

Neil McNeil H.S. presents
The 46th Annual Nike/John Rowland Memorial Games

Date: Saturday April 27, 2019

Location: Centennial Stadium, Etobicoke. 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 is 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 no later than 6:00pm on Wednesday April 24th, 2018. Meet code: 94RPJLL

Officiating: Each school must supply one official. Please email preference to Steve Masterson at 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 10th 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 (ashley.masterson@tcdsb.org)

46th 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:** AmbG, IdB, MG, MB, JG, JB, SG, SB
(TIMED FINALS)

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

3:00 pm **NIKE INVITATIONAL 3000M** (OG, OB)
***Entry by invite only**

3:30 pm **400m:** SG, SB, JG, JB, MG, MB (note reverse order)
(TIMED FINALS)

5:00 pm **4x400m Relay:** OG, OB
(TIMED FINALS) *No starting blocks for the 4x400m

(Track events may run up to ½ hour ahead of schedule except the 3000m which will run as scheduled)

Field Events

	High Jump	Long Jump (Pit #1)	Long Jump (Pit #2)	Shot Put	Discus	Javelin
9:00am	Midget & Junior Boys	Senior Girls	Junior Girls	Senior Girls	Midget & Junior Boys	Senior Boys
11:00am	Midget & Junior Girls	Senior Boys	Junior Boys	Midget & Junior Girls	Senior Boys	Midget & Junior Boys
1:00pm	Senior Girls	Midget Girls	Midget Boys	Midget & Junior Boys	Midget & Junior Girls	Senior Girls
3:00pm	Senior Boys			Senior Boys	Senior Girls	Midget & Junior Girls

High Jump Starting Heights

	Midget Girls	Junior Girls	Senior Girls	Midget Boys	Junior Boys	Senior Boys
High Jump	1.20m	1.25m	1.30m	1.35m	1.40m	1.40m

Nike / John Rowland Memorial Games Meet Records

80 Meter Hurdles Midget Girls	12.00	1997	Candice Wilkey	Elmvale
80 Meter Hurdles Junior Girls	12.58	2010	Christine MacNeil	London Central
100 Meter Hurdles Senior Girls	13.63	1997	Roxanne Woodley	Anderson
100 Meter Hurdles Midget Boys	13.38	1997	Jermaine Marinborough	Pickering
100 Meter Hurdles Junior Boys	14.19	2014	Clayton Jeffrey	Upper Canada College
100 Meter Hurdles Senior Boys	14.09	1997	Tony Branch	Dunbarton
100 Meter Dash Midget Girls	11.96	2005	Natalie Greiger	Stouffville
100 Meter Dash Junior Girls	12.44	2009	Shereen Harris	Mary Ward
100 Meter Dash Senior Girls	11.81	1998	Shelly Ann Brown	Dunbarton
100 Meter Dash Midget Boys	11.10	2004	Daniel Kotwinski	Holy Trinity
100 Meter Dash Junior Boys	10.90	2009	Marlon Laidlaw-Allen	Bendale
100 Meter Dash Senior Boys	10.36	1998	Anson Henry	Anderson
100 Meter Dash Ambulatory Girls	24.14	2018	Jessica Tinney	Greenwood College
100 Meter Dash Intellectual Boys	12.80	2018	Jacob Balan	St. Marcellinus
400 Meter Run Midget Girls	58.16	2005	Natalie Geiger	Stouffville
400 Meter Run Junior Girls	57.55	2011	Ally Christiani	Loretto Abbey
400 Meter Run Senior Girls	55.70	2008	Sherine Wells	Westview
400 Meter Run Midget Boys	52.48	2010	Andre Ford-Azonwanna	Cardinal McGuigan
400 Meter Run Junior Boys	50.31	2006	Andre Hamilton	Birchmount
400 Meter Run Senior Boys	47.50	1991	Kelsey Armstrong	St. Michael's
1500 Meter Run Midget Girls	4:46.35	2013	Lucia Stafford	Toronto French
1500 Meter Run Junior Girls	4:48.74	2016	Charlotte Wood	Bracebridge & Muskoka Lakes
1500 Meter Run Senior Girls	4:21.12	2016	Lucia Stafford	Toronto French
1500 Meter Run Midget Boys	4:03.50	1988	Kevin Christiani	Neil McNeil
1500 Meter Run Junior Boys	4:08.50	2012	Isaac Dobos	RS McLaughlin
1500 Meter Run Senior Boys	3:57.35	2013	Elijah Silva	Brebeuf
3000 Meter Run Open Girls	9:25.86	2018	Cameron Ormond	Aurora HS
3000 Meter Run Open Boys	8:16.60	1986	Richard Charette	Algonquin
4x100 Meter Relay Midget Girls	51.32	2011	Birchmount	
4x100 Meter Relay Junior Girls	51.04	2013	Birchmount	
4x100 Meter Relay Senior Girls	48.50	1988	Oakwood	
4x100 Meter Relay Midget Boys	45.41	2014	Father Henry Carr	
4x100 Meter Relay Junior Boys	45.09	2010	Michael Power / St. Joe'	
4x100 Meter Relay Senior Boys	41.50	1988	Central Tech	
4x400 Meter Relay Open Girls	4:02.50	1982	Oakwood	
4x400 Meter Relay Open Boys	3:16.60	1988	Central Tech	
High Jump Midget Girls	1.48m	2017	Asia Hamilton	St. Edmund Campion
High Jump Junior Girls	1.70m	2007	Matty Buttinger	Resurrection
High Jump Senior Girls	1.69m	2014	Olivia Campbell	Father John Redmond
High Jump Midget Boys	1.71m	2015	Nathaniel Tan	Francis Libermann
High Jump Junior Boys	1.90m	1994	Chris Rowe	Pope JP II
High Jump Senior Boys	2.10m	1983	Natty Crooks	West Park
Long Jump Midget Girls	5.13m	1986	Kristan Fry	Woburn
Long Jump Junior Girls	5.56m	2013	Jamilah James	Birchmount
Long Jump Senior Girls	5.67m	2009	Caroline Ehrhardt	Espanola
Long Jump Midget Boys	6.30m	1986	Carl Taylor	Woburn
Long Jump Junior Boys	6.89m	2009	Michael Vasile	St. Basils
Long Jump Senior Boys	7.23m	1990	Brian Thomas	Central Tech
Triple Jump Open Girls	11.18m	2018	Anna Obi	St. Augustine
Triple Jump Open Boys	13.90m	2018	Femi Akinduro	North Albion
Shot Put Midget Girls	11.21m	2015	Bernice Ediabonya	Senator O'Connor
Shot Put Junior Girls	12.50m	2004	Kaitlyn Andrews	Acton
Shot Put Senior Girls	13.84m	2012	Britney Crew	Birchmount
Shot Put Midget Boys	15.97m	1992	Alex Chou	Woburn
Shot Put Junior Boys	16.53m	2013	Matthew Rosatti	Chaminade
Shot Put Senior Boys	17.82m	2008	Ted Nedow	Thousand Islands
Discus Throw Midget Girls	25.96m	2006	Shurrie Trich	Huberview
Discus Throw Junior Girls	36.02m	2009	Ryana Chin	Dunbarton
Discus Throw Senior Girls	44.58m	2008	Alanna Kovacs	St. Joe's Barrie

Discus Throw Midget Boys	47.66m	2008	Trent Corney	Thousand Islands
Discus Throw Junior Boys	52.49m	2008	Adam Karakolis	Birchmount
Discus Throw Senior Boys	54.02m	2008	Tim Nedow	Thousand Islands
Javelin Throw Midget Girls	26.36m	2009	Alyssa Dicesure	Westmount
Javelin Throw Junior Girls	31.28m	2008	Sara Hamilton	Humberview
Javelin Throw Senior Girls	42.02m	2008	Alanna Kovacs	St. Joe's Barrie
Javelin Throw Midget Boys	47.66m	2008	Trent Corney	Thousand Islands
Javelin Throw Junior Boys	56.67m	2009	Trent Corney	Thousand Islands
Javelin Throw Senior Boys	57.40m	2010	Trent Corney	Thousand Islands