

**19<sup>th</sup> Annual Nike / Adam's Invitational**  
**High School Track and Field Meet**  
hosted by Neil McNeil HS

- Date:** Wednesday February 22<sup>nd</sup>, 2017
- Location:** Toronto T & F Centre - York University
- Time:** 1:00pm to 7:00pm
- Convenors:** Jason Wood & Ashley Masterson – 416-393-5502  
jason.wood@tcdsb.org / ashley.masterson@tcdsb.org
- Eligibility:** This meet is only open to eligible high school athletes registered through their school.
- Awards:** 1<sup>st</sup> place finishers will receive a prize furnished by Nike Canada. 2<sup>nd</sup> and 3<sup>rd</sup> place finishers will receive ribbons.
- Entry Fee:** \$7.00 per individual event.  
\$10.00 per relay event.
- TEAM MAX OF \$250.00** (Cheque payable to: Neil McNeil High School)
- \*\*Entry fee must be paid at package pick-up on arrival. No package will be given without payment, do not send payment through the mail\*\***
- \*\*Post entries will be made where possible at \$10/event, \$15/relay, regardless of whether team max has been reached.**
- Entry Deadline:** All entries are due via [www.trackdatabase.com](http://www.trackdatabase.com) no later than 4:00pm on Monday February 20<sup>th</sup>, 2017. Meet code: CZQTQ
- Officials:** Each school is required to supply one adult official, please send name and preference via email to Ashley Masterson by Wednesday February 15<sup>th</sup>, 2017.
- Safety:** Athletes are not to be practicing shot put, pole vault, or high jump anywhere but the designated throwing/jumping area and only when the meet official is present.
- First Aid:** Trained medical therapists will be available on site.
- Questions:** Ashley Masterson – ashley.masterson@tcdsb.org

**19<sup>th</sup> Annual Adams Invitational**  
**TRACK EVENTS**

**OVAL**

1:00pm    3000m Midget Girls\*  
            3000m Open Girls\*  
            3000m Midget Boys\*  
            3000m Open Boys\*

2:30pm    200m Midget Girls  
            200m Midget Boys  
            200m Junior Girls  
            200m Junior Boys  
            200m Senior Girls  
            200m Senior Boys

4:15pm    1000m Midget Girls  
            1000m Midget Boys  
            1000m Junior Girls  
            1000m Junior Boys  
            1000m Senior Girls  
            1000m Senior Boys

6:15pm    4x400m Relay Midget Girls  
            4x400m Relay Midget Boys  
            4x400m Relay Open Girls  
            4X400m Relay Open Boys

**STRAIGHT**

1:00pm    60m Midget Girls  
            60m Midget Boys  
            60m Junior Girls  
            60m Junior Boys  
            60m Senior Girls  
            60m Senior Boys

3:00pm    60m Hurdles Midget Girls  
            60m Hurdles Junior Girls  
            60m Hurdles Senior Girls  
            60m Hurdles Midget Boys  
            60m Hurdles Junior Boys  
            60m Hurdles Senior Boys

4:15pm    60m Dash Finals  
            (MG, MB, JG, JB, SG, SB)

\*Standard for 3000m event: Women - under 12:30.00      Men - under 11:30.00

**Track events may run up to 15 minutes ahead of schedule**

## **FIELD EVENTS**

1:00pm	Shot Put Junior Girls High Jump Midget Girls* Long Jump Open Girls	2:30pm	Shot Put Open Girls High Jump Midget Boys* Long Jump Open Boys
1:00pm (Flight #1**)	Pole Vault Open Girls Pole Vault Junior Boys Pole Vault Open Boys	4:00pm	Shot Put Junior Boys High Jump Open Boys* Long Jump Midget Girls
2:30pm (Flight #2**)	Pole Vault Open Girls Pole Vault Junior Boys Pole Vault Open Boys	5:30pm	Shot Put Open Boys High Jump Open Girls* Long Jump Midget Boys

### **Division Notes**

**Shot Put: Categories are Junior & Open, Midget athletes should enter the Junior division**

**High Jump: Categories are Midget & Open, Junior athletes should enter the Open division**

**Long Jump: Categories are Midget & Open, Junior athletes should enter the Open division**

### **\*High Jump Opening Heights**

**MG – 1.25m**

**OG – 1.30m**

**MB – 1.45m**

**OB – 1.50m**

**Please ensure your athletes are able to achieve these minimum heights if entering the event**

### **\*\*Pole Vault – 2 Flights**

**Flight #1: Starting height below 3.00m**

**Flight #2: Starting height above 3.00m**

**Coaches, please email [ashley.masterson@tcdsb.org](mailto:ashley.masterson@tcdsb.org) to declare which flight your athlete will be competing in.**