**2018 Indoor High School**

**Track and Field Meet**

**Friday, April 6th and Saturday, April 7th, 2018**

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**Meet Director / Entries Chairperson**

Raymond Rudder

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

drudder@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.

#### 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

**ENTRY FEE: Individual:** $6.00 per individual event **Relay:** $10.00 per team

**TEAM MAX:** $350.00 (Girls and Boys combined)

Payable to: York University

**NO REFUNDS ON ENTRIES THAT ARE ACCEPTED BY THE MEET ORGANIZERS.**

**ENTRY DEADLINE:** ***Received by*** Tuesday, April 3rd, 2017 by 9:00pm (E.S.T.) via snail mail or courier.

**HY-TEK ENTRIES:** by Tuesday, April 3rd, 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 drudder@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:

www.trackiereg.com/2018-york-indoorhsmeet

**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, April 5th, 2017 on the meet website. Please notify the meet director of any errors or omissions you notice by **Thursday, 5:00pm** **by email drudder@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)**

**Parking:** Campus Maps can be found at <http://maps.info.yorku.ca/keele-campus/>. Pay and Display parking is available at Northwest Gate Lot on the east side of Founders Road, just east of the Toronto Track and Field Centre.

**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 6TH**

**Sprint Strip**

4:00PM 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 – FINALS

MIDGET BOYS 60M – FINALS

JUNIOR GIRLS 60M – FINALS

JUNIOR BOYS 60M – FINALS

SENIOR GIRLS 60M – FINALS

SENIOR BOYS 60M – FINALS

**FIELD EVENTS**

4:00 JUNIOR BOYS LONG JUMP

MIDGET GIRLS HIGH JUMP

SENIOR BOYS SHOT PUT

4:00 MIDGET/JUNIOR/SENIOR GIRLS POLE VALUT

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 7TH**

**SPRINT STRIP**

10:00AM MIDGET GIRLS 60M HURDLES - HEATS

JUNIOR GIRLS 60M HURDLES - HEATS

SENIOR GIRLS 60M HURDLE -HEATS

MIDGET BOYS 60M HURDLES - HEATS

JUNIOR BOYS 60M HURDLES - HEATS

SENIOR BOYS 60M HURDLES- HEATS

MIDGET GIRLS 60M HURDLES - FINALS

JUNIOR GIRLS 60M HURDLES - FINALS

SENIOR GIRLS 60M HURDLE -FINALS

MIDGET BOYS 60M HURDLES - FINALS

JUNIOR BOYS 60M HURDLES – FINALS

SENIOR BOYS 60M HURDLES- FINALS

**FIELD EVENTS**

10:00AM SENIOR BOYS JONG JUMP

JUNIOR BOYS HIGH JUMP

SENIOR GIRLS SHOT PUT

JUNIOR BOYS POLE VALUT

11:30 SENIOR GIRLS LONG JUMP

SENIOR BOYS HIGH JUMP

MIDGET BOYS SHOT PUT

12:00 NOON SENIOR BOYS POLE VALUT

1:00PM JUNIOR/SENIOR GIRLS TRIPLE JUMP

SENIOR GIRLS HIGH JUMP

MIDGET GIRLS SHOT PUT

MIDGET GIRLS LONG JUMP

2:30 JUNIOR BOYS TRIPLE JUMP

JUNIOR GIRLS HIGH JUMP

JUNIOR GIRLS SHOT PUT

MIDGET BOYS LONG JUMP

**OVAL**

4:00 JUNIOR GIRLS 2000M – TIMED SECTIONS

JUNOIR BOYS 2000M – TIMED SECTIONS

SENIOR GIRLS 2000M – TIMED SECTIONS

SENIOR BOYS 2000M – TIMED SECTIONS

MIDGET GIRLS 600M – TIMED SECTIONS

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

**OVAL**

10:00AM MIDGET BOYS 300M – TIMED SECTIONS

JUNOR BOYS 300M – TIMED SECTIONS

SENIOR BOYS 300M – TIMED SECTIONS

MIDGET GIRLS 300M – TIMES SECTIONS

JUNIOR GIRLS 300M – TIMED SECTIONS

SENIOR GIRLS 300M – TIMED SECTIONS

**LUNCH BREAK**

MIDGET GIRLS 1500M – TIMED SECTIONS

JUNIOR GIRLS 1500M – TIMED SECTIONS

SENIOR GIRLS 1500M – TIMED SECTIONS

MIDGET BOYS 1500M – TIMED SECTIONS

JUNIOR BOYS 1500M – TIMED SECTIONS

SENIOR BOYS 1500M – TIMED SECTIONS

GIRLS 4X200M RELAY – TIMED FINAL

BOYS 4X200M RELAY – TIMED FINAL

GIRLS SPRINT MEDLEY RELAY – TIMED FINAL

BOYS SPRINT MEDLEY RELAY – TIMED FINAL

**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 Midget Junior Junior Senior Senior**

**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**

**YORK UNIVERSITY HIGH SCHOOL INDOOR TRACK & FIELD MEET**

**Toronto Track & Field Centre**

**Friday, April 6th & Saturday April 7th, 2018**

**DEADLINE: Received by Tuesday April 3rd, 2018**

**ENTRY FORM -- GIRLS**

**SCHOOL:**

**ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**HEAD COACH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EMAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Event & #** | **Seed** | **Event & #** | **Seed** | **Event & #** | **Seed** |
| **e.g. Jane Smith** | **60m #1** | **9.10** |  |  |  |  |
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# YORK UNIVERSITY HIGH SCHOOL INDOOR TRACK & FIELD MEET

**City of Toronto Track & Field Centre**

**Friday, April 6th & Saturday April 7st, 2018**

**DEADLINE: Received by Tuesday April 3rd, 2018**

**ENTRY FORM -- BOYS**

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

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

#### HEAD COACH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

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| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Event & #** | Seed | **Event & #** | **Seed** | **Event & #** | **Seed** |
| **e.g. Bob Jones** | **60m #2** | **8.50** |  |  |  |  |
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### 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. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_