

# 70 th Anniversary Kennedy Relays 1949 - 2019



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Meet Directors

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Ron Zanin  
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Friday May 3 rd, 2019

University of Windsor Stadium, Huron Church and College Avenue

5:00 PM

- Rules** Open to secondary school students only. **Note** All OFSAA rules apply to **athletes** as well as **coaches** .  
MG and MB - born in 2004 or later and in their first year of high school.  
JG and JB - born in 2003 or 2004. This is just for the combined Midget/Jr shot  
OG and OB - not an MB or MG, no more than 5 years of highschool  
Schools are limited to two relay teams for each relay event per age group.  
If timed sections are necessary, the best time decides the winner.
- Facility** All track events are timed finals, except the 100m and will be based on submitted seed times. Sections will be run from slow to fast, except the 100 m. Blocks will be supplied for the 100 m and the 400m relay. The track is a 400m mondo 8-lane track. A maximum spike length of 6mm can be used.
- Entries** **Deadline** - Monday , April 29 at 4 pm  
Entries can be made at trackie.ca and info will be at <http://sh.triton.net> shortly  
For the **mile** please use 1500m seed time, similarly for the **distance medley relay**  
Use seed time for 800m, 200m, 400m, 1500m
- Entry Fees** \$5 per athlete per individual event, \$25 per relay team or \$350 maximum per team  
Please make cheques payable to “Kennedy”
- Awards** Kennedy Relay Trophies, book prizes and anniversary tee-shirts are awarded to winners in each event (individuals and 4 per relay). Kennedy medals are awarded to second and third place in each event (individuals and 4 per relay).  
More prizes may be added depending on donations.
- Coaches:** Coach’s packages will be available at the gate. It will have athlete’s numbers, scratch sheet and a programme. Athletes must have a coach pick this package up. Teams that have not paid or teams attending without a coach will NOT be able to pick this package up. **No refunds for scratches.**
- Infield:** All coaches must be in the coaching areas adjacent to the field events or in the main grandstand. Coaches and non-participating athletes are NOT permitted on the infield.
- Spectators:** There will be a \$2 entry admission for spectators.

Throws Each participant is allowed three throws. Top 8 may be given three more throws depending on time.

	Javelin	Shot
MG/JG		3 kg
OG	600 g	4 kg
MB/JB		4 kg
OB	800 g	12 lb

Changes to program, prizes and results can be found at: <http://sh.triton.net>

### Track Schedule

Time	Division	Event	Record
5:00	MG	100 m dash heats	Jada Jackson, 12.79 Herman, 2014
	MB	100 m dash heats	Jacob Grainger, 11.48 St. Anne, 2018
	OG	100 m dash heats	Jada Jackson, 12.42 Herman, 2016
	OB	100 m dash heats	John Schmidt, 11.04* Brennan, 1977
5:50	OG 3000m	Distance Medley	Sarnia-Northern, 9:02.68, 2011
	OB 3000m	Distance Medley	Sarnia-St. Patrick's, 7:40.28*, 1983
6:20	MG	100 m dash finals	
	MB	100 m dash finals	
	OG	100 m dash finals	
	OG	100 m dash finals	
6:45	MG	800 m	Brianne Bracci, 2:19.99 Vincent Massey, 2012
	MB	800 m	Ray Tucker, 2:03.28* Hamilton-Westdale, 1962
	OG	800 m	Annette Pelletier, 2:17.58* Assumption, 1983
	OB	800 m	Ray Tucker, 1:51.88* Hamilton-Westdale, 1964 (a former Canadian Record)
7:15	MG	400m relay	Sandwich, 51.04, 2016
	MB	400m relay	Kennedy Collegiate, 46.24* @, 1962
	OG	400m relay	Sandwich, 49.07, 2018
	OB	400m relay	Sarnia-Northern, 43.12, 2011
7:40	OG	Mile Run	Hilary Edmondson, 5:02.92 Sarnia-St. Christopher, 2000

	OB	Mile Run	Daryl Smith, 4:15.61 Vincent Massey, 2010
8:10	OG	4x400m relay	Sarnia-Northern, 4:01.05, 2016
	OB	4x400m relay	Hamilton-Westdale, 3:21.38* <sup>@</sup> , 1966 (a former Canadian Record)

### Field Schedule

Time	Division	Event	Record
5:00	OB	Long Jump	Sebastien Smith, 7.14 m Sarnia-Northern, 2016
5:00	MB/JB	Shot Put	David Crombeen, 17.22 m Sarnia-St. Patrick's, 1982
5:00	OG	Javelin	Maggie Mullen, 45.85 m Sarnia-St. Patrick's, 2008
5:00	OG	Pole Vault	Ema Kralik, 2.95 m W. F. Herman, 2018
6:00	MG/JG	Shot Put	Jacqueline Turner, 12.11 m Vincent Massey, 2018
6:15	OG	Long Jump	Emily Omahen, 5.68 m St. Anne, 2012
6:45	OB	Javelin	Trevor Snyder, 73.76 St. Joseph's, 2001 (a Canadian Record)
7:00	OB	Pole Vault	Bruce Simpson, 4.67 m Agincourt C.I., 1969
7:00	OG	Shot Put	Joanne Rothery, 13.82 m Kennedy Collegiate, 1984
7:45	OB	Shot Put	Kyle Helf, 18.64 m St. Thomas, 2004
Note	In 1977, the Kennedy Relays changed to the Metric System in all events and the meet was discontinued in 1993 until its revival in 1998.		

<sup>@</sup> = Longer nonmetric distance raced

\* = Converted from hand time

Events will run ahead where possible.