



2019 BULLETS INDOOR GAMES



Competition Date: Saturday, January 26, 2019

Hosted by: Bullets Track Club

Meet Director: Jim Catton, bulletstrackclub@gmail.com

Venue: Toronto Track & Field Centre, Indoor facility, 231 Ian MacDonald Blvd, Toronto, ON

Entry Fees: By Wednesday, January 23, 1159pm- \$10 per event, \$10 per relay.

Late Entries: will be accepted until noon on Friday January 25- \$15 per event, \$15 per relay.

Registration: www.Trackiereg.com/bulletsindoorgames2019.

Non-Member Fees: Non-MTA Members will pay an additional \$5.00 per registration. Be sure to have your club and club members registered prior to registering for our meet.

Age Groups and Events:

- Peewee (2013 & 2014)- 50m, Long Jump
- Mite (2011 & 2012)- 50m, 50m Hurdles (12"-30cm), 200m, 400m, Long Jump, Shot Put (1.5k Kg)
- Tyke (2009 & 2010)- 50m, 50m Hurdles (18"-45cm), 200m, 400m, 800m, Long Jump, High Jump, Shot Put (2.0 Kg), 4x200m Relay
- Atom (2007 & 2008)- 50m, 50m Hurdles (24"-60cm), 200m, 400m, 800m, 1500m, 800m Race Walk Long Jump, Triple Jump, High Jump, Shot Put (2.73 Kg), 4x200m Relay
- Senior (2005 & 2006)- 50m, 50m Hurdles (27"-68cm), 200m, 400m, 800m, 1500m, 800m Race Walk, Long Jump, Triple Jump, High Jump, Shot Put (3.0 Kg), 4x200m Relay

Awards: Medals for first three finishers in every final (Gold, Silver & Bronze)
Ribbons for 4th to 8th place.
Top 3 relay teams get ribbons
Special Ribbon for all competitors who compete in a Run Event, Jump Event and Throw Event!



2019 BULLETS INDOOR GAMES SCHEDULE



	TRACK	Pit 1	Pit 2	HIGH JUMP	SHOT PUT
10am	50	Atom Girls L J	Senior Girls TJ	Atom Boys	Senior Boys
	50m Hurdles	Tyke Girls L J	Senior Boys L J	Tyke Boys	Mites B&G
	1500	Peewee B&G LJ	Atoms Boys TJ	Senior Boys	
	400				
	800mW				
1pm	50m Hurdles Finals	Tyke Boys L J	Atom Girls TJ	Senior Girls	Tyke B&G
	50 Finals	Mites Boys L J	Senior Boys TJ	Atom Girls	Atom Boys
	800	Mites Girls L J	Senior Girls L J	Tyke Girls	Atom Girls
	200	Atom Boys L J			Senior Girls
	4x200m				

Competition Notes

- Track events take priority over field events. Athletes must check into their field event and get at least one trial in before leaving to go to their track event then return right after the track event. They should leave for their track event at the last call for their age/gender category.
- We will run races starting with the youngest age categories, girls then boys, and work our way up through to senior.
- All horizontal jump competitions will receive 3 qualifying jumps. The top 8 competitors will receive an additional 2 jumps. All jumps are considered for the final performance ranking.
- Peewee, Mites, Tykes and Atoms will jump from a 1m jump-zone for Long Jump. The jump-zone will be marked with flour or chalk. Seniors will jump from the designated board.
- All Triple Jump competitors must jump from a designated board.

➤ Hurdle Heights and Distances

Hurdles

Distance	Age Group	Height	First Hurdle	Space Between	Number of Hurdles
50m	Mite	12"/30cm	11.5m	7m	4
50m	Tyke	18"/45cm	11.5m	7m	4
50m	Atom	24"/60cm	11.5m	7m	4
50m	Senior	27"/68cm	11.5m	7.5m	4

- All Shot Put competitors will receive 3 qualifying throws. The top 8 competitors will receive an additional 2 throws. All throws are considered for the final performance ranking.
 - Mites 1.5kg, Tykes 2.0kg, Atom 2.73kg, Senior 3.0kg
- This meet is approved by Athletics Ontario for the Senior and Atom age groups. For a performance to count towards a record or future seeding, the athlete must be a member of Athletics Ontario at the time of the performance.



MINOR TRACK ASSOCIATION

Sanctioned and Required by:

Minor Track Association of Ontario

Release, Waiver and Indemnity

In consideration of the acceptance of my acceptance of my application and the permission to participate as an entrant or competitor in the

2019 BULLETS INDOOR GAMES
January 26, 2019

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

MINOR TRACK ASSOCIATION
BULLETS TRACK & FIELD CLUB
TORONTO TRACK & FIELD CENTRE
CITY OF TORONTO
YORK UNIVERSITY
ATHLETICS ONTARIO

And all other association, sanctioning bodies and sponsoring companies and all their respective agents, officials, servants, representatives and assigns OF AND FROM ALL claims, demands, damage costs, expense actions and causes of action, whether in law or equity, in respect to death, injury, loss or damage to my person or property HOWEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that the same may be the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREE to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

Parent or Guardian Name

Date

Signature (if athlete is under 18)

Club Name

Date

Signature (club rep, if signing for entire club)