

Hamilton 91st Highlanders Secondary School Schedule

Wednesday, February 28th, 2024

	Event #		Event
9:30	1		Open Boys 4 X 400 Relay Heats
	2		Open Girls 4 X 400 Relay Heats
	3		Senior Boys 4 X 1 Lap Heats
	4		Senior Girls 4 X 1 Lap Heats
	5		Junior Boys 4 X 1 Lap Heats
	6		Junior Girls 4 X 1 Lap Heats
	7		Novice Boys 4 X 1 Lap Heats
	8		Novice Girls 4 X 1 Lap Heats
	9		Senior Boys 300m Sections
	10		Senior Girls 300m Sections
	11		Junior Boys 300m Sections
	12		Junior Girls 300m Sections
	13		Novice Boys 300m Sections
	14		Novice Girls 300m Sections
	15		Open Girls 1500 meters (Entry restricted to top 12 seed times)
	16		Open Boys 1500 meters (Entry restricted to top 12 seed times)
	17		Open Boys Medley Relay 2/1/1/2
	18		Open Girls Medley Relay 2/1/1/2
	19	Hamilton Builders' Supply	Senior Co-ed 4 X 1 lap Relay Sections
	20		Junior Co-ed 4 X 1 lap Relay Sections
	21		Novice Co-ed 4 X 1 lap Relay Sections
	22		Senior Boys 600m Sections
	23		Senior Girls 600m Sections
	24		Junior Boys 600m Sections
	25		Junior Girls 600m Sections
	26		Novice Boys 600m Sections
	27		Novice Girls 600m Sections

	28	Athletics Ontario	Senior Boys 4 X 1 Lap Final
	29	Hamilton Moves	Senior Girls 4 X 1 Lap Final
	30		Junior Boys 4 X 1 Lap Final
	31		Junior Girls 4 X 1 Lap Final
	32		Novice Boys 4 X 1 Lap Final
	33		Novice Girls 4 X 1 Lap Final
	34	Around the Bay Race	Open Boys 4 X 400m Final
	35		Open Girls 4 X 400m Final
FIELD EVENTS			
Time			
9:30	36		Novice Boys Long Jump
	37		Senior Girls Shot Put
	38	Promo Place	Senior Boys Triple Jump
10:30	39		Junior Boys Long Jump
	40		Novice Girls Shot Put
	41		Novice Girls Triple Jump
11:30	42		Senior Boys Shot Put
	43	Stirling Print Solutions	Senior Girls Long Jump
	44		Novice Boys Triple Jump
1:00	45		Junior Girls Triple Jump
	46	Norman Haac Memorial	Senior Boys Long Jump
	47		Novice Boys Shot Put
	48		Junior Girls Shot Put
	49		Senior Girls Triple Jump
	50		Novice Girls Long Jump
	51		Junior Boys Triple Jump
	52		Junior Girls Long Jump
	53		Junior Boys Shot Put

91st Highlanders Athletic Association

Hamilton Indoor Games

Secondary Meet

Meet Director: Tom Montgomery (tommontgomery@hotmail.com) Phone: (905)928-4871

Date: Wednesday, February 28, 2024

Entry Deadline: February 26th, 2024

Entry Fee: \$8.00 per individual event

\$12.00 per Relay event

\$200.00 Total Team Cap.

***Please bring your cheque to the meet making the cheque out to: 91st Highlanders Athletic Association**

Important Information:

- **Please Note that the OPEN 1500 meters (Both men and women) will be limited to 12 Athletes in each event based on a seed time sent in by coaches at the time of registration. Coaches will be notified by the meet director whether an athlete has been selected or not.**
- All track events will be electronically timed.
- Relay Finals will be limited to the four fastest qualifying times from the heats.
- Bib numbers must be worn on the front of the athlete's singlet.
- The anchor of each relay team must have a number on the front of their singlet
- Each athlete must wear their school's team uniform. Relay teams must have matching uniform singlets.
- Athletes wearing spikes must only use pin spikes.
- Entry is through the doors on the York Street entrance and will be open at 7:45am
- 8:15 - 9:15am athletes may warm up on the track. After that time warmups may be done in the open area under the stands or on the mezzanine.
- 9:15 Coaches meeting at the finish line area.
- 9:30 Start of both Track and Field Events
- Only coaches can pick up medals in the results room.