

9TH ANNUAL IRISH INVITATIONAL TRACK AND FIELD MEET

WEDNESDAY, MAY 16TH, 2018

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.xrunner.ca

Entry deadline: 4:00 p.m. on Friday, May 11th

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

Officiating: Please e-mail Rory Sneyd (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

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 or (905) 335-1544 ext. 1090

2018 IRISH INVITATIONAL TRACK AND FIELD MEET

WEDNESDAY, MAY 16, 2018

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 -	SB LONG JUMP -
10:15 A.M.	SB SHOT PUT -	SG LONG JUMP
11:30 A.M.	MB/JB SHOT PUT -	MG/JG LONG JUMP
12:45 P.M.	MG/JG SHOT PUT	MB/JB LONG JUMP

