

# 8<sup>th</sup> ANNUAL FLYING ANGELS INTERNATIONAL TRACK & FIELD FESTIVAL

Toronto Track & Field Centre  
231 Ian MacDonald  
Toronto, Ontario, Canada, M3J 3L9  
July 7-8, 2018

**Hosted by:** Flying Angels Track & Field Club

**Sanctioned by:** Athletics Ontario

**Website:** [www.flyingangels.ca](http://www.flyingangels.ca)

**Meet Director:** Earl Letford  
(647) 491-5776  
[track@flyingangels.ca](mailto:track@flyingangels.ca)

## ENTRY INFORMATION AND INSTRUCTIONS

Entries must be completed Online at [www.trackiereg.com](http://www.trackiereg.com)  
Select "Find Event" and enter "Flying Angels" in the Filter by Event box  
You will then see the Flying Angels International Track & Field Festival  
Click "Register" and follow the steps to complete your entries.

### Relay-Only Athletes

The names of all possible runners on all relay teams must be included with the entries, including athletes who are only competing in relay events. This will allow the athletes to receive a competition number and wristband to enter the stadium. However, the names of the four runners on each team and the running order need not be provided until the day of the meet.

**Entry Deadline** Monday, July 2, 2018 @ 11:59 pm

**Entry Fees** **\$20 per athlete**

**Cost limit \$500 per team**

Late entries are not accepted

Pay online or make cheque/ money order payable to **Flying Angels Track Club**

Athletes are limited to five individual events & two relays

## AGE DIVISIONS

The athlete's year of birth determines the age division in which he/she will compete for individual events:

<b>AGE GROUPS</b>	<b>CLASSIFICATION</b>	<b>YEAR OF BIRTH</b>
6 & Under	6G / 6B	2012 & 2013
8 & Under	8G / 8B	2010 & 2011
9 & Under	9G / 9B	2009
10 & Under	10G / 10B	2008
11 & Under	11G / 11B	2007
12 & Under	12G / 12B	2006
13 & Under	13G / 13B	2005
14 & Under	14G / 14B	2004
15 & Under	15G / 15B	2003
17 & Under	17G / 17B	2001 & 2002
Open	OW / OM	2000 & Older

## EVENTS OFFERED

6 & Under	100m, 200m
8 & Under	100m, 200m, 400m, 800m, Long Jump, Shot Put
9 & Under	100m, 200m, 400m, 800m, 1200m, Long Jump, High Jump, Shot Put
10 & Under	100m, 200m, 400m, 800m, 1200m, Long Jump, High Jump, Shot Put
11 & Under	100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put
12 & Under	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, 200m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw
13 & Under	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, 200m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw
14 & Under	100m, 200m, 400m, 800m, 1500m, 80m Hurdles (Girls), 100m Hurdles (Boys), 200m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw
15 & Under	100m, 200m, 400m, 800m, 1500m, 80m Hurdles (Girls), 100m Hurdles (Boys), 200m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw
17 & Under	100m, 200m, 400m, 800m, 1500m, 100m Hurdles (Girls), 110m Hurdles (Boys), 400m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw
Open	100m, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, High Jump

## RELAY EVENTS OFFERED

8 & Under	Born 2010-2013	4x100
9 & 10 Year old	2008-2009	4x100, Sprint Medley Relay
11 & 12 Year old	2006-2007	4x100, Sprint Medley Relay
13 & 14 Year old	2004-2005	4x100, Sprint Medley Relay
15-17 Year old	2001-2003	4x100, (compete in Open 4x400)
Open	Any age	4x100, 4x400
Parents & Coaches	1988 & older	4x100

### Relay Notes:

*Sprint Medley Relay will be run in the following order – 400m, 200m, 200m, 800m  
An athlete may run on a relay team in an older age group*

## THROWING IMPLEMENT SPECIFICATIONS

### Shot Put

8U Girls	9U Girls	10U Girls	11U Girls	12U Girls	13U Girls	14U Girls	15U Girls	17U Girls
1.50 kg	2.00 kg	2.00 kg	2.73 kg	3.00 kg				
8U Boys	9U Boys	10U Boys	11U Boys	12U Boys	13U Boys	14U Boys	15U Boys	17U Boys
1.50 kg	2.00 kg	2.00 kg	2.73 kg	3.00 kg	3.00 kg	4.00 kg	4.00 kg	5.00 kg

### Discus Throw

12U Girls	13U Girls	14U Girls	15U Girls	17U Girls
0.75 kg	0.75 kg	1.00 kg	1.00 kg	1.00 kg
12U Boys	13U Boys	14U Boys	15U Boys	17U Boys
0.75 kg	0.75 kg	1.00 kg	1.00 kg	1.50 kg

### Javelin Throw

12U Girls	13U Girls	14U Girls	15U Girls	17U Girls
400g	400g	500g	500g	500g
12U Boys	13U Boys	14U Boys	15U Boys	17U Boys
400g	400g	600g	600g	700g

## HURDLE SPECIFICATIONS

DIVISION	Distance	# Hurdles	Height (m)	To 1 <sup>st</sup> hurdle	Between Hurdles
12U Girls	80m	8	0.762	12.00m	7.50m
12U Boys	80m	8	0.762	12.00m	7.50m
13U Girls	80m	8	0.762	12.00m	7.50m
13U Boys	80m	8	0.762	12.00m	7.50m
14U Girls	80m	8	0.762	12.00m	8.00m
14U Boys	100m	10	0.840	13.00m	8.50m
15U Girls	80m	8	0.762	12.00m	8.00m
15U Boys	100m	10	0.840	13.00m	8.50m
17U Girls	100m	10	0.762	13.00m	8.50m
17U Boys	110m	10	0.914	13.72m	9.14m
12U Girls	200m	5	0.762	20.00m	35.00m
12U Boys	200m	5	0.762	20.00m	35.00m
13U Girls	200m	5	0.762	20.00m	35.00m
13U Boys	200m	5	0.762	20.00m	35.00m
14U Girls	200m	5	0.762	20.00m	35.00m
14U Boys	200m	5	0.762	20.00m	35.00m
15U Girls	200m	5	0.762	20.00m	35.00m
15U Boys	200m	5	0.762	20.00m	35.00m
17U Girls	400m	10	0.762	45.00m	35.00m
17U Boys	400m	10	0.840	45.00m	35.00m

## **FACILITY**

All-weather polytan surface on 8-lane track.  
Indoor track available for warm up includes 8-lane 110m straightaway and 5-lane oval  
Washroom facilities are available.

## **FACILITY RULES**

Only officials are permitted onto the competition areas. All others must go to the spectator viewing area.  
Only athletes and accredited coaches are allowed into the indoor track.

## **PACKET PICKUP**

Coaches must pick up their team packet at the Registration Tent located at the south west entrance to the stadium. The coach picking up the packet must pay for and take the entire packet. Coaches must pay for ALL entries submitted.

## **MEET ADMISSION**

Entry to the stadium will be by wrist bands only. Wrist bands for athletes and coaches will be included in the team's packet. Each team will be allotted 1 coach wrist band for every 10 athletes registered. Wristbands for spectators and additional coaches will be sold at the tent located at the entrance to the stadium.

**General Admission Spectator passes are \$5 each day.** Children aged 12 and under are free

## **SCHEDULE**

A copy of the tentative schedule is attached. Event times are approximate. A revised schedule will be in your packet and will be posted online at [www.flyingangels.ca](http://www.flyingangels.ca) on Friday, July 6, 2018.

Events may be delayed or advance by one hour.

## **PERFORMANCE LIST & RESULTS**

Performance lists and meet results will be posted online at [www.flyingangels.ca](http://www.flyingangels.ca).

## **ATHLETE CONTROL CENTRE / CHECK-IN PROCEDURE**

The Athlete Control Centre (ACC) is located at the indoor track.

The entrance to the indoor track is located at the Northwest end of the stadium.

Athletes competing in the track events must check in at the Athlete Control Centre when the event is called.

Athletes will be escorted to their events.

Athletes competing in the field events should check in directly to the event when called.

## **AWARDS**

Medals will be presented to the first eight (8) finishers in each event

An Overall Team trophy will be presented to the 10 teams with the most combined points

Plaques will be presented to athletes who break a meet record

A trophy will be presented to the athlete who accumulates the most points in each division (not including relays)

A plaque will be presented to the team who gets the most points in the following events: Distance, Sprints, Hurdles, Throws, and Jumps

## **SCORING**

The top 6 athletes in each event will earn points for their teams as follows: 1<sup>st</sup> – 10 points, 2<sup>nd</sup> – 8 points, 3<sup>rd</sup> – 6 points, 4<sup>th</sup> – 4 points, 5<sup>th</sup> – 2 points, 6<sup>th</sup> – 1 point

## **IMPLEMENTS AND WEIGH-IN**

Throwing implements will be provided by the meet management.

Personal implements will be allowed and once checked-in, will be entered into the competition equipment pool.

## **WARM UP AREA**

The indoor track is available for athletes to warm up.

There are also grass fields approximately 200m west of the stadium that athletes may use for warm up.

There is no warm up allowed on the outdoor track or the infield.

## **ATHLETE ADVANCEMENT TO FINALS**

In the 100m & 200m events, the top 8 times from the qualifying round will advance to the Finals.

If there are 8 or fewer athletes running in the first round, then those athletes who check in on time will be moved to run in the Finals at the time scheduled for the Finals.

Athletes who fail to check in on time for the qualifying round will not be allowed to compete in the Finals, unless there is a free lane available and the addition of the athlete does not make it more than 8 athletes eligible to compete in the finals.

## **FALSE START RULE**

False start rules follow those of the IAAF, with the following exception: in events staged for 6U, 8U, 9U, 10U, and 11U divisions, one false start per race will be allowed and charged to the field. Any further false starts during that race will result in the disqualification of the athlete making the false start.

The starter may, at his/her discretion, deem the start a "faulty start" and not disqualify an athlete.

## **FIELD EVENTS**

All athletes in the Long Jump and Triple must jump from the preexisting board.

A board or white tape will be constructed 1 metre before the pit for athletes competing in the 8 & Under division.

All athletes who leave a field event to compete in a running event may return to compete in the field event, providing that the field event has not been completed.

Athletes who return to the event must join the event at the round that the event is currently in or at the height that is currently being contested (high jump).

Athletes who have missed some of the preliminary rounds of the field event may not join the event for the final rounds, unless it is deemed that they are part of the top 8 participants who have qualified for the final rounds.

There are no "make up attempts" for the rounds that were missed by an athlete was not at an event.

## **PROTEST**

All protest must be filed within 15 minutes of the official announcement or release of the results. If no protest is received within the above mentioned time limit, the result as released will stand. If a protest changes a result, 15 minutes will be allowed following the announcement or release of the decision for appeal to be brought forward. The decision of the Referee may be appealed to the Jury of Appeal whose decision is final. The protest fee of \$50.00 will be returned if the protest is upheld.

## **DIRECTION TO TORONTO TRACK AND FIELD CENTRE**

- Follow Highway 400 north to the Steeles Avenue exit.
- Go East (left) on Steeles, past Jane Street to the third set of lights.
- Turn right on Founders Road
- Take immediate first left entrance to parking lot.
- Follow the sidewalk west to the front of the Track and Field Centre.

## **PARKING**

There is parking available just off of Founders Rd. Parking is a flat rate of \$5/day on weekends.

## **HOTELS IN TH AREA**

There are many hotels that are within a 15 minute drive of York University. Google YORK UNIVERSITY HOTELS NEARBY for a list of nearby hotels. A more detailed list will be made available soon.

## **FURTHER INFORMATION**

For further information, contact Earl Letford at **(647) 491-5776**

**2018 FLYING ANGELS INTERNATIONAL TRACK & FIELD FESTIVAL  
SCHEDULE OF EVENTS – DAY 1**

**TRACK EVENTS**

10:00 AM	1200m Finals	9G, 10G, 9B, 10B
	1500m Finals	11G, 12G, 13G, 14G, 15G, 17G, OW, 11B, 12B, 13B, 14B, 15B, 17B, OM
11:30 AM	80m Hurdles (Heats or Finals)	12G, 12B, 13G, 13B, 14G, 15G
	100m Hurdles (Heats or Finals)	14B, 15B, 17G
	110m Hurdles (Heats or Finals)	17B
12:15 PM	80m Hurdles Finals (if necessary)	12G, 12B, 13G, 13B, 14G, 15G
	100m Hurdles Finals (if necessary)	14B, 15B, 17G
	110m Hurdles Finals (if necessary)	17B

**12:30 PM**

**OPENING CEREMONIES**

1:00 PM	100m Heats (if necessary)	6G, 8G, 9G, 10G, 11G, 12G, 13G, 14G, 15G, 17G, OW
	100m Heats (if necessary)	6B, 8B, 9B, 10B, 11B, 12B, 13B, 14B, 15B, 17B, OM
2:30 PM	100m Finals	6G, 8G, 9G, 10G, 11G, 12G, 13G, 14G, 15G, 17G, OW
	100m Finals	6B, 8B, 9B, 10B, 11B, 12B, 13B, 14B, 15B, 17B, OM
3:30 PM	400m Timed Finals	8G, 9G, 10G, 11G, 12G, 13G, 14G, 15G, 17G, OW
	400m Timed Finals	8B, 9B, 10B, 11B, 12B, 13B, 14B, 15B, 17B, OM
5:00 PM	4 x 100m Relay Finals	8G, 9-10G, 11-12G, 13-14G, 15-17G, OW
	4 x 100m Relay Finals	8B, 9-10B, 11-12B, 13-14B, 15-17B, OM, Parents & Coaches

**FIELD EVENTS**

10:00 AM	Long Jump (Pit 1)	8G / 8B
	Long Jump (Pit 2)	9G / 10G
	Shot Put (Circle 1)	12B / 13B
	Shot Put (Circle 2)	12G / 13G
	High Jump	15G / 17G / OW
11:00 AM	Shot Put (Circle 1)	14B / 15B
	Shot Put (Circle 2)	14G / 15G
	High Jump	12G / 13G / 14G
11:30 AM	Long Jump (Pit 1)	11G / 12G
	Long Jump (Pit 2)	9B / 10B
12:00 PM	Shot Put (Circle 1)	17B
	Shot Put (Circle 2)	17G
	High Jump	9G / 10G / 11G
1:00 PM	Long Jump (Pit 1)	13G / 14G
	Long Jump (Pit 2)	11B / 12B
	High Jump	15B / 17B / OM
	Shot Put (Circle 1)	9B / 10B
	Shot Put (Circle 2)	9G / 10G
2:00 PM	High Jump	12B / 13B / 14B
	Shot Put (Circle 1)	11B
	Shot Put (Circle 2)	11G
2:30 PM	Long Jump (Pit 1)	15G / 17G / OW
	Long Jump (Pit 2)	13B / 14B
3:00 PM	High Jump	9B / 10B / 11B
	Shot Put (Circle 1)	8B
	Shot Put (Circle 2)	8G
4:00 PM	Long Jump (Pit 1)	15B
	Long Jump (Pit 2)	17B / OM

## 2018 FLYING ANGELS INTERNATIONAL TRACK & FIELD FESTIVAL

### SCHEDULE OF EVENTS – DAY 2

#### TRACK EVENTS

10:00 AM	200m Hurdles Timed Sections	12G, 13G, 14G, 15G, 12B, 13B, 14B, 15B
	400m Hurdles Timed Sections	17G, 17B
10:45 AM	800m Finals	8G, 9G, 10G, 11G, 12G, 13G, 14G, 15G, 17G, OW
	800m Finals	8B, 9B, 10B, 11B, 12B, 13B, 14B, 15B, 17B, OM
11:45 AM	200m (if necessary)	6G, 8G, 9G, 10G, 11G, 12G, 13G, 14G, 15G, 17G, OW
	200m (if necessary)	6B, 8B, 9B, 10B, 11B, 12B, 13B, 14B, 15B, 17B, OM
1:15 PM	200m Finals	6G, 8G, 9G, 10G, 11G, 12G, 13G, 14G, 15G, 17G, OW
	200m Finals	6B, 8B, 9B, 10B, 11B, 12B, 13B, 14B, 15B, 17B, OM
2:15 PM	Sprint Medley Relay Finals	9-10G, 11-12G, 13-14G
	Sprint Medley Relay Finals	9-10B, 11-12B, 13-14B
2:45 PM	4 x 400m Relay Finals	OW
	4 x 400m Relay Finals	OM

#### FIELD EVENTS

10:00 AM	Triple Jump (pit 1)	12G / 13G
	Triple Jump (pit 2)	12B / 13B
	Discus Throw	14G / 15G
	Javelin Throw	14B / 15B
11:00 AM	Discus Throw	12G / 13G
	Javelin Throw	12B / 13B
11:30 AM	Triple Jump (pit 1)	14G / 15G
	Triple Jump (pit 2)	14B / 15B
12:00 PM	Discus Throw	17G
	Javelin Throw	17B
1:00 PM	Triple Jump (pit 1)	17G / OW
	Triple Jump (pit 2)	17B / OM
	Discus Throw	12B / 13B
	Javelin Throw	12G / 13G
2:00 PM	Discus Throw	14B / 15B
	Javelin Throw	14G / 15G
3:00 PM	Discus Throw	17B
	Javelin Throw	17G

***This is a tentative schedule. Events may be advanced or delayed by up to 60 minutes.***