

TIME TRIALS NOTES AND INSTRUCTIONS

Location

Toronto Track & Field Centre

231 Ian MacDonald Blvd, (York University campus), North York

Day, Times & Events

Time Trials #1

Date: Friday, November 26, 2021

Time: 6:00 - 8:00 pm

Events: 60m, 1500m, 400m, Triple Jump

Time Trials #2

Date: Saturday, November 27, 2021

Time: 12:30 - 3:00 pm

Events: 200m, 800m, 60m Hurdles, Long Jump, Shot Put

Facility Access

There is a charge to access the Toronto Track & Field Centre Facility - Elementary \$3.50; High Schoolers \$5.50.

The TTFC vaccination policy states that only fully vaccinated individuals aged 12 & older may enter the facility.

Who can participate in Time Trials?

Participation at the time trials is limited to athletes registered in the House League and Competitive Team programs.

Athletes in the training only program do not participate in the Time Trials.

Do I have to participate in all the events offered each day?

Athletes do not have to participate in all the events at the time trials. However, we encourage them to participate in as many events as they can

What if I can't make it this weekend?

Don't worry if you can't make the time trials this weekend. We will schedule another time trial day for athletes who miss this week's time trials.

Will we run against athletes in our age group?

The athletes will run against others similar in age where possible. However, we will combine some age groups where necessary.

What do I wear to the Trials?

Athletes may wear their Flying Angels practice or competitive uniform to the time trials. Wear comfortable clothes to warm up and compete in

What should I do when I arrive?

See the team at the southeast end of the infield. Coaches will be on hand to lead a light warm up before the start of the races. We will announce for you to sign in for the upcoming event and ask that you come to the starting line when the event is going to start. Athletes will then compete in their event and view their times once it is posted.

Are parents allowed downstairs in the Field House?

Only athletes are allowed in the Field House. Parents must watch the Trials from the spectator gallery upstairs.

Are medals presented at the Trials?

Medals are not presented at the Trials