



5th Annual Harry McMaster Track Classic

Tuesday May 12, 2015 - Dryden High School
79 Casimir Avenue, Dryden Ontario P8N 2H4

You are invited to join us for a day of Track, Field and Fun on the new 400m - 4 lane rubber track

Event Date: Tuesday May 12th, 2015 - 10:00 am – 2:00 pm, Harry McMaster Track, DHS

Facilities : This is a hand timed, Hytek Meet Manager scored Outdoor event, Dress for the weather.

Competition Categories:

Elementary	7 & 8 Girls,	7 & 8 Boys
High School	Open Girls	Open Boys

Track Events: 1200m/1500m Steeplechase, 800m, 100m, 400m, 100 hurdles, 1500m, 4x100m, 4x400m Sprint Medley Relay (400,200,200,800)
(Steeplechase is a hurdle based track event with 4 hurdles + 1 water jump / lap -
(It's like a cross country running race with creek jumping, but on the track. So much fun!)

Field Events: Grade 7-12: Long Jump, High Jump, Shot put. Grade 9-12: Discus, Javelin

Max Spike Length: 6mm (1/4") Pyramid style spikes. Pin Spikes and Christmas Tree NOT ALLOWED

1. **Free Entry Deadline: Tuesday May 5th, 2015 at 4 pm.**
 2. Events will be held in order listed. Start times listed are approximate. Elementary events will conclude by 2:00pm, to facilitate return to schools for bussing.
 3. Order of Competition for each event will generally be 7/8 Girls, 7/8 Boys, HS Girls, HS Boys
 4. Race Categories / Genders may be run together depending on number of entries.
 5. Participants may enter 3 individual events + relays,
 6. VOLUNTEER OFFICIALS / MARSHALLS ARE NEEDED AND WELCOMED.
 7. Please enter names and contact numbers of all volunteers on your ENTRY SHEET.
 8. We hope to have a canteen serving healthy snacks and drinks at reasonable prices.
 9. Coaches Meeting 9:45 am
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Entry Method: Please email entry sheet to Mike Wood at woodmsdryden@hotmail.com

Entry Limit: Limit of 325 students, Submit entries on form provided by email only.

Questions & Volunteers? Mike Wood, 807.221.8868, woodmsdryden@hotmail.com