

91st Highlanders Athletic Association

Hamilton Outdoor Elementary Meet

Ray Lewis Track & Field Centre at Mohawk Sports Park

Date: Wednesday, May 22 / 2024

Meet Director: David Lowe Assistant Director: Bob Waite

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

2 Entries per school for the open medley relay

2 Entry per school for the 4 x 100m relay event per age category

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

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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 15/24.
- 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 – 12:30.
- 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

ENTRY FEE: \$8.00 - Individual Events

\$12.00 – Relay Events

\$200.00 – Total Team Cap

*Please make all cheques payable to:

“The Ninety-First Highlanders Athletic Association”