

HAMILTON INDOOR GAMES

INDOOR TRACK AND FIELD MEET

Note: UPDATES have been made

CONVENOR: Dan Clark (danannclark@gmail.com)

LOCATION: First Ontario Centre (formerly Copps Coliseum) 101 York Blvd. Hamilton

DATE: Friday, February 23, 2018

ENTRY DEADLINE; Monday, February 19, 2018

ENTRY FEE: \$8 INDIVIDUAL EVENTS

\$15 RELAY EVENTS

\$300 TEAM MAXIMUM

***Bring cheque or cash to the meet. Make cheques payable to 91st Highlands Athletic Association**

MEET INFORMATION

- **Meet starting time – 9:30 a.m.**
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- **3000 m – invitation only – must apply with seed time**

EVENTS (6 age groups except where indicated as only open)

4 X 1 RELAY

4 X 4 RELAY (open)

300

600

1000

3000 (open invitation)

FIELD EVENTS

LONG JUMP

TRIPLE JUMP

SHOT PUT (NO SPIN)

NOTE: Waiver form will be available on the entry form site and must be completed in order to compete.

AGE CLASSIFICATIONS:

. YOU CAN ONLY BE ELIGIBLE FOR MIDGET FOR 1 YEAR – Grade 9 only

. YOU ARE ONLY ELIGIBLE FOR 5 YEARS FROM ENTRY DATE INTO HIGH SCHOOL

AGE RULES:

Midget - Born in 2003 or later

Junior - Born 2002

Senior – Born 2001,2000, 1999

