



**91<sup>st</sup> Highlanders Athletic Association  
Hamilton Outdoor Elementary Meet  
Ray Lewis Track & Field centre at Mohawk Sports Park**

**Date:** Wednesday, May 24 / 2023

**Meet Director:** David Lowe Assistant Director: Bob Waite

**Entry Fee:** 8.00 - Individual Events, \$12.00 - Relay Events, \$200.00 - Total Team cap

**PLEASE NOTE: FOR THE INAUGURAL MEET THE FEES WILL BE GENEROUSLY COVERED BY THE 91ST HIGHLANDERS ATHLETIC ASSOCIATION AND ParticipACTION MAKING THIS A FREE EVENT.**

**\* 4 Entries per school for individual track & field events per age category\***

**\* 2 Entries per school for medley relay (Open Event), 2 male teams; 2 female teams per school\***

**\*2 Entry per school for 4x100 relay event per age category\***

**Entry deadline May 19/2023.**

**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**

**100m** (all 6 age groups)

**400m** (all 6 age groups)

**800m** (all 6 age groups)

**200m** (all 6 age groups)

**4 x 100m** (all 6 age groups)

**Medley Relay** - (400m, 200m, 200m, 400m) 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

**91<sup>st</sup> Highlanders Athletic Association  
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Ray Lewis Track & Field centre at Mohawk Sorts Park  
Date: Wednesday, May 24 / 2023**

### **New & Important Information:**

- All track events are photo timed and are timed finals.
- Bib numbers are to be worn on the front.
- Participants in individual events only will receive Bib numbers.
- Every participant in an individual event will be assigned a specific number.
- Bib numbers to be picked up at registration the day of the meet.
- Each athlete must be wearing a school shirt that clearly identifies the name of the school.
- No spikes or pins are permitted.
- The meet should finish between 3:00 - 3:30.
- **Entry deadline May 19/2023.**
- No Entries will be accepted after the entry deadline including the day of the meet.
- Please let us know if you are able to volunteer for an event the day of the meet.
- There will be a track break for lunch approximately between 11:45 – 12:15.
- **Age categories as of Sept. 1st | 2022**
  - Bantam - 11 years old / Grade 6
  - Junior - 12 years old / Grade 7
  - Senior - 13 years old / Grade 8