2017 Indoor High School
High School Track & Field Meet
Friday, March 31st & Saturday, April 1st, 2017

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 OFFSA SANCTIONNED 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: OFSSA Eligibility Rules Apply

QUESTIONS:

Colin Inglis	**Phone:** (416) 736-2100 ext: 44669	**Email:** cinglis@yorku.ca
Colleen Dotson	**Phone:** (416) 736-2100 ext: 20119	**Email:** colleen@yorku.ca

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 28th, 2017 by 9:00pm (E.S.T.) via snail mail or courier.

HY-TEK ENTRIES: by Tuesday, March 28th, 2017 by 9:00pm (E.S.T.)
Using Team Manager lite (http://www.hy-tekltd.com/downloads.html). Meet events file available via email to 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/2017-york-university-indoor-high-school-meet/7148/

NO TELEPHONE or **FAX ENTRIES**

NO POST ENTRIES WILL BE ACCEPTED.

ENTRIES: **Entries must be submitted by the school.**
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 Wednesday, March 29th, 2017 on the meet website. Please notify the meet director of any errors or omissions you notice by **Wednesday, 9:00pm by email 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)

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 MARCH 31ST, 2017

4:00pm SPRINT STRIP

4:00 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

4:00pm OVAL

4:00 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 -

4:00 JUNIOR BOYS LONG JUMP MIDGET GIRLS HIGH JUMP SENIOR BOYS SHOT PUT
4:00 MIDGET/JUNIOR/SENIOR GIRLS POLE VAULT
5:30 MIDGET BOYS POLE VAULT
5:45 JUNIOR GIRLS LONG JUMP MIDGET BOYS HIGH JUMP JUNIOR BOYS SHOT PUT
7:00 SENIOR BOYS TRIPLE JUMP

SATURDAY APRIL 1ST, 2017

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 HURLDE 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 Number Codes					
Event	**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**

YORK UNIVERSITY HIGH SCHOOL INDOOR TRACK & FIELD MEET

Toronto Track & Field Centre

Friday, March 31st & Saturday April 1st, 2017

DEADLINE: Received by Tuesday MARCH 28th, 2017

ENTRY FORM -- GIRLS

SCHOOL: _____

ADDRESS: _____

HEAD COACH: _____

PHONE: _____

EMAIL: _____

Name	Event & #	Seed	Event & #	Seed	Event & #	Seed
e.g. Jane Smith	60m #1	9.10				

YORK UNIVERSITY HIGH SCHOOL INDOOR TRACK & FIELD MEET

City of Toronto Track & Field Centre
Friday, March 31st & Saturday April 1st, 2017

DEADLINE: Received by Tuesday MARCH 28th, 2017

ENTRY FORM -- BOYS

SCHOOL: _____
ADDRESS: _____
HEAD COACH: _____
PHONE: _____
EMAIL: _____

Name	Event & #	Seed	Event & #	Seed	Event & #	Seed
e.g. Bob Jones	60m #2	8.50				

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. _____
_____