

Golden Horseshoe Track & Field Council

Presents

3rd Annual

FALL FIELD FEST



Saturday September 18, 2021

Sunday September 19, 2021

Ray Lewis Track & Field Complex

Mohawk Sports Park

1100 Mohawk Rd E

Hamilton, ON

L8T 2S4

TECHNICAL PACKAGE



2021 FALL FIELD FEST



Saturday September 18, 2021
Sunday September 19, 2021

- Hosted by:** Golden Horseshoe Track & Field Council
- Sanctioned by:** Athletics Ontario
- Meet Directors:** Steven Fife thoroldelitetc@gmail.com
Rich Gelder richardgelder68@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 15, 2021 @ 11:59 pm
- Late Deadline:** Friday September 17, 2021 @ 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: \$20.00 Subsequent events: \$10.00
Combined Events (Decathlon, Heptathlon, Pentathlon, Tetrathlon): \$25.00
Sprint medley (400, 200, 200, 800): \$20.00
An additional \$5.00 processing fee applies to all late entries.
- Online Registration:** www.trackiereg.com/FallFieldFest2021
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]	2014
U9 [MTA]	2013
U10 [AO]	2012
U11 [MTA]	2011
U12 [AO]	2010
U13 [MTA]	2009
U14 [AO]	2008
U15 [MTA]	2007

Category	Year of Birth
U16 [AO]	2006
U18 [AO]	2004-2005
U20 [AO]	2002-2003
Open	2001-1987
Masters (Age 35+)	1986 & Older

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

Awards:

Gold medal to all winners in **U8 to U18 FIELD events** only

Flights and Attempts:

Field events will be organized into multiple flights based on the entry numbers.

All athletes in all throws and horizontal jumps will receive six attempts.

Even though most events are Open or combined age categories, athletes will be separated out for 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 thoroldelitetc@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.
- Only registered coaches will be permitted access to the facility. Spectators will be permitted entry to the bleachers only for their son/daughter's specific heat or event and must also complete the screening.
- 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.