



**2025 HUMBERVIEW INVITATIONAL
TECHNICAL PACKAGE REV. 1
(Updated April 8, 2025)**

Humberview Secondary School
135 Kingsview Drive
Bolton, Ontario L7E 3W3

May 8, 2025

- HOST SCHOOL:** Humberview Secondary School
- MEET DIRECTOR:** Scott Skimming
- SAFETY OFFICER:** Emily Wever
- ELIGIBILITY:** Open to all high school track and field teams
- CATEGORIES:** Novice (Grade 9), Junior (Grade 10), Senior (Grade 11 and 12), Open (Grade 9 to 12)
- FEES:** Regular - \$10.00 per event
Late - \$20.00 per event
- ENTRY DEADLINE:** Regular - Wednesday, April 30th at 11:59 pm
Late - Sunday, May 4th at 11:59 pm
- ENTRIES:** Online at https://www.trackie.com/event/humberview_invitational
- EVENTS OFFERED:**

Event	Novice		Junior		Senior		Open	
	Women	Men	Women	Men	Women	Men	Women	Men
100	X	X	X	X	X	X		
200	X	X	X	X	X	X		
400	X	X	X	X	X	X		
800	X	X	X	X	X	X		
1500	X	X	X	X	X	X		
3000							X	X
PV							X	X



ENTRY LIMITS:

- To ensure the meet runs on time, each event will have a strict limit on the number of athletes that can register. Registration will be on a first come, first served basis.
- Athletes must compete in their appropriate grade category. Racing up will not be permitted.
- No refunds for scratches. Substitutions will be at the discretion of the meet director.

SEEDING ATHLETES:

- Seed times should be based on actual competition results, time trials or timed training results. If you do not have a seed time for an athlete, please enter nothing.
- We will accept seed times as entered. Be honest when seeding your athletes. No athlete wants to compete in a heat that is inappropriate for their ability.

PAYMENT / BIB PICK UP:

- Payments to be made to Humberview Secondary School by school cheque at the meet.
- Bibs will be packaged and released to team coaches once full payment has been made.
- Bib packages can be picked up under the 310 Running tent located by the track area.

PARKING:

- Parking is available at Humberview Secondary School, 135 Kingsview Drive, Bolton.
- The track is behind the school. The pole vault area is on the northwest side of the school.

TEAM TENTS:

- Team tents should be set up outside of the fenced track area on the Humberview side.

WASHROOMS:

- Athletes will have access to the school washrooms by the glass doors at the back of the building by the portables. These are the **ONLY** school washrooms athletes should use.

SPECTATORS:

- Spectators will only be permitted in the areas designated for spectators.

FOOD:

- Limited food will be available onsite for purchase.
- Local restaurants are driving distance from the school.



COMPETITION AREA:

- The track, the infield and any areas occupied by the timers or officials will be considered the competition areas. Only registered athletes, coaches, officials, and volunteers will be permitted in these areas.
- Spikes are permitted but must not exceed 6mm. Pyramid spikes only please.

WARM UP

- Athletes will be permitted to warm up outside the competition area or in the designated area in the infield prior to their event.
- Access to the infield will be limited to athletes warming up or competing, their coaches, officials, and volunteers.

SPRINTS:

- There will be preliminary heats and a final heat for the 100 if there are more than 8 athletes competing in any category. If there are 8 or less athletes, it will be a timed final.
- Preliminary heats will be randomized based on seed times.
- The 8 fastest times in the 100 preliminaries will move on to the finals.
- The 200 and 400 will be timed finals.
- Timed finals will be run slowest to fastest based on seed times.
- Athletes will be required to use starting blocks or a 4-point start. No standing starts.

MID-DISTANCE:

- The 800, 1500 and 3000 will be timed finals.
- If there is more than one section, they will be run slowest to fastest based on seed times.
- Athletes will start the 800, 1500 and 3000 in a waterfall.

POLE VAULT:

- Athletes will be given time to warm up before the start of competition.
- Starting height will be the lowest height requested by any competitor or coach.
- Height progressions will be agreed upon by the coaches and officials.
- Track events take precedence over pole vault.
- If an athlete has a conflict, they must check in at both events, notify both officials of the conflict and be ready to run when their race starts.
- The athlete will be able to return to pole vault once they have completed their race but will start/continue their competition at the current point in the event (no make-up jumps will be permitted).



TIMING/RESULTS:

- All track events will be photo-timed with a hand-timed back-up.
- Results will be posted online only.

FIRST AID

- Certified first responders will be on site in case of a medical emergency.

TRACK SCHEDULE:

Track Schedule Thursday May 8, 2025			
First Heat	Event	Category	Gender
9:30 am	1500	Novice	Women
	1500	Novice	Men
	1500	Junior	Women
	1500	Junior	Men
	1500	Senior	Women
10:30 am	1500	Senior	Men
	100 Prelims	Novice	Women
	100 Prelims	Novice	Men
	100 Prelims	Junior	Women
	100 Prelims	Junior	Men
11:30 am	100 Prelims	Senior	Women
	100 Prelims	Senior	Men
	400	Novice	Women
	400	Novice	Men
	400	Junior	Women
12:15 pm	400	Junior	Men
	400	Senior	Women
	400	Senior	Men
	100 Final	Novice	Women
	100 Final	Novice	Men
12:30 pm	100 Final	Junior	Women
	100 Final	Junior	Men
	100 Final	Senior	Women
	100 Final	Senior	Men
	12:30 pm	Track Break	
1:00 pm	3000	Open	Women
	3000	Open	Men
2:15 pm	800	Novice	Women
	800	Novice	Men
	800	Junior	Women
	800	Junior	Men
	800	Senior	Women
	800	Senior	Men
3:15 pm	200	Novice	Women
	200	Novice	Men
	200	Junior	Women
	200	Junior	Men
	200	Senior	Women
	200	Senior	Men



FIELD SCHEDULE:

Field Schedule Thursday May 8, 2025			
First Attempt	Event	Category	Gender
10:00 am	PV	Open	Women
1:00 pm	PV	Open	Men