

# 2016 Indoor High School Track and Field Meet

Friday, April 1<sup>st</sup> & Saturday, April 2<sup>nd</sup>, 2016



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**TRACK AND FIELD**

**Meet Director / Entries Chairperson**

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  
cinglis@yorku.ca

**Meet website**

<http://www.yorku.ca/yutc/v2/meetInfo.php>

**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.

## This is an OFSAA Sanctioned Event

### 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.

**ELIGIBILITY:** OFSAA 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 29<sup>th</sup>, 2016 by 8:00pm (E.S.T.) via snail mail or courier.

**HY-TEK ENTRIES:** by Tuesday, March 29<sup>th</sup>, 2016 by 8:00pm (E.S.T.)

Using Team Manager lite (<http://www.hy-tek.com/downloads.html>). Meet events file available via email to [cinglis@yorku.ca](mailto:cinglis@yorku.ca) or on the meet website.

**TRACKIE ENTRIES:** Entries may also be done on line using the web using trackie.com: Please use the following link to access the on-line entries:

<https://www.trackie.com/online-registration/register.php?id=2560>

**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)**

Complete the attached entry form(s) include event, event number and seed performances or via Hy-tek and send in via email or via TRACKIE.CA

**START LISTS:** Will be posted as of Thursday, March 31<sup>st</sup>, 2016 on the meet website. Please notify the meet director of any errors or omissions you notice by **Thursday, 5:00pm by email [cinglis@yorku.ca](mailto:cinglis@yorku.ca).**

**SCHEDULE:** Please see the attached *tentative schedule* of events. A final schedule will be posted on the meet website 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)

**HOTELS:**

Sport York is pleased to announce our new host hotel:

**Spring Hill Suites by Marriott Toronto Vaughan**

612 Applewood Crescent  
Vaughan, ON L4K 4B4  
(905) 695-9319 (ask for Bonnie Da Luz)



**Courtyard Marriott Vaughan**

150 Interchange Way  
Vaughan, ON L4K 5P7  
(905) 363-3712 (ask for Sharon Sheppard)



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

**HOW TO GET TO YORK: (NOTE THAT THE PARKING NORMAL PARKING LOT WEST OF THE TRACK IS NOW CLOSED FOR CONSTRUCTION OF A NEW SUBWAY STATION)**

**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 Founders Road. Use parking lot east 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 Founders Road. Use parking lot east 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 first York University Entrance (Founders Road). Use parking lot east of Track Centre.

TENTATIVE SCHEDULE OF EVENTS - FRIDAY APRIL 1<sup>ST</sup>, 2016

**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  
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 APRIL 2<sup>ND</sup>, 2016**

**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  
BOYS SPRINT MED 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	Event Number Codes					
	Midget Girls	Midget Boys	Junior Girls	Junior Boys	Senior Girls	Senior Boys
60m Hurdles	01	02	03	04	05	06
60m	07	08	09	10	11	12
300m	13	14	15	16	17	18
600m	19	20	21	22	23	24
1500m	25	26	27	28	29	30
2000m			33	34	35	36
4x200m	---	---	---	---	37	38
SM Relay	---	---	---	---	39	40
High Jump	41	42	43	44	45	46
Triple Jump	--	--	47	48	49	50
Long Jump	51	52	53	54	55	56
Shot Put	57	58	59	60	61	62
Pole Vault	67	63	69	64	65	66

**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

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:**

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





# 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: \_\_\_\_\_

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. \_\_\_\_\_  
\_\_\_\_\_