

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

## Hamilton Outdoor Elementary Meet

Ray Lewis Track & Field Centre at Mohawk Sports Park

**Date:** Wednesday, May 21 / 2025

**Meet Director:** David Lowe

\* 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\*

**\*Please Note: Participation is “Free” if registered by May 9/25\***

### 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 follows: 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.
- Registration opens April 1/25, Entry deadline is May 16/25.
- 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. 1<sup>st</sup> / 2024 : 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 Note: Participation is “Free” if registered by May 9/25\***

\*Please make all cheques payable to:

“The Ninety-First Highlanders Athletic Association”