

# 91<sup>st</sup> Highlanders Athletic Association

## Hamilton Indoor Games

**Date:** Thursday, February 29 / 2024 (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 for track events per age category\***

**\* 2 Entries per school for Long Jump per age category / Max 50 athletes per age category\***

**\*Please bring 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

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#### New & Important Information:

- All track events are photo timed and are timed finals except the 4 x 1 lap relay. There will be a 4 team final for each relay age group.
- Bib numbers are to be worn on the front.
- Each Athlete is assigned a specific number.
- 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 3:30 – 4:00.
- A lunch break will occur around 12 noon.
- Entry deadline Feb. 26/24
- No entries will be accepted the day of the meet.
- Age categories as of Sept. 1<sup>st</sup> / 2023 : Bantam – 11 years old

Junior – 12 years old

Senior – 13 years old

- Please note: If your school has a large participation turn out, you are able to submit 2 teams "A" & "B". Points from both teams cannot be added together for the team title.