

**FLYING ANGELS SUMMER LEAGUE FINALS
TECHNICAL PACKAGE**

Hosted by Flying Angels Track & Field Club

www.flyingangels.ca

Date: September 11, 2021
Location: St. Marcellinus CSS
Address: 730 Courtneypark Drive West, Mississauga, ON
Time: 1:00 - 4:00 pm

Sanctioned by: Athletics Ontario
Meet Director: Earl Letford
Contact info: track@flyingangels.ca / (647) 710-7426
Registration: Trackiereg.com/2021FASummerLeague
Entries Deadline: Thursday, September 9 @ 11:59 pm
(NO MEET DAY ENTRIES ALLOWED)
Price \$10 per event

Waiver: Must be completed online with registration

Age Categories:

UNDER 9 2014 & Younger	UNDER 11 2011-2012	UNDER 13 2009-2010	UNDER 15 2007-2008	OPEN 2006 & Older
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Events

U9 100m, 200m, 400m, Long Jump, Shot Put
U11 100m, 200m, 400m, 800m, Long Jump, Shot Put
U13 100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put
U15 100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put
OPEN 100m, 200m, 400m, 800m, 1500m, Long Jump

Order of Events

Track Events – 1:00 pm Start	JUMPS	THROWS
400m	1:00 pm - Girls Long Jump	1:00 pm - Boys & Girls Discus
1500m	2:00 pm - Boys Long Jump	1:45 pm - Boys & Girls Javelin
100m Heats (or Finals)		2:30 pm - Girls Shot Put
Intermission		3:15 pm - Boys Shot Put
100m Finals		
800m Boys		
200m		

Schedule Format

Meet will run on a “rolling schedule”. This means the next event will begin at the conclusion of the previous event.

All events will be run as a timed final, except the 100m. The 100m may have heats and finals if there are more than 8 competitors running in the division.

Long Jump & Shot Put Events

Competitors in the Long Jump and Shot Put events will get three attempts

Athletes must bring their own implements for the Shot Put.

Awards

Medals will be given to the top 8 finishers (per division) in each event.

Competition Bib Number Pick Up

Athletes must pick up their competition bibs at the orange Registration tent located on the East side of the track.

Warm Up Area

The warm up area is on the fenced-off grassy area east of the track. **ABSOLUTELY NO WARM UP ON THE INFIELD.**

Athlete Check In

- Track athletes will check in at (or near) the starting line of their event
- Field Event athletes will check in at the event

Covid Protocol

- Health screening must be completed within 24 hours of competition (separate email with link will be sent within 24 hours of the meet)
- All spectators must remain seated 6 feet apart in the stands or outside the facility.
- Coaches, Officials, and volunteers must wear a mask while in the facility
- **NO COACHES ALLOWED ON THE TRACK!**
- Athletes must wear a mask when entering/exiting the facility while walking to and from their events
- Athletes must leave the track after their race
- Athletes must provide their own water