

2019 FLYING ANGELS INTERNATIONAL
AGE-CLASS TRACK & FIELD CHAMPIONSHIPS + OPEN SHOWCASE

Toronto Track & Field Centre
231 Ian MacDonald
Toronto, Ontario, Canada, M3J 3L9
July 6-7, 2019

REVISED: June 24, 2019

Hosted by: Flying Angels Track & Field Academy
In Partnership with: Amateur Athletic Union (AAU)
Sanctioned by: Athletics Ontario + Minor Track Association
Website: www.flyingangels.ca
Meet Director: Earl Letford
(416) 562-0898
track@flyingangels.ca

ENTRY INFORMATION AND INSTRUCTIONS

[Click here to complete entries www.trackiereg.com](http://www.trackiereg.com)

OPEN SHOWCASE

Open Showcase entries are limited.

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 1, 2019 @ 11:59 pm

Entry Fees \$10.00 per individual event
\$20.00 per relay
Late entries are not accepted
Make cheque or money order payable to **Flying Angels Track & Field Academy**

AGE DIVISIONS

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

AGE GROUPS	YEAR OF BIRTH
Mite - Under 9	2011 & 2012
Tyke - Under 11	2009 & 2010
Atom - Under 13	2007 & 2008
Senior - Under 15	2005 & 2006
Midget - Under 16	2004
Youth - Under 18	2002 & 2003
Open Showcase	2001 & Older

EVENTS OFFERED

Mite - Under 9	100m, 200m, 400m, 800m, Long Jump, Shot Put, 4x100
Tyke - Under 11	100m, 200m, 400m, 800m, 1200m, Long Jump, High Jump, Shot Put, 4x100
Atom - Under 13	100m, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, High Jump, Shot Put, 4x100
Senior - Under 15	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw, 4x100, 4x400
Midget - Under 16	100m, 200m, 400m, 800m, 1500m, 80m/100m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw, 4x100
Youth - Under 18	100m, 200m, 400m, 800m, 1500m, 100m/110m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw, 4x100, 4x400
Open Showcase	100m, 200m, 400m, 800m, 1500m, 4x100
Parents & Coaches	100m, 4x100 (co-ed)

THROWING IMPLEMENT SPECIFICATIONS

SHOT PUT			DISCUS THROW			JAVELIN	
U9 Girls	1.50 kg		U15 Girls	1.00 kg		U15 Girls	500g
U9 Boys	1.50 kg		U15 Boys	1.00 kg		U15 Boys	500g
U11 Girls	2.00 kg		U16 Girls	1.00 kg		U16 Girls	500g
U11 Boys	2.00 kg		U16 Boys	1.00 kg		U16 Boys	600g
U13 Girls	2.73 kg		U18 Girls	1.00 kg		U18 Girls	500g
U13 Boys	2.73 kg		U18 Boys	1.50 kg		U18 Boys	700g
U15 Girls	3.00 kg						
U15 Boys	3.00 kg						
U16 Girls	3.00 kg						
U16 Boys	4.00 kg						
U18 Girls	3.00 kg						
U18 Boys	5.00 kg						

HURDLE SPECIFICATIONS

DIVISION	Distance	# Hurdles	HT (m)	Dist. To 1 st Hurdle	Dist. b/w Hurdles
U15 Girls	80m	8	0.762	12.00m	7.50m
U15 Boys	80m	8	0.762	12.00m	7.50m
U16 Girls	80m	8	0.762	13.00m	8.00m
U16 Boys	100m	10	0.840	13.00m	8.50m
U18 Girls	100m	10	0.762	13.00m	8.50m
U18 Boys	110m	10	0.914	13.72m	9.14m

FACILITY

All-weather polytan surface on 8-lane track.
Washroom facilities are available.

FACILITY RULES

Only officials are permitted onto the competition areas. All others must go to the spectator viewing area.

PACKET PICKUP

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

MEET ADMISSION

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

General Admission Spectator passes are \$5 each day. Children aged 6 and under are free

SCHEDULE

A copy of the tentative schedule is attached. Event times are approximate. A revised schedule is in your packet and will be posted online at www.flyingangels.ca on Thursday, July 4, 2019.

PERFORMANCE LIST & RESULTS

Performance lists and meet results are posted online at 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 southwest end of the stadium (beside the washrooms)

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

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

AWARDS

A trophy is presented to the three teams with the most combined points

Medals are presented to the first three finishers in each event

Ribbons are presented to the 4th-8th place finishers in each event

A plaque is presented to the team with the most combined points in the sprints, hurdles, distance, throws, and jumps events

A trophy is presented to the male and female athlete who has the most combined points in each division (excluding relays)

A plaque is presented to each athlete who breaks a meet record

A trophy is presented to the athlete who is voted as "Performer of the Meet"

SCORING

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

IMPLEMENTS

Throwing implements are provided by the meet management.

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

WARM UP AREA

The indoor track is open for athletes warm up.

Absolutely no warm up is allowed on the competition track or the infield.

ATHLETE ADVANCEMENT TO FINALS

The top 8 times from the qualifying round of the 100m, Hurdles, and 200m will advance to the Finals.

If there are 8 or fewer athletes running in the first round, then that round will be run as a Final.

FALSE START RULE

False start rules follow those of the IAAF, with the following exception: in events staged for U9, U11, U13, U15 divisions, one false start is charged to the field and all further false starts result in the disqualification of the athlete making the false start.

PARENTS & COACHES RACES

There will be a Parents and Coaches 100m and Co-Ed 4x100 relay

Coaches & parents must be 30 years older or older. There must be at least two females on the 4x100 relay team.

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

There are many hotels that are within a 15-minute drive to York University. Google "York University" to see the list of nearby hotels.

FURTHER INFORMATION

For further information, contact Earl Letford at **(416) 562-0898**

**2019 INTERNATIONAL AGE-CLASS TRACK & FIELD CHAMPIONSHIPS + OPEN SHOWCASE
SCHEDULE OF EVENTS – DAY 1**

**8:30 COACHES MEETING
8:45 OPENING CEREMONIES**

TRACK EVENTS

9:00 AM **1200m Finals**
U11 Girls, U11 Boys

9:30 AM **1500m Timed Finals**
U13 Girls, U13 Boys, U15 Girls, U15 Boys

10:30 AM **1500m Timed Finals**
U16 Girls, U16 Boys, U18 Girls, U18 Boys
Open Showcase Women, Open Showcase Men

11:15 AM **100m Heats (North Straight)**
U9 Girls, U9 Boys, U11 Girls, U11 Boys, U13 Girls, U13 Boys

11:15 AM **100m Heats (South Straight)**
U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys

12:15 PM **100m Heats (South Straight)**
Open Showcase Women, Open Showcase Men

12:30 PM **400m Timed Finals**
U9 Girls, U9 Boys, U11 Girls, U11 Boys

1:15 PM **400m Timed Finals**
U13 Girls, U13 Boys, U15 Girls, U15 Boys

2:00 PM **400m Timed Finals**
U16 Girls, U16 Boys, U18 Girls, U18 Boys

3:15 PM **400m Timed Finals**
Open Showcase Women, Open Showcase Men

3:45 PM **100m Finals**
U9 Girls, U9 Boys, U11 Girls, U11 Boys, U13 Girls, U13 Boys

4:00 PM **100m Finals**
U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys

4:15 PM **100m Finals**
Open Showcase Women, Open Showcase Men, Parents & Coaches

4:30 PM **4 x 100m Relay Finals**
U9 Girls, U9 Boys, U11 Girls, U11 Boys

4:45 PM **4 x 100m Relay Finals**
U13 Girls, U13 Boys, U15 Girls, U15 Boys

5:00 PM **4 x 100m Relay Final**
U16 Girls, U16 Boys, U18 Girls, U18 Boys
Open Showcase Women, Open Showcase Men, Parents & Coaches

FIELD EVENTS

9:00 AM Long Jump (pit 1) U18 Boys
Long Jump (pit 2) U18 Girls
High Jump U11 Girls
Shot Put U16 Boys
Discus Throw U15 Girls

10:00 AM High Jump U13 Girls
Shot Put U18 Boys
Discus Throw U16 Girls

10:30 AM Long Jump (pit 1) U16 Boys
Long Jump (pit 2) U16 Girls

11:00 AM High Jump U15 Girls
Shot Put U15 Boys
Discus Throw U18 Girls

12:00 PM Long Jump (pit 1) U15 Boys
Long Jump (pit 2) U15 Girls
High Jump U16 Girls
Shot Put U13 Boys
Javelin U18 Boys

1:00 PM High Jump U18 Girls
Shot Put U11 Boys
Javelin U16 Boys

1:30 PM Long Jump (pit 1) U13 Boys
Long Jump (pit 2) U13 Girls

2:00 PM Shot Put U9 Boys
Javelin U15 Boys

3:00 PM Long Jump (pit 1) U11 Boys
Long Jump (pit 2) U11 Girls
Shot Put U9 Girls
Javelin U15 Girls

4:30 PM Long Jump (pit 1) U9 Boys
Long Jump (pit 2) U9 Girls

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SCHEDULE OF EVENTS – DAY 2

TRACK EVENTS

- 9:00 AM **80m Hurdles Heats or Finals**
U15 Girls, U15 Boys, U16 Girls
- 9:15 AM **100m Hurdles Heats or Finals**
U18 Girls, U16 Boys
- 9:30 AM **110m Hurdles Heats or Finals**
U18 Boys
- 9:45 AM **80m Hurdles Finals (if necessary)**
U15 Girls, U15 Boys, U16 Girls
- 9:55 AM **100m Hurdles Finals (if necessary)**
, U18 Girls, U16 Boys
- 10:05 AM **110m Hurdles Finals (if necessary)**
U18 Boys
- 10:15 AM **200m Timed Finals**
U9 Girls, U9 Boys, U11 Girls, U11 Boys
- 11:00 AM **200m Timed Finals**
U13 Girls, U13 Boys, U15 Girls, U15 Boys
- 11:45 PM **200m Heats**
U16 Girls, U16 Boys, U18 Girls, U18 Boys
Open Showcase Women, Open Showcase Men
- 12:45 PM **800m Timed Finals**
U9 Girls, U9 Boys, U11 Girls, U11 Boys
- 1:15 PM **800m Timed Finals**
U13 Girls, U13 Boys U15 Girls, U15 Boys
- 1:45 PM **800m Timed Finals**
U16 Girls, U16 Boys, U18 Girls, U18 Boys
- 2:00 PM **800m Finals**
Open Showcase Women, Open Showcase Men
- 2:15 PM **200m Finals**
U16 Girls, U16 Boys, U18 Girls, U18 Boys
Open Showcase Women, Open Showcase Men
- 2:45 PM **4 x 400m Relay Finals**
U15 Girls, U15 Boys, U18 Girls, U18 Boys

FIELD EVENTS

- 9:00 AM Triple Jump (pit 1) U18 Boys
Triple Jump (pit 2) U18 Girls
Shot Put U16 Girls
Discus Throw U15 Boys
High Jump U11 Boys
- 10:00 AM Shot Put U18 Girls
Discus Throw U16 Boys
High Jump U13 Boys
- 10:30 AM Triple Jump (pit 1) U16 Boys
Triple Jump (pit 2) U16 Girls
- 11:00 AM Shot Put U15 Girls
Discus Throw U18 Boys
High Jump U15 Boys
- 12:00 PM Triple Jump (pit 1) U15 Boys
Triple Jump (pit 2) U15 Girls
Shot Put U13 Girls
Javelin U16 Girls
High Jump U16 Boys
- 1:00 PM Shot Put U11 Girls
Javelin U18 Girls
High Jump U18 Boys
- 1:30 PM Triple Jump (pit 1) U13 Boys
Triple Jump (pit 2) U13 Girls