



CANADIAN MASTERS
ATHLETICS
VÉTÉRANS CANADIENS
EN ATHLÉTISME



11th Canadian Masters Athletics Indoor Track & Field Championships

LOCATION – Irving Oil Field House, Saint John, NB, Canada

DATES – Saturday, March 14 and Sunday, March 15, 2020

WELCOME – Saint John Track & Field Club, Athletics New Brunswick and Canadian Masters Athletics would like to welcome all masters athletes to the 11th Canadian Masters Indoor Athletics Championships being held in conjunction with Atlantic Indoor Track & Field Championships. We welcome both Canadian and Non-Canadian athletes to the competition. Please see the competition details below.

HOSTING

- Hosted by Saint John Track & Field Club
- Sanctioned by Athletics New Brunswick (ANB) and Canadian Masters Athletics (CMA).
- Meet Director – Bill MacMackin – SaintJohnTrack@gmail.com
- CMA Liaison – Vern Christensen

ATHLETE ELIGIBILITY

- All participating athletes, if resident in Canada, must be current members of a Canadian Provincial Athletics Canada branch (Athletics New Brunswick, etc.).
- If resident outside Canada, participants must be members of CMA, USATF or another WMA National Affiliate.
- All athletes must be 30 years of age or older, as of March 14, 2020.

AGE GROUPS

- All competitions are in 5-year age groups, beginning with ages 30 to 34, 35 to 39, etc., and progressing to the age of the oldest competitor.
- Age is calculated as of the first day of the Championship, March 14, 2020.

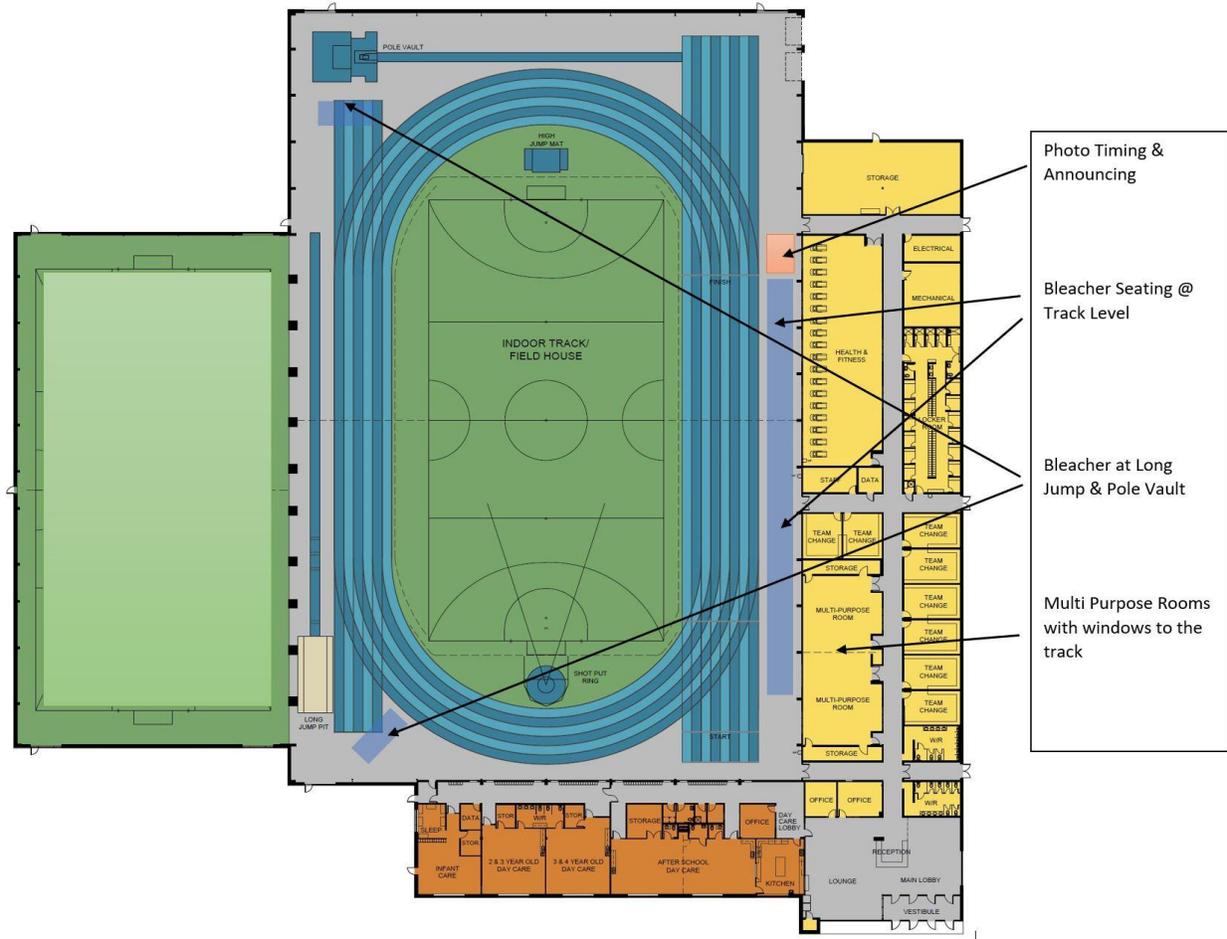
ENTRY INFORMATION

- All entries must be made via Trackie Registration <http://www.trackiereg.com/CMAIndoors2020>
- Athletes without Canadian citizenship but who qualify as Canadians, please register as Canadian citizens and indicate your Athletics Canada membership number.
- Other non-Canadian athletes, please indicate “Foreign” on the registration form when it asks for “membership #”, and reply “No” to the question “Are you a Canadian citizen?”
- Please provide a performance estimate (“seed”) for each event when registering.
- Entry fees to March 1, 2020 at Noon (AST) - \$35 for the first event, plus \$15 for each additional event. Late entries until Noon on March 10, 2020 – \$70 for the first event plus \$30 for each additional event.

- Relay team entries - \$40 per team but cannot be registered via Trackie. Teams must be declared, and payment made in cash until 60 minutes in advance of the scheduled relay time.

FACILITIES

- The Championships will take place in the new Irving Oil Field House, which opened in October 2019, and is located at 129 McAllister Drive, Saint John, NB. The Canadian Masters Athletics Indoor Championships will be the first Canadian Championship event held in the field house which, over the next year, will also host Atlantic University Championships and Athletics Canada Championships.
- The facility contains a 200m track with a 6-lane oval and an 8-lane sprint straight.
- On-site jumps pits and throws cage, with bleacher seating near the jump pits.
- All spikes will be limited to a 5MM length, no pin spikes allowed.
- Athletes and officials must not wear street shoes in the fieldhouse.
- Change and shower rooms with lockers will be available. You must bring your own lock and remove it at the end of the meet.
- There is spectator seating at track level, and limited seating near each of the Jump pits.
- The adjacent Indoor Soccer Field can be used for training and warmups.



EQUIPMENT

- All throwing Implements will be provided, but athletes may bring their own.
- All outside implements must be weighed and entered prior to the competition, and will then remain at the event site until released by the officials.

- Pole vault poles are supplied, but selection may be limited.
- There are 8 full lanes of 27-inch hurdles to accommodate all necessary heights.

CHAMPIONSHIP RULES

- IAAF Rules, as varied by World Masters Athletics.
- All Track events will be run oldest to youngest, with women competing first in each age group.
- Please direct any appeals to the technical delegate and not to the officials.
- Canadian age group records set in the Championships will be accepted by the CMA without requiring a completed application form. However, WMA application documents are required for World age group records.
- If an athlete has simultaneous events, the straight event takes precedence over the oval event, and the oval event takes precedence over the field event. Athletes must inform officials of the conflicting events. Officials will not hold up events to accommodate individual athletes, but athletes may rejoin a field event, as long as doing so doesn't interfere with its progress.
- Unless competitor numbers in the 60m or the 200m require a semi-final, all events will be timed finals.
- For all events, age groups and genders may be combined, when competitor numbers make it convenient to do so.
- Relay Teams may be club teams, from different clubs or unattached. They may be a combination of age groups but not genders, and must compete in the age group of their youngest member.

ATHLETE UNIFORMS

- Athletes may compete in Club, Provincial or National uniforms, or other non-offensive athletic clothing.
- Bib numbers must be worn on the front for most events, with the exceptions listed below.
- Competitors in the High Jump, Pole Vault and Throws may wear bibs on the front or back.
- Racewalk competitors must wear bib numbers on both the front and back, and will be provided with a second bib.
- Competitors in the 1500m, 3000m and 5000m races, and the 1500m and 3000m Racewalks, will also be provided age group numbers for their backs.

PACKAGE PICKUP

- Competition packages will be available for pickup at the field house on Friday from 5:00 PM to 8:00 PM, Saturday from 8:00 am until 4:30 pm and Sunday from 8:00 am until 1:30 pm. Athletes are encouraged to pick up their packages as early as possible.
- On Friday evening, the facility will be available for training and practice, and there will be an informal welcome reception, from 5:00 pm to 7:00 pm.

AWARDS

- CMA medals will be awarded to the first, second and third Canadian finishers in each gender and age group in each event. Non-Canadians finishing in the top three will also receive duplicate non-championship medals.
- The members of the first-place relay team in each gender and age group will also receive CMA medals.
- These awards will be presented at the podium approximately 40 minutes after the event results for each event have been posted, or may be picked up later by the athlete, a coach or a team-mate, but unclaimed awards will not be mailed out.
- The Karla Del Grande Trophy will be presented at the conclusion of the meet to the listed Canadian Club which receives the highest number of points in the Championship, based on receiving the following number of points for placing in each event in each age group and gender, excluding relays: 1st – 7 points; 2nd – 6 points; 3rd – 5; 4th – 4; 5th – 3; 6th – 2; and 7th – 1 point.

RESULTS

- Start lists, heats and results will be posted as available at the Irving Oil Field House and online. Full results will be posted on the following web sites after the meet.
 - Athletics New Brunswick – www.anb.ca
 - Canadian Masters – www.CanadianMasters.ca

HOTELS/ACCOMMODATION

- These hotels are each less than a 20-minute drive by car or taxi from the Saint John Airport, and less than 6 minutes from the Irving Oil Field House.



Hotel Details
Best Western Plus Saint John Hotel & Suites
Saint John, New Brunswick, Canada

- \$129.99 for up to 2 people in a room and \$139.99 for 4 people in the room
- Reservations must be made by calling 1-506-657-9966
- **55 Majors Brook Drive, Saint John, New Brunswick E2J 0B2**



Hampton Inn & Suites by Hilton Saint John
51 Fashion Drive, Saint John, New Brunswick, E2J 0A7, Canada TEL: +1-506-657-4600

- \$149.00 per room
- Book online using promo Code – CMI
- **51 Fashion Drive, Saint John, New Brunswick E2J 0A7 [Web Reservations](#)**

CMA RECEPTION AND ANNUAL MEETING

- To celebrate the holding of the CMA Indoor Championships and Annual Meeting in Saint John, the CMA is inviting all interested persons to a free reception at 5:30 pm on Saturday, March 14, following the masters Championship events that day, in the field house multi-purpose rooms. All members of the CMA and others interested in athletics are cordially invited to attend this informal reception and the Annual Meeting.
- The Annual Meeting of members of Canadian Masters Athletics will be held following the reception, at approximately 7:00 pm on Saturday, March 14, at the same location. All are encouraged to remain for this short business meeting, as we review the activities of the CMA for the past year.

TENTATIVE SCHEDULE

- All events will be held on the same day as indicated on the following Tentative Schedule, but times may change after registrations have been completed, and a detailed schedule will be posted at that time. The championships are being held in conjunction with the Atlantic Indoor Track & Field Championships, and the schedule below includes the age group competition events, not open to master competitors.

Canadian Masters Indoor & Atlantic Indoor Champs - Schedule 2020		
Friday	Track Events	Field Events
5:00 PM	Package Pick up, Training/Practice Time on Track 5 pm - 7 pm	
6:00 PM	Masters Welcome Reception at the field House 6 pm - 7 pm (Coffee & Snacks)	
Saturday	Track Events	Field Events
8:30	60m Hurdles - Masters Pent - 60m Hurdles - Masters & Age Groups	
9:00	3000m - Masters	9:00 Weight Throw - W - Masters
10:00	3000m RW - Masters	10:00 Pent - High Jump - W - Masters & Age Groups Pent - Long Jump - M - Masters & Age Groups
11:00	3000m/2000m - Senior, U20, U18, U16	
11:30	60m Hurdles - Age Groups	11:00 Pent - Shot Put - M & W - Masters & Age Groups
12:00	Track Officials Break	12:00 Pent - High Jump - M - Masters & Age Groups Pent - Long Jump - W - Masters & Age Groups Shot Put - M - Age Groups
12:30	Pent - 800m - W - Masters & Age Groups Pent - 1000m - M - Masters & Age Groups	
13:00	800m - Masters & Age groups	13:00 Field Officials Break
13:30	200 m Semi Finals - Masters & Age Groups 150m Final - U12, U14	13:30 Long Jump - W - Masters & Age Groups Pole Vault - M&W- Masters Shot Put - W - Age Groups
15:00	200 m Final - Masters & Age Groups	15:00 Long Jump - M - Masters & Age Groups Weight Throw - M - Masters & Age Groups Pole Vault - M&W- Age Groups
16:30	4x 400m - Clubs (Mixed Gender)	
17:30	Canadian Masters Reception	
19:00	Canadian Masters Athletics Annual Meeting	
Sunday	Track Events	Field Events
9:00	60m Finals - U12 Tetrathlon 60m Semi Finals - Masters & Age Groups	9:30 High Jump - M & W - Masters Shot Put - U 12 Tetrathlon Triple Jump - M & W Age Groups
10:00	5000m - Masters & Open	
10:30	300m - U16, U14	10:30 Long Jump - U 12 Tetrathlon Shot Put - M - Masters
11:00	400m - Masters & Age Groups	11:00 High Jump -Age Groups
11:30	600m - U12 - Tetrathlon	11:30 Triple Jump - M & W Masters
12:00	60m Final - Masters & Age Groups	12:00 Shot Put - W - Masters
12:30	Track Officials Break	
13:00	1500m RW - Masters	13:00 Field Officials Break
13:30	1500m - Masters & Age Groups	13:30 Weight Throw - W - Age Groups
14:00	1200m - U16	
15:00	4x 200m - Masters & Clubs	
15:30	4x 800m - Masters & Clubs	