



**TRACK AND FIELD**

# 1<sup>st</sup> Annual York University Outdoor High School Track and Field Meet

Friday, April 29<sup>th</sup> & Saturday, April 30<sup>th</sup>, 2016

**Location:** York Lions Stadium (2015 Pan Am Stadium), 130 Ian MacDonald Blvd, Toronto, ON M3J 1P3

**Facilities:** 8 lane oval Mondo Super X 400m track with 9 lane 100m straight away. 2 Long Jump and Triple runways, 2 high jump pits, 4 shot circles, 1 discus circle and two pole vault runways. Only Pyramid spikes may be worn. Maximum length allowed is 6mm. **(Spikes will be checked)**

**We will have Pyramid Spikes available for sale at the meet.**

No Showers available. York University and the meet organizers are **NOT** responsible for any loss or theft of personal items.



## FACILITIES RULES AND REGULATIONS

- Starting Blocks will be provided by meet management. Personal implements will be allowed and are then entered into the competition pool.
- Pole Vault Poles are **NOT** provided.

**ELIGIBILITY:** Open to high school students only. **Entries must be submitted by the school.**  
**NO REFUNDS ON ENTRIES THAT ARE ACCEPTED BY THE MEET ORGANIZERS.**

**ENTRIES:** To be done on line via trackie.ca or using hy-tek team manager lite  
<https://www.trackie.com/online-registration/register/1st-annual-york-lions-outdoor-hs-track-meet/3571/>

**ENTRY FEE:** **Individual:** \$6.00 athlete/event **Relay:** \$10.00 per team  
**TEAM MAX:** \$300.00 (Girls and Boys combined) Receipts will be issued with your package.

**ENTRY DEADLINE:** *Received by* Tuesday, April 26<sup>th</sup>, 2016 by 9:00pm (E.S.T.)

- ATHLETES ARE **NOT** ALLOWED TO COMPETE IN THE SAME EVENT IN DIFFERENT AGE GROUPS.
- ABSOLUTELY NO ENTRIES ON THE DAY OF THE MEET WILL BE ACCEPTED.
- LIMIT OF 4 FIELD EVENT ENTRIES PER AGE GROUP PER SCHOOL

**SWEAT SUIT RULE:** due to the anticipated number of entries, we ask that all athletes have their sweats off (t-shirts, sweats, tights) when they are called to the start line. This will allow us to stay on schedule.

**QUESTIONS:** Colin Inglis Phone: (416) 736-2100 ext: 44669 Email: [cinglis@yorku.ca](mailto:cinglis@yorku.ca)  
Raymond Rudder Phone: (416) 736-2100 ext: 20119 Email: [drudder@yorku.ca](mailto:drudder@yorku.ca)

**START LISTS:** Will be posted as of Wednesday, April 27<sup>th</sup>, 2016 at: <http://www.yorku.ca/yutc> and click on the (Meet Info) link on the main page. Please notify us of any errors or omissions you notice by **Thursday, 12 Noon**. By email [cinglis@yorku.ca](mailto:cinglis@yorku.ca).

**RESULTS:** Will be posted at: <http://www.yorku.ca/yutc> Click on the link for the results.

**SCHEDULE:** Please see the attached *tentative schedule* of events. Actual starting times and schedules can be obtained at the meet. **Heats will run slow to fast.**

**OFFICIALS:** The meet will be officiated by York Lions varsity athletes. If there are coaches who wish to help us please let us know.

**AWARDS:** Awards to the top 3 in each event.

**HOTELS:** For those schools requiring overnight accommodation, a special rate can be arranged at any of the following hotels. Each room can accommodate up to 4 persons. Schools are requested to make their reservations directly, by contacting:

Hilton Garden Inn Vaughn  
3201 Hwy 7 West, Vaughn Dr.  
(905) 660-4700

Courtyard Marriott Vaughn  
150 Interchange Way, Vaughn  
(905) 660-9938

Springhill Suites Vaughn  
612 Applewood Crescent, Vaughn  
(905) 760-9960

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

**HOW TO GET TO YORK:**

**From the North:** Follow Highway 400 South and exit at Highway 7. Follow Highway 7 east to Jane street and turn right heading south. Take Jane St down to Steeles Ave and turn left onto Steeles Ave. Go East on Steeles, past Jane Street and turn right at York University entrance at the North West gate just past the Black Creek Pioneer Village. Use parking lot 5A.

**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 the North West gate just past the Black Creek Pioneer Village. Use parking lot 5A.

**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 the North West gate just past the Black Creek Pioneer Village. Use parking lot 5A.

**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 (North West Gate). Use parking lot 5A.

**AGE CLASSIFICATIONS:** **Midget** – under age 15 as of January 1<sup>st</sup>, of this school year and in Grade 9  
**Junior** - under 16 & under as of January 1<sup>st</sup>, of this school year  
**Senior** - under 20 as of January 1<sup>st</sup>, of this school year.

**For many of our track events we will be combining the Juniors and Seniors into an Open Division. In events where there are specific division specifications (hurdles, throwing implements) they will not be combined**

Field event athletes will be given 3 attempts in the preliminary round with the top 8 getting 3 additional trials. Minimum standards may be applied at the discretion of meet directors if entry numbers warrant it.

**Seed Times:** Timed sections and heats will be drawn on the basis of seed performances submitted by coaches. **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**

<b>EVENTS:</b>	<b>Midget Girls</b>	<b>Midget Boys</b>	<b>Open Girls</b>	<b>Open Boys</b>	
<b>High Jump</b>	1.20m	1.40m	1.25m	1.45m	Bar will go up by 5cm
<b>Long Jump</b>	3.00m	3.50m	3.50m	4.50m	
<b>Pole Vault</b>	1.90m	2.40m	1.90m	2.40m	Bar will go up by 10cm

## TENTATIVE SCHEDULE OF EVENTS - FRIDAY April 29<sup>th</sup>, 2016

### TRACK EVENTS

3:00pm	100m	Heats	MG, MB, OG, OB (Top 18 times to final)
	80mH	Timed Finals	MG
	80mH	Timed Finals	JG
	100mH	Timed Finals	SG
	100mH	Timed Finals	MB
	100mH	Timed Finals	JB
	110mH	Timed Finals	SB
	100m	Finals	MG, MB, OG, OB
	400m	Timed Finals	MG, MB, OG, OB
	800m	Invitational	OG, OB
	800m	Time Finals	MG, MB, OG, OB
	100m/200m/300m/400m		OG, OB Sweedish Sprint Relay

### FIELD EVENTS

3:00pm	Long Jump (OB/ OG)	Pole Vault (OB)	Shot (MG / MB & JB)	High Jump (MG)
5:15pm	Long Jump (MG / MB)	Pole Vault (MB)	Shot (OG / OB)	High Jump (OG)

## TENTATIVE SCHEDULE OF EVENTS - SATURDAY April 30<sup>th</sup>, 2016

### TRACK EVENTS

9:00am	Intermediate Hurdles	MG, JG, SG, MB, JB, SB
	200m	MG, MB, OG, OB
	1500m	Timed Finals MG, MB, OG, OB
	Sprint Medley Relay (100/100/200/400)	OG, OB

### FIELD EVENTS

9:00am	High Jump (MB)	Pole Vault (OG)	Discus (OG)
11:15am	High Jump (OB)	Discus (MB/JB)	
12:45pm	Discus (OB)	Pole Vault (MG)	

