

91st Highlanders Athletic Association

Hamilton Indoor Games

Date: Thursday, February 16 / 2023 (Elementary Meet)

Meet Director: David Lowe

Entry Fee: \$8.00 – Individual Events

\$12.00 – Relay Events

\$200.00 – Total Team Cap

1 Entry per school per event

Maximum of 40 participants/teams per event

Please bring your cheque to the meet and make it out to: 91st Highlanders Athletic Association

Track Events Schedule

8:15 – 9:15 – Warm up on the track

9:15 – Coaches meeting at the finish line area

9:30 – The start of the track portion of the meet. Order of running for all track events will be as followed. Senior Girls, Senior Boys, Junior Girls, Junior Boys, Bantam Girls, Bantam Boys.

Order of Events

4 x 1 lap relay (all 6 age groups)

300 meters (all 6 age groups)

4 x 2 lap relay co-ed (3 groups: Senior, Junior, Bantam)

600 meters (all 6 age groups)

4 x 1 lap relay finals (top 4 teams from each age group)

Medley Relay – (2 laps, 1 lap, 1 lap, 2 laps) This is an open girls and open boys event. You may use any four runners from any age group.

Field Events Schedule

Long Jump (3 attempts) Pit #1

9:30 – Bantam Girls

11:30 – Junior Girls

1:30 – Senior Girls

Long Jump (3 attempts) Pit #2

9:30 – Bantam Boys

11:30 – Junior Boys

1:30 – Senior Boys