

**Frank's Meet 2018 -
Invitational Track and Field Meet**

**THURSDAY, MAY 10, 2018
Dr. Frank J Hayden Secondary School**

Entries:	<p>\$10.00 per athlete to a maximum of \$300.00 per school</p> <p>Cheques should be made payable to Dr. Frank J Hayden Secondary School.</p>
Entry Deadline:	4:00 pm on Friday, May 4th
Awards:	Technical t-shirts to individuals and relay winners
Officiating:	A google form will be emailed to you to indicate your officiating preferences (Triple Jump, Finish line, Clerk, Relay Exchange). Note that student volunteers will also be assisting.
Entry Questions:	<p>Please direct to Steve Moran - morans@hdsb.ca</p> <p>There are no limits on a school's individual entries for a given event but please only enter athletes who plan to attend.</p> <p>A school may enter up to TWO relay teams in any event.</p> <p>All running events will be timed finals.</p> <p>Athletes in TJ will receive three jumps. Additional jumps for top 6 or 8 athletes will be at the discretion of the official and time available.</p>
Special Notes:	<p>Athletes may enter the school or community centre using the entrances off the track to use the washroom or purchase from the cafeteria. Staff coaches are responsible for supervising their athletes. Hayden is partnered with the City of Burlington and student athletes are asked to respect the space and its community members.</p> <p>There is NO parking for buses at the school. Buses are directed to use the far north parking entrance at the drop-off zone.</p> <p>Limited vehicle parking is available at the far end of the school parking lot, near the portables.</p>
All other questions:	Please direct to Susan Hammond - hammonds@hdsb.ca

Frank's Meet
Dr. Frank J Hayden Secondary School
2018 Hayden Invitational Track and Field Meet

Date: Thursday, May 10, 2018

Location: Dr Frank J Hayden Secondary School,
 3040 Tim Dobbie Drive, Burlington, ON L7M 0N6

Schedule:

Track Schedule

Time	Event	Sequence
9:30 am	Sprint Hurdles	MG 80m (30") JG 80m (30") SG 100m (30") MB 100m (33") JB 100m (36") SB 110m (36")
10:15 am	200m	MG-MB-JG-JB-SG-SB
11:30 am	1500m	MG-MB-JG-JB-SG-SB
12:30 pm	400m	MG-MB-JG-JB-SG-SB
1:30 pm	4 x 100m Relay	MG-MB-JG-JB-SG-SB
2:30pm	"Mixed Bag" relay 4 x 200m (1 junior/senior B/G)	

Field Schedule

Time	Event
9:30 am	SG Triple Jump
10:15 am	MG / JG Triple Jump
11:30 am	SB Triple Jump
12:45 pm	MB / JB Triple Jump