

7<sup>TH</sup> ANNUAL IRISH INVITATIONAL TRACK AND FIELD MEET

SPONSORED BY FOOT TOOLS

WEDNESDAY, MAY 11<sup>TH</sup>, 2016

NOTRE DAME CATHOLIC SECONDARY SCHOOL – BURLINGTON, ON

Entries: \$10 per athlete to a maximum of \$300.00 per school

Cheques should be made payable to **Notre Dame Catholic Secondary School**

Entries will be done online through [www.xcrunner.ca](http://www.xcrunner.ca)

Entry deadline: 4:00 p.m. on Friday, May 6th

Awards: Technical t-shirts (IRISH INVITATIONAL/FOOT TOOLS) to individual and relay winners

Sponsor: Foot Tools will be on site with a wide selection of shoes and spikes

Officiating: Please e-mail Rory Sneyd ([sneydr@hcdsb.org](mailto:sneydr@hcdsb.org)) with preferences (top 3 in order)

- a) Shot put
- b) Long jump
- c) Finish line
- d) Clerk
- e) Relay exchange

Entry questions: Please direct to Steve Moran - [morans@hdsb.ca](mailto:morans@hdsb.ca)

There are no limits on a school's individual entries for a given event but please only enter athletes who plan to attend.

A school may enter up to **two** relay teams in any event.

All running events will be **timed finals**.

Athletes in LJ and SHOT PUT will receive three jumps/throws. Additional jumps/throws for top 6 or 8 athletes will be at the discretion of the official. (time permitting)

Special Note: **Athletes should only enter Notre Dame to use washrooms (west side)**

**Parking for buses available at Ireland Park**

All other questions: Rory Sneyd - [sneydr@hcdsb.org](mailto:sneydr@hcdsb.org) or (905) 335-1544 ext. 1090

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WEDNESDAY, MAY 11, 2016

NOTRE DAME CATHOLIC SECONDARY SCHOOL

*All track and all field events may be moved up 30 minutes.*

TRACK EVENTS

8:45 A.M.                    INT. HURDLES                    MG/JG-MB/JB-SG-SB  
300m-300m-400m-400m

(Athletes do not need to sign up for this event. We will use 4 lanes and ensure that all heats are as full as possible. Please ensure that your athletes are wearing a number.)

9:30 A.M.                    100M                                    MG-MB-JG-JB-SG-SB

11:15 A.M.                    1500M                                MG-MB-JG-JB-SG-SB

12:15 P.M.                    4 X 100M RELAY                    MG-MB-JG-JB-SG-SB

1:30 P.M.                    SPRINT MEDLEY RELAY  
(800-200-200-400)    JG-JB-SG-SB

2:15 P.M.                    4 X 400M RELAY                    JG-JB-SG-SB

FIELD EVENTS

9:00 A.M.	SG SHOT PUT - SJB	SB LONG JUMP – St. Mary's
10:15 A.M.	SB SHOT PUT - SJB	SG LONG JUMP St. Mary's
11:30 A.M.	MB/JB SHOT PUT - Corpus	MG/JG LONG JUMP
12:45 P.M.	MG/JG SHOT PUT – Corpus	MB/JB LONG JUMP