

21st Annual Adams Invitational
High School Indoor Track and Field Meet
hosted by Neil McNeil HS

Date: Wednesday February 20th, 2019

Location: Toronto T & F Centre - York University

Time: 1:00pm to 5:00pm

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 (no club entries). A teacher-coach from each respective school must be in attendance to supervise their athletes.

Awards: 1st place finishers will receive prizes. 2nd and 3rd place finishers will receive ribbons.

Entry Fee: \$8.00 per individual event.
\$12.00 per relay event.

TEAM MAX OF \$300.00 (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 no later than 6:00pm on Monday February 18th, 2018. Meet code: HTT5G6Q

Officials: Each school is required to supply one adult official, please send name and preference via email to Steve Masterson (mastersonsteve@hotmail.com) as soon as possible.

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.

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TRACK EVENTS

OVAL

1:00pm 3000m
 (MG, OG, MB, OB)

2:00pm 200m
 (MG, MB, JG, JB, SG, SB)

3:30pm 1000m
 (MG, MB, JG, JB, SG, SB)

4:30pm 4x400m Relay
 (MG, MB, OG, OB)

STRAIGHT

1:00pm 60m Heats
 (MG, MB, JG, JB, SG, SB)

2:15pm 60m Hurdles
 (MG, JG, SG, MB, JB, SB)

3:00pm 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
 High Jump Open Girls
 Long Jump Open Boys
 Pole Vault - all (JG, OG, JB, OB)

2:00pm Shot Put Open Boys
 High Jump Midget Boys
 High Jump Open Boys
 Long Jump Open Girls

3:00pm Shot Put Junior Boys
 Long Jump Midget Girls
 Long Jump Midget Boys

4:00pm Shot Put Open Girls

Division Notes

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

High Jump & 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