

Date: Saturday, October 3rd, 2020
Place: Toronto Track & Field Centre (231 Ian MacDonald Blvd, North York, ON)
Hosted by: Athletics Ontario, supported by Cruisers Sports
Meet Director: Lisa Myers paraathletics@cruisers-sports.com
Event Inquiries: Lisa Myers paraathletics@cruisers-sports.com, 604-619-7766
Approved by: World Para Athletics / Athletics Canada / Athletics Ontario
Website: <https://athleticsontario.ca/ao-para-athletics-invitational/>
Registration Deadline: Monday, September 27th at 5:00pm
Athlete Registration Link: <https://www.trackie.com/online-registration/event/athletics-ontario-para-athletics-invitational/472159/#.YUUnuVrhKi71>
Cost: \$10.00 for AO members, \$20.00 for AO non-members; unlimited entries

REGISTRATION & FACILITY INFORMATION

SPORTS CLASSES/EVENTS AVAILABLE

T/F11-13, T/F 20, T32-38 and F31-38, F40-41, T/F42-46, T51-54 and F51-57

100m, 200m, 400m, 800m, 1500m, and 5000m available for wheelchair racing and para ambulatory runners

Shot Put, Discus, and Javelin available for seated throwers and para ambulatory throwers

Long jump for para ambulatory jumpers

Discus Throw available for able-bodied athletes

REGISTRATION DEADLINE

All registrations must be done through Trackie by Monday, September 27th at 5:00pm. No cash payment is accepted for athletes. There is no charge for officials, coaches, volunteers, and sport assistants.

All athletes register here: <https://www.trackie.com/online-registration/event/athletics-ontario-para-athletics-invitational/472159/#.YUUnuVrhKi71>

All coaches, volunteers, and sport assistants register here: <https://www.trackie.com/online-registration/event/athletics-ontario-2021-para-summit-coaches/472124/#.YUobxrhKi70>

All officials register here: <https://www.trackie.com/online-registration/event/athletics-ontario-2021-para-summit-officials/472344/#.YUocRLhKi70>

ENTRY FEES

Cost is \$10.00 for AO members, \$20.00 for non-AO members with unlimited events. The AO Para Athletics Invitational is part of the 2021 Athletics Ontario Para Summit – a three-day event that includes a weekend of training and competition opportunities in para athletics for athletes, coaches, and officials. More details on the weekend can be found at the registration link.

SCHEDULED EVENTS

Below is the tentative schedule updated on September 21st. Any further adjustments will be posted to the website once registration closes: <https://athleticsontario.ca/ao-para-athletics-invitational/>. Note: Schedule is subject to change up to the day of the meet to accommodate registration numbers and COVID-19 protocols/facility restrictions. A final schedule will be emailed to participants on Saturday, October 2nd. This is a rolling schedule and may be advanced up to 30 minutes or delayed as required.

TRACK

FIELD

10:30 AM WC 200 M (M/W) PARA AMB 200 M (M/W)	10:15 AM PARA AMB Javelin (M/W) Seated Javelin/Club Throw (M/W)
10:45 AM WC 1500 M (M/W) PARA AMB 1500 M (M/W)	11:00 AM PARA AMB Shot Put (M/W) Seated Discus (M/W)
11:00 AM WC 100 M Heats (M/W) PARA AMB 100 M Heats (M/W)	11:45 AM PARA Long Jump (M/W)
11:30 AM WC 400 M Finals (M/W) PARA AMB 400 M Finals (M/W)	12:00 PM **PARA THROWS DEMO**
11:45 AM **TRACK / FRAME RUNNING DEMO**	1:00 PM PARA AMB + AB Discus Seated Shot Put (M/W)
12:45 PM WC 100 M Finals (M/W) PARA AMB 100 M Finals (M/W)	
1:00 PM WC 5000 M Finals (M/W) PARA AMB 5000 M Finals (M/W)	
1:15 PM WC 800 M Finals (M/W) PARA AMB 800 M Finals (M/W)	

TRANSPORTATION

There will be no shuttle service to or from the venue, the hotel, or the airport. Transportation is the responsibility of the team/athlete.

HOTELS

If you require accommodation, the Courtyard Toronto Vaughan hotel is the recommended:

Courtyard Toronto Vaughan

150 Interchange Way, Toronto ON, L4K 5P7

(905) 660-9938

<https://www.marriott.com/hotels/travel/yyzvn-courtyard-toronto-vaughan/>

WARM UP

- Track athletes will be able to warm up on the track during track breaks in designated lanes. Wheelchair racers will have access to lanes 1 – 4; ambulatory athletes will have access to lanes 5 – 8.
- Ambulatory para throws athletes will be able to warm up in the infield
- Athletes must maintain social distancing at all times while warming up; if they are unable to do so they will be asked to warm-up outside the facility. The indoor facility will not be available for warm-up during the meet.

OUTDOOR TRACK AND FIELD SPECIFICATIONS

- 8-lane, 400m Olympic regulation track (synthetic rubberized material surface) with two 125m sprint and hurdle runway
- Full complement of facilities for para throws, including tie-down shot put/javelin circle and discus circle with cage
- Maximum spike length is 6mm (1/4 inch) Pyramid “Cone Shape”. Spiked shoes may be checked at any time for spike length

COVID-19 PROTOCOLS

PROOF OF VACCINATION

- As per the recent announcement from Athletics Ontario (AO), **attendees of the AO Para Summit (including the AO Para Athletics Invitational Meet) over the age of 12 must provide proof of full vaccination in order to attend.** Those with legitimate medical exemptions are required to provide a negative COVID-19 test result from within 72 hours prior to the start of the event. The vaccine certificate can be downloaded in PDF form from this website:
<https://covid19.ontariohealth.ca/>

MASKS

- All participants present at the competition site must always wear a mask. Athletes must wear a mask until they begin their warmup or are competing. Upon the completion of an event, an athlete must put their mask back on.