

**Neil McNeil H.S. presents**  
**The 45<sup>th</sup> Annual Nike/John Rowland Memorial Games**

**Date:** Saturday April 28, 2018

**Location:** Etobicoke Centennial Stadium. Pyramid spikes of 6mm only will be allowed.

**Awards:** Awards will be provided Nike Canada.

**Eligibility:** This meet is open to high school athletes only. All athletes must be entered through their high school and supervised by a teacher throughout the duration of the event. \*3000m and Triple Jump are BY INVITATION ONLY

**Entry Fee:** Individual event \$8.00 per athlete per event.  
Relay events \$10.00 per relay event.

**TEAM MAX OF \$300.00** (Cheque made 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**

**Entry Deadline:** All Entries are due via [www.trackdatabase.com](http://www.trackdatabase.com) no later than 6:00pm on Wednesday April 25<sup>th</sup>, 2018. Meet code: 32SFCE

**Officiating:** Each school must supply one official. Please email preference to Steve Masterson at [mastersonsteve@hotmail.com](mailto:mastersonsteve@hotmail.com)

**Field Events:** Due to the large number of entries we receive, minimum standards will be used for field events. Each athlete will have their first attempt measured, after which only attempts that surpass the 10<sup>th</sup> place distance (from the first round) will be measured. In high jump, starting heights have been pre-determined.

In events where two age groups compete simultaneously the top 6 from each age group will move on to the final round.

In the final round athletes may only get two attempts (rather than three) depending on time constraints.

**Safety:** Athletes are not to be practicing shot put, discus, or javelin anywhere but the designated throwing area and only when the meet official is present. Only competing throwers and officials should be inside of the designated throwing area.

**First Aid:** Trained medical therapists will be available on site.

**Questions:** Ashley Masterson – Neil McNeil HS  
Email: [ashley.masterson@tcdsb.org](mailto:ashley.masterson@tcdsb.org)

## 45<sup>th</sup> Nike/ John Rowland Games Schedule of Events

### Track Events

8:30 am **Registration**

9:00 am **4x100m Relay:** MG, MB, JG, JB, SG, SB  
(TIMED FINALS)

10:30 am **Sprint Hurdles:** MG, JG, SG, MB, JB, SB  
(TIMED FINALS)

11:00 am **100m:** Para as required, MG, MB, JG, JB, SG, SB  
(TIMED FINALS)

1:00 pm **1500m:** MG, MB, JG, JB, SG, SB  
(TIMED FINALS)

3:30 pm **NIKE INVITATIONAL 3000M** (OG, OB)  
**\*Entry by invite only**

4:00 pm **400m:** SG, SB, JG, JB, MG, MB (note reverse order)  
(TIMED FINALS)

5:30 pm **4x400m Relay:** OG, OB  
(TIMED FINALS) \*no starting blocks

**(Track Events May run up to ½ hour ahead of Schedule)**

### Field Events

	<b>High Jump</b>	<b>Long Jump (Pit #1)</b>	<b>Long Jump (Pit #2)</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>
<b>9:00am</b>	Midget & Junior Boys	Senior Girls	Junior Girls	Senior Girls	Midget & Junior Boys	Senior Boys
<b>11:00am</b>	Midget & Junior Girls	Senior Boys	Junior Boys	Midget & Junior Girls	Senior Boys	Midget & Junior Boys
<b>1:00pm</b>	Senior Girls	<b>OG/OB Triple Jump Invitational</b>		Midget & Junior Boys	Midget & Junior Girls	Senior Girls
<b>3:00pm</b>	Senior Boys	Midget Girls	Midget Boys	Senior Boys	Senior Girls	Midget & Junior Girls

\*Triple Jump by invite only

### High Jump Starting Heights

	Midget Girls	Junior Girls	Senior Girls	Midget Boys	Junior Boys	Senior Boys
High Jump	1.20m	1.25m	1.30m	1.30m	1.35m	1.35m

## Nike / John Rowland Memorial Games Meet Records

1 Girls 80 Meter Hurdles Midget Girls 12.00 1997 Candice Wilkey - Elmvale  
2 Girls 80 Meter Hurdles Junior Girls 12.58 2010 Christine MacNeil - London Central  
3 Girls 100 Meter Hurdles Senior Girls 13.63 1997 Roxanne Woodley - Anderson  
4 Boys 100 Meter Hurdles Midget Boys 13.38 1997 Jermaine Marinborough - Pickering  
5 Boys 100 Meter Hurdles Junior Boys 14.42 2010 Andre Wright - Dunbarton  
6 Boys 100 Meter Hurdles Senior Boys 14.09 1997 Tony Branch - Dunbarton  
14 Girls 4x100 Meter Relay Midget Girls 51.32 2011 - Birchmount  
15 Girls 4x100 Meter Relay Junior Girls 51.04 2013 - Birchmount  
16 Girls 4x100 Meter Relay Senior Girls 48.50 1988 - Oakwood  
17 Boys 4x100 Meter Relay Midget Boys 45.56 2010 - Cardinal McGuigan  
18 Boys 4x100 Meter Relay Junior Boys 45.09 2010 - Michael Power / St. Joe'  
19 Boys 4x100 Meter Relay Senior Boys 41.50 1988 - Central Tech  
20 Girls 100 Meter Dash Midget Girls 11.96 2005 Natalie Greiger - Stouffville  
21 Girls 100 Meter Dash Junior Girls 12.44 2009 Shereen Harris - Mary Ward  
22 Girls 100 Meter Dash Senior Girls 11.81 1998 Shelly Ann Brown - Dunbarton  
23 Boys 100 Meter Dash Midget Boys 11.10 2004 Daniel Kotwinski - Holy Trinity  
24 Boys 100 Meter Dash Junior Boys 10.90 2009 Marlon Laidlaw-Allen - Bendale  
25 Boys 100 Meter Dash Senior Boys 10.36 1998 Anson Henry - Anderson  
26 Girls 1500 Meter Run Midget Girls 4:46.35 2013 Lucia Stafford - Toronto French  
27 Girls 1500 Meter Run Junior Girls 4:49.28 2007 Vanessa Piacente - Cardinal Newman  
28 Girls 1500 Meter Run Senior Girls 4:35.00 1983 Doreen Uranick - Acton  
29 Boys 1500 Meter Run Midget Boys 4:03.50 1988 Kevin Christiani - Neil McNeil  
30 Boys 1500 Meter Run Junior Boys 4:08.50 4/28/2012 Isaac Dobos - MacLaughlan  
31 Boys 1500 Meter Run Senior Boys 3:57.35 2013 Elijah Silva - Brebeuf  
32 Girls 3000 Meter Run Open Girls 9:36.20 2000 Carol Henry - Parry Sound  
33 Boys 3000 Meter Run Open Boys 8:16.60 1986 Richard Charette - Algonquin  
34 Girls 400 Meter Run Senior Girls 55.70 2008 Sherine Wells - Westview  
35 Boys 400 Meter Run Senior Boys 47.50 1991 Kelsey Armstrong - St. Michael's  
36 Girls 400 Meter Run Junior Girls 57.55 2011 Ally Christiani - Loretto Abbey  
37 Boys 400 Meter Run Junior Boys 50.31 2006 Andre Hamilton - Birchmount  
38 Girls 400 Meter Run Midget Girls 58.16 2005 Natalie Geiger - Stouffville  
39 Boys 400 Meter Run Midget Boys 52.48 2010 Andre Ford-Azonesnns - Card McGuigan  
40 Girls 4x400 Meter Relay Open Girls 4:02.50 1982 - Oakwood  
41 Boys 4x400 Meter Relay Open Boys 3:16.60 1988 - Central Tech  
44 Girls High Jump Junior Girls 1.70m 2007 Matty Buttinger - Resurrection  
45 Boys High Jump Junior Boys 1.90m 1994 Chris Rowe - Pope JP II  
46 Girls High Jump Senior Girls 1.68m 2009 Tiffany Christine - Emery  
47 Boys High Jump Senior Boys 2.10m 1983 Natty Crooks - West Park  
48 Girls Long Jump Midget Girls 5.13m 1986 Kristan Fry - Woburn  
49 Boys Long Jump Midget Boys 6.30m 1986 Carl Taylor - Woburn  
50 Girls Long Jump Junior Girls 5.56m 2013 Jamilah James - Birchmoun  
51 Boys Long Jump Junior Boys 6.89m 2009 Michael Vasile - St. Basils  
52 Girls Long Jump Senior Girls 5.67m 2009 Caroline Ehrhardt - Espanola  
53 Boys Long Jump Senior Boys 7.23m 1990 Brian Thomas - Central Tech  
54 Girls Shot Put Midget Girls 10.36m 2009 Britney Crew - Birchmount  
55 Boys Shot Put Midget Boys 15.97m 1992 Alex Chou - Woburn  
56 Girls Shot Put Junior Girls 12.50m 2004 Kaitlyn Andrews - Acton  
57 Boys Shot Put Junior Boys 16.53m 2013 Matthew Rosatti - Chaminade  
58 Girls Shot Put Senior Girls 13.84m 2012 Britney Crew - Birchmount  
59 Boys Shot Put Senior Boys 17.82m 2008 Ted Nedow - Thousand Islands  
60 Girls Discus Throw Midget Girls 25.96m 2006 Shurrie Trich - Huberview  
61 Boys Discus Throw Midget Boys 47.66m 2008 Trent Corney - Thousand Islands  
62 Girls Discus Throw Junior Girls 36.02m 2009 Ryana Chin - Dunbarton  
63 Boys Discus Throw Junior Boys 52.49m 2008 Adam Karakilis - Birchmount  
64 Girls Discus Throw Senior Girls 44.58m 2008 Alanna Kovacs - St. Joe's Barrie  
65 Boys Discus Throw Senior Boys 54.02m 2008 Tim Nedow - Thousand Islands  
66 Girls Javelin Throw Midget Girls 26.36m 2009 Alyssa Dicesure - Westmount  
67 Boys Javelin Throw Midget Boys 47.66m 2008 Trent Corney - Thousand Islands  
68 Girls Javelin Throw Junior Girls 31.28m 2008 Sara Hamilton - Humberview  
69 Boys Javelin Throw Junior Boys 56.67m 2009 Trent Corney - Thousand Islands  
70 Girls Javelin Throw Senior Girls 42.02m 2008 Alanna Kovacs - St. Joe's Barrie  
71 Boys Javelin Throw Senior Boys 57.40m 2010 Trent Corney - Thousand Islands