

Golden Horseshoe Track & Field Council

Presents

2nd Annual

FALL FIELD FEST



Sunday September 20, 2020

**Ray Lewis Track & Field Complex
Mohawk Sports Park
1100 Mohawk Rd E
Hamilton, ON
L8T 2S4**

TECHNICAL PACKAGE



2020 FALL FIELD FEST

Sunday September 20, 2020



Hosted by: Golden Horseshoe Track & Field Council

Sanctioned by: Athletics Ontario

Meet Directors: Kevin Gonci kgonci4@gmail.com
Steven Fife thoroldelitetc@gmail.com

Entries Chairperson: Steven Fife thoroldelitetc@gmail.com

Health & Safety Officer: Greg Reader gregreader@gmail.com

Eligibility: Athletes registered with Athletics Ontario, Minor Track Association, Ontario Masters Association

All athletes must be registered with Provincial Sport Organization. No non-members permitted.

Regular Deadline: Wednesday September 16, 2020 @ 11:59 pm

Late Deadline: Friday September 18, 2020 @ 12:00 pm
Entries received after this deadline may be accepted at the discretion of the meet directors and only if maximum field sizes are not reached.

Entry Fees: First event: \$10.00 Subsequent events: \$5.00

An additional \$5.00 processing fee applies to all late entries.

Online Registration: www.trackiereg.com/FallFieldFest2020

All entries are to be completed online at Trackie

Waiver: Mandatory for all athletes and to be completed online

Age Divisions:

Category	Year of Birth
U8 [AO]	2013
U9 [MTA]	2012
U10 [AO]	2011
U11 [MTA]	2010
U12 [AO]	2009
U13 [MTA]	2008
U14 [AO]	2007
U15 [MTA]	2006

Category	Year of Birth
U16 [AO]	2005
U18 [AO]	2003-2004
U20 [AO]	2001-2002
Junior/ U20	2001-2002
Open	2000-1986
Masters (Age 35+)	1985 & Older

Masters implements/ event specs will vary by specific age range as outlined by the OMA.

Awards: Gold medal to all winners in **U9 to U18 FIELD events** only

Flights and Attempts: Field events will be organized into flights of 8 or fewer athletes as per the Competition Guidelines.

All athletes in all throws and horizontal jumps will receive three attempts. The top 8 competitors will receive an additional three attempts. In cases where there are 8 or less competitors, all athletes will automatically receive 6 attempts. Even though most events are combined, athletes will be separated out for attempts and results.

Implement Specs:

MASTERS ATHLETES

Women	Hammer Throw	Shot put	Discus	Javelin
35-49	4.00 kg	4.00 kg	1.00 kg	600 g
50-59	3.00 kg	3.00 kg	1.00 kg	500 g
60-74	3.00 kg	3.00 kg	1.00 kg	500 g
75+	2.00 kg	2.00 kg	750 g	400 g
Men	Hammer Throw	Shot put	Discus	Javelin
35-49	7.26 kg	7.26 kg	2.00 kg	800 g
50-59	6.00 kg	6.00 kg	1.50 kg	700 g
60-69	5.00 kg	5.00 kg	1.00 kg	600 g
70-79	4.00 kg	4.00 kg	1.00 kg	500 g
80+	3.00 kg	3.00 kg	1.00 kg	400 g

Athletes must provide their own throwing implements. Requests to use a club implement must be made well in advance and are not guaranteed. **Personal implements must be verified a minimum of 60 minutes before the event start time and once weighed in will be cleared for competition.**

MTA & ATHLETICS ONTARIO ATHLETES

HAMMER THROW

- U16 Girls – 3.00 kg
- U16 Boys – 4.00 kg
- U18 Girls – 3.00 kg
- U18 Boys – 5.00 kg
- U20 Women – 4.00 kg
- U20 Men – 6.00 kg
- Open Women – 4.00 kg
- Open Men – 7.26 kg

SHOT PUT

- U9 Girls – 1.50 kg
- U9 Boys – 1.50 kg
- U11 Girls – 2.00 kg
- U11 Boys – 2.00 kg
- U13 Girls – 2.73 kg
- U13 Boys – 2.73 kg
- U14 Girls – 3.00 kg
- U14 Boys – 3.00 kg
- 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
- U20 Women – 4.00 kg
- U20 Men – 6.00 kg
- Open Women – 4.00 kg
- Open Men – 7.26 kg

DISCUS

- U13 Girls – 750 g
- U13 Boys – 750 g
- U14 Girls – 750 g
- U14 Boys – 750 g
- U15 Girls – 1.00 kg
- U15 Boys – 1.00 kg
- U16 Girls – 1.00 kg
- U16 Boys – 1.00 kg
- U18 Girls – 1.00 kg
- U18 Boys – 1.50 kg
- U20 Women – 1.00 kg
- U20 Men – 1.75 kg
- Open Women – 1.00 kg
- Open Men – 2.00 kg

JAVELIN

- U13 Girls – 400 g
- U13 Boys – 400 g
- U14 Girls – 400 g
- U14 Boys – 400 g
- U15 Girls – 500 g
- U15 Boys – 500 g
- U16 Girls – 500 g
- U16 Boys – 600 g
- U18 Girls – 500 g
- U18 Boys – 700 g
- U20 Women – 600 g
- U20 Men – 800 g
- Open Women – 600 g
- Open Men – 800 g
- * U11 athletes will throw the TurboJav

Volunteers:

We are in need of volunteers to assist officials with the efficient running of field events. Possible jobs include raking, measuring, adjusting high jump standards, hurdle crew, etc.

If you would like to volunteer please contact thoroldelitc@gmail.com or Rich Gelder at richardgelder68@gmail.com.

COVID Notes:

- All participants (athletes, coaches, officials, volunteers, and spectators) will be required to complete a COVID pre-screening attestation prior to entering the facility. If you are experiencing any symptom of COVID-19 or have had close contact with anyone with COVID-19 or have been out of the country within the last 14 days, you MAY NOT participate or enter the facility.
- **Coaches and spectators are required to register in advance at TrackieReg.com/FallFieldFestCoaches**
- Only registered coaches will be permitted access to the facility. Spectators must remain outside of the fenced area.
- Physical distancing must be maintained at all times. All participants are encouraged to wear a mask when physical distancing is not possible. (*Athletes do not wear a mask when warming up or competing*).
- All Return to Competition guidelines will be followed with respect to health, safety, and sanitation. A Health & Safety officer will be appointed to ensure compliance.
- Athletes are required to bring their own implements and implements are not to be shared. Any request to use a club implement must be made well in advance and is not guaranteed. If any implement is used by more than one athlete it is to be properly sanitized between uses.
- Athletes are required to retrieve their own implements.
- Athletes in high jump and pole vault must bring their own personal tarp or covering to be placed over the mats while jumping. If you fail to provide such a covering you will not be permitted to jump and no refunds will be given.
- Athletes in long jump and triple jump must wash their hands in between jumps or after making contact with the sand.
- Hurdle events will be run with a blank lane between competitors.
- Racewalk and steeplechase starts may be adapted to promote further distance between the competitors on the start line.



2020 FALL FIELD FEST

Tentative Schedule – Sept 20



- ❶ Multiple age groups will compete together but will be separated out in the results.
- ❷ A final schedule will be sent out Saturday Sept 19 and may include minor adjustments based on entry numbers and to minimize potential conflicts for athletes in multiple events.
- ❸ Final Schedule may be advanced or delayed +/- 15 minutes as required.

THROWS

9:00 am

Boys Javelin (600 g) – U16
Womens Javelin (600 g) – U20/ Open

9:30 am

ALL M/F Hammer Throw (all ages/weights)

10:00 am

Girls Javelin (500 g) – U15/ U16/ U18
Boys Javelin (500 g) – U15

11:00 am

Girls/ Boys Shot put – U9 (1.5 kg)/ U11 (2 kg)
Girls/ Boys Shot put (2.73 kg) – U13
Girls Shot put (3 kg) – U14/ U15/ U16/ U18
Womens/ Mens Discus – All Masters
Mens Discus (1.75 kg) – U20

12:00 pm

Boys Shot put (5 kg) – U18
Mens Shot put – U20 (6 kg)/ Open (7.26 kg)
Girls/ Boys Javelin (400 g) – U13/ U14

1:00 pm

Girls Discus (1 kg) – U15/ U16/ U18
Boys Discus (1 kg) – U15/ U16
Womens Discus (1 kg) – U20/ Open
Womens Javelin – All Masters

2:00 pm

Womens Shot put (4 kg) – U20/ Open
Womens/ Mens Shot put – All Masters
Girls/ Boys Discus (750 g) – U13/ U14
Boys Javelin (700 g) – U18

3:00 pm

Boys Discus (1.5 kg) – U18
Mens Discus (2 kg) – Open
Mens Javelin (800 g) – U20/ Open
Mens Javelin – All Masters

SEATED THROWS

(Located at second circle)

12:00 pm

Seated Discus

1:30 pm

Seated Shot put

3:00 pm

Seated Javelin

JUMPS

9:00 am

ALL M/F Triple Jump

10:00 am

ALL Boys Pole Vault

11:00 am

ALL Boys High Jump

12:00 pm

ALL Girls High Jump

1:00 pm

ALL Girls Pole Vault

2:00 pm

ALL Boys Long Jump

3:00 pm

ALL Girls Long Jump

TRACK

9:30 am

Girls 80 m Hurdles – U14/ U16 (30")
Boys 80 m Hurdles – U14 (30")
Girls 100 m Hurdles – U18 (30")
Womens 100 m Hurdles – U20/ Open (33")
Boys 100 m Hurdles – U16 (33")
Boys 110 m Hurdles – U18 (36")
Mens 110 m Hurdles – U20 (39")
Mens 110 m Hurdles – Open (42")

11:00 am

Para 100 m

11:30 am

Girls/ Boys Steeplechase (1500/2000/3000)

12:30 pm

Race Walk (800/1500/3000/5000)

1:00 pm

Girls/Boys 200 m Hurdles – U14/ U16 (30")
Girls 400 m Hurdles – U18 (30")
Womens 400 m Hurdles – U20/ Open (30")
Boys 400 m Hurdles – U18 (33")
Mens 400 m Hurdles – U20/ Open (36")

2:00 pm

Para 200 m

Some heats may be combined based on entry numbers.

Final schedule to be posted on Friday September 18

