

HAMILTON INDOOR GAMES

INDOOR TRACK AND FIELD MEET

Note: UPDATES have been made

CONVENOR: Steve Kallsen@gmail.com

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

DATE: Friday, February 22, 2019

ENTRY DEADLINE: Tuesday, February 19, 2019 by 11:59pm

ENTRY FEE: \$20 per athlete (UNLIMITED # OF Events)

Including Relays

\$300 TEAM MAXIMUM

COACHES NEED ONLY TO SUBMIT A LIST OF GIRLS AND A SEPARATE LIST OF BOYS COMPETING!

***All athletes must be registered and have a bib number including relay runners**

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

MEET INFORMATION

- **Meet starting time – 9:30 a.m.**

-

3000– invitation only – must apply with seed time

New event – Medley relay – 4lapx1lapx1lapx2lap

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

4 X 1 RELAY

4 X 4 RELAY (open)

4 x 1 Coed RELAY

Medley RELAY

300

600

1000

3000 (open invitation)

FIELD EVENTS

LONG JUMP

TRIPLE JUMP

SHOT PUT (NO SPIN)

NOTE: NO Waiver Forms

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 2004 or later, Jr. – 2003 and Sr. 2002, 2001, 2000