



2024 Indoor High School Track and Field Meet

Friday March 22 & Saturday March 23, 2024

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: <https://www.trackie.com/event/YU-INDOOR-HS2024>
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 by Wednesday March 20th 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 19th by 9:00pm on trackie.

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

<https://www.trackie.com/event/YU-INDOOR-HS2024>

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

START LISTS: Will be posted as of Thursday, March 21st, 2024 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



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- 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 championship 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:

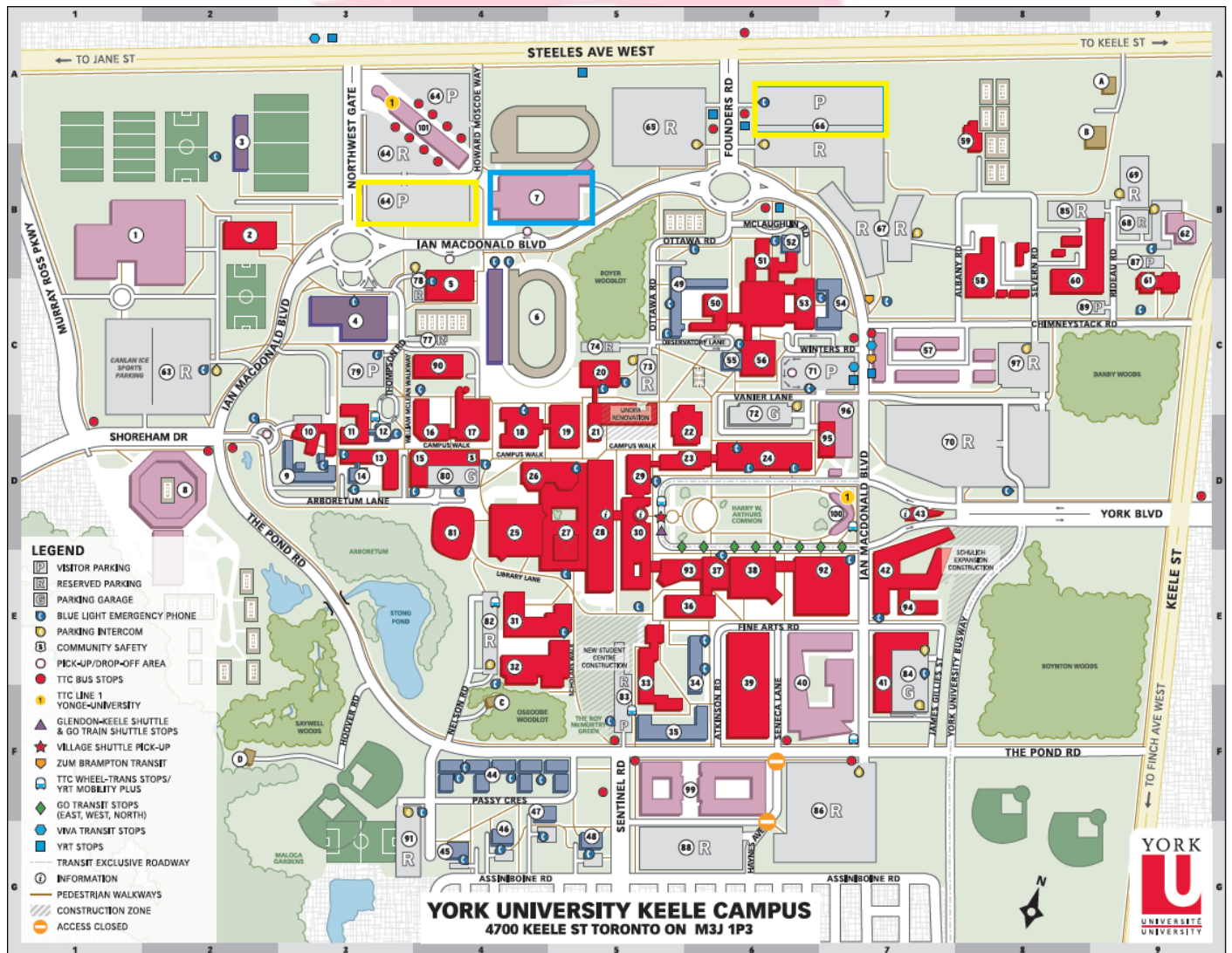
Follow Highway 401 (MacDonald Cartier Freeway) to Highway 400 North. Follow 400 North to Steeles Avenue and exit EAST. Go East on Steeles, past Jane Street and turn right at York University entrance at Northwest Gate. Use parking lot west of Track Centre.

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 of 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



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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



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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



2024 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. | _____ |
| | _____ | | _____ |

