:** Raymond Rudder  
drudder@yorku.ca  
York University - School of Kinesiology and Health Science, 205 York Lions Stadium  
230 Ian MacDonald Blvd, Toronto, ON M3J 1P3 (416) 736-2100 ext: 44669

**Entries Chair:** Brad Matheson  
bmatheso@yorku.ca

**Meet website:** <http://www.trackiereg.com/YU-INDOOR-HS2023>  
[www.yorkutrackclub.com/meetinfo](http://www.yorkutrackclub.com/meetinfo)

**Facility:** Toronto Track and Field Centre, 231 Ian MacDonald Blvd, Toronto, ON M3J 1P3  
**Pin spikes may be worn. Maximum length allowed is 6mm.**  
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

- Athletes will use their bib number to gain access to the indoor facility. No number no entry. Coaches will receive wrist bands each day for the meet. Coaches to email staff list to [bmatheso@yorku.ca](mailto:bmatheso@yorku.ca) by Wednesday March 22<sup>nd</sup> at 8pm.

**ELIGIBILITY:** OFSSA Eligibility Rules Apply

**ENTRY FEE:** **Individual:** \$6.00 per individual event **Relay:** \$10.00 per team

**TEAM MAX: \$300.00 (Girls and Boys combined)**

Payable to: York University

**NO REFUNDS ON ENTRIES THAT ARE ACCEPTED BY THE MEET ORGANIZERS.**

**ENTRY DEADLINE:** *Received by* Tuesday, March 21<sup>st</sup> by 9:00pm on trackie.

**TRACKIE ENTRIES:** Entries are to be completed online using [trackiereg.com](http://trackiereg.com): Please use the following link to access the on-line entries:

[www.trackiereg.com/YU-INDOOR-HS2023](http://www.trackiereg.com/YU-INDOOR-HS2023)

**NO TELEPHONE or FAX ENTRIES**

**NO POST ENTRIES WILL BE ACCEPTED.**

**ENTRIES:** **Entries must be submitted by the school. (SCHOOLS LETTERHEAD OR SCHOOL CHEQUE REQUIRED) Letters can be submitted to [bmatheso@yorku.ca](mailto:bmatheso@yorku.ca)**

**START LISTS:** Will be posted as of Thursday, March 23<sup>rd</sup>, 2023 on the Trackie Registration website. Please notify the meet director of any errors or omissions you notice by **Thursday, 5:00pm** by email [bmatheso@yorku.ca](mailto:bmatheso@yorku.ca)



## 2023 Indoor High School Track and Field Meet

### SCHEDULE:

Please see the attached *tentative schedule* of events, subject to change based on meet entries. A final schedule will be posted on the Trackie Registration website, emailed out to all registrants, and available at the meet. **Heats will run fast to slow.**

### AWARDS:

Awards will be given to the top 3 finishers in each event.

**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)\***





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## DIRECTIONS:

### 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 Northwest Gate. Use parking lot west of Track Centre.

#### From the East:

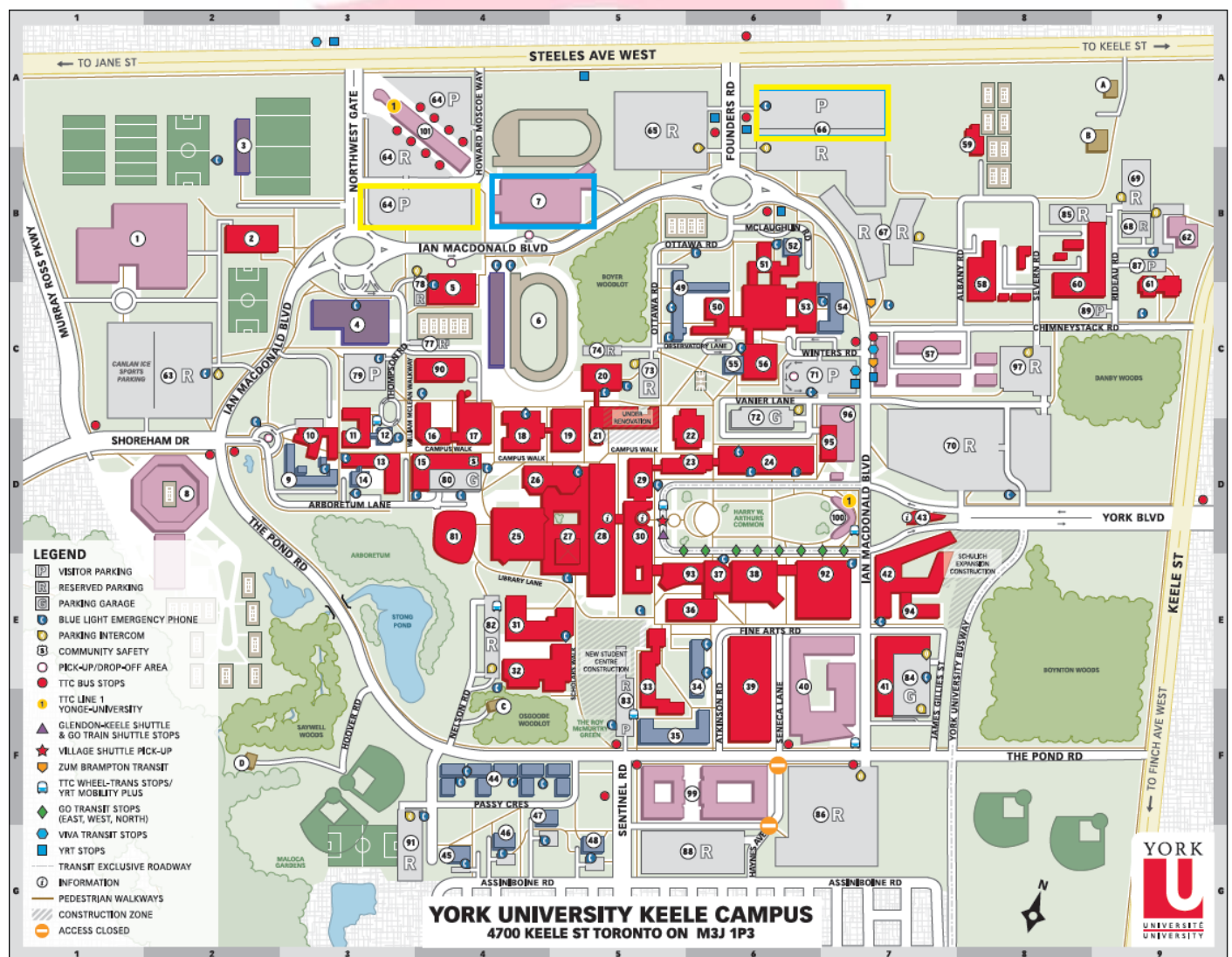
Follow Highway 401 (MacDonald Cartier Freeway) to Highway 400 North. Follow 400 North to Steeles Avenue and exit EAST. Go East on Steeles, past Jane Street and turn right at York University entrance at Northwest Gate. Use parking lot west of Track Centre.

#### 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 (Northwest Gate). Use parking lot west of Track Centre.

#### Parking:

Pay and display parking is available at lot #64 directly off Northwest Gate and #66 directly off Founders Rd (Highlighted Yellow on Map). The Toronto Track & Field Centre is highlighted in blue.





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## TENTATIVE SCHEDULE OF EVENTS

Friday March 24, 2023

### 5:00pm      SPRINT STRIP

5:00 MIDGET GIRLS 60M - HEATS  
MIDGET BOYS 60M - HEATS  
JUNIOR GIRLS 60M - HEATS  
JUNIOR BOYS 60M - HEATS  
SENIOR GIRLS 60M - HEATS  
  
SENIOR BOYS 60M - HEATS  
MIDGET GIRLS 60M – SEMI FINAL  
  
MIDGET BOYS 60M – SEMI FINAL  
JUNIOR GIRLS 60M - SEMI FINAL  
JUNIOR BOYS 60M - SEMI FINAL  
SENIOR GIRLS 60M – SEMI FINAL  
SENIOR BOYS 60M – SEMI FINAL  
MIDGET GIRLS 60M – FINAL  
MIDGET BOYS 60M – FINAL  
JUNIOR GIRLS 60M – FINAL  
JUNIOR BOYS 60M – FINAL  
SENIOR GIRLS 60M – FINAL  
SENIOR BOYS 60M - FINAL

### 5:00pm      OVAL

5:00 JUNIOR GIRLS 2000M –TIMED SECTIONS  
JUNIOR BOYS 2000M – TIMED SECTIONS  
SENIOR GIRLS 2000M -TIMED SECTIONS  
SENIOR BOYS 2000M -TIMED SECTIONS  
MIDGET GIRLS 600M - TIMED SECTION  
  
MIDGET BOYS 600M - TIMED SECTIONS  
JUNIOR GIRLS 600M -TIMED  
SECTIONS  
JUNIOR BOYS 600M – TIMED SECTIONS  
SENIOR GIRLS 600M- TIMED SECTIONS  
SENIOR BOYS 600M- TIMED SECTIONS

### FIELD EVENTS -

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



# 2023 Indoor High School Track and Field Meet

Saturday March 25, 2023

## SPRINT STRIP - 10:00 am

10:00 MIDGET GIRLS 60M HURDLE - HEATS  
 JUNIOR GIRLS 60M HURDLE - HEATS  
 SENIOR GIRLS 60M HURDLE - HEATS  
 MIDGET BOYS 60M HURDLE - HEATS  
 JUNIOR BOYS 60M HURDLE - HEATS  
 SENIOR BOYS 60M HURDLE - HEATS  
 MIDGET GIRLS 60M HURDLE – FINAL  
 JUNIOR GIRLS 60M HURDLE FINAL  
 SENIOR GIRLS 60M HURDLE FINAL  
 MIDGET BOYS 60M HURDLE FINAL  
 JUNIOR BOYS 60M HURDLE FINAL  
 SENIOR BOYS 60M HURDLE FINAL

## OVAL - 10:00 am

10:00 MIDGET BOYS 300M - TIMED SECTIONS  
 JUNIOR BOYS 300M - TIMED SECTIONS  
 SENIOR BOYS 300M – TIMED SECTIONS  
 MIDGET GIRLS 300M - TIMED SECTIONS  
 JUNIOR GIRLS 300M – TIMED SECTIONS  
 SENIOR GIRLS 300M - TIMED SECTIONS

## **LUNCH BREAK**

MIDGET GIRLS 1500 M-TIMED SECTIONS  
 MIDGET BOYS 1500 M- TIMED SECTIONS  
 JUNIOR GIRLS 1500 M- TIMED SECTIONS  
 JUNIOR BOYS 1500 M -TIMED SECTIONS  
 SENIOR GIRLS 1500 M-TIMED SECTIONS  
 SENIOR BOYS 1500 M -TIMED SECTIONS  
 GIRLS 4x200m RELAY TIMED FINAL  
 BOYS 4x200m RELAY TIMED FINAL  
 GIRLS SPRINT MED RELAY TIMED FINAL (1-1-2-4)  
 BOYS SPRINT MED RELAY TIMED FINAL (1-1-2-4)

## 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

**TRACK AND FIELD**



# 2023 Indoor High School Track and Field Meet

**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 enter 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

First legal attempt will be measured and subsequent attempts must pass the minimum distance to be measured

EVENTS:	Midget		Midget		Junior		Senior	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	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:

3kg	Midget and Junior Girls
4kg	Senior Girls / Midget and Junior Boys
5.433kg	Senior Boys





# 2023 Indoor High School Track and Field Meet

Please list your coaches so we can assign arm bands for you to gain entry to the facility.

- |    |       |    |       |
|----|-------|----|-------|
| 1. | _____ | 2. | _____ |
|    | _____ |    | _____ |
| 3. | _____ | 4. | _____ |
|    | _____ |    | _____ |
| 5. | _____ | 6. | _____ |
|    | _____ |    | _____ |
| 7. | _____ | 8. | _____ |
|    | _____ |    | _____ |

