



CANADIAN MASTERS  
ATHLETICS  
VÉTÉRANS CANADIENS  
EN ATHLÉTISME



# 11<sup>th</sup> Canadian Masters Athletics Indoor Track & Field Championships

**LOCATION** – Irving Oil Field House, Saint John, NB, Canada

**DATES** – Saturday, March 26 and Sunday, March 27, 2022

**WELCOME** – Saint John Reds Track & Field Club, Athletics New Brunswick and Canadian Masters Athletics would like to welcome all masters athletes to the 11<sup>th</sup> Canadian Masters Indoor Athletics Championships being held in conjunction with the Athletics Canada Indoor Track & Field Championships for U16, U18 & U20 age groups. We welcome both Canadian and Non-Canadian athletes to the competition. Please see the competition details below.

## HOSTING

- Hosted by Saint John Reds Track & Field Club
- Sanctioned by Athletics New Brunswick (ANB) and Canadian Masters Athletics (CMA).
- Meet Director – Bill MacMackin – [SaintJohnTrack@gmail.com](mailto:SaintJohnTrack@gmail.com)
- CMA Liaison – Vern Christensen

## ATHLETE ELIGIBILITY

- All participating athletes, if resident in Canada, must be current members of a Canadian Provincial Athletics Canada branch (Athletics New Brunswick, etc.).
- If resident outside Canada, participants must be members of CMA, USATF or another WMA National Affiliate.
- All athletes must be 30 years of age or older, as of March 26, 2022.

## AGE GROUPS

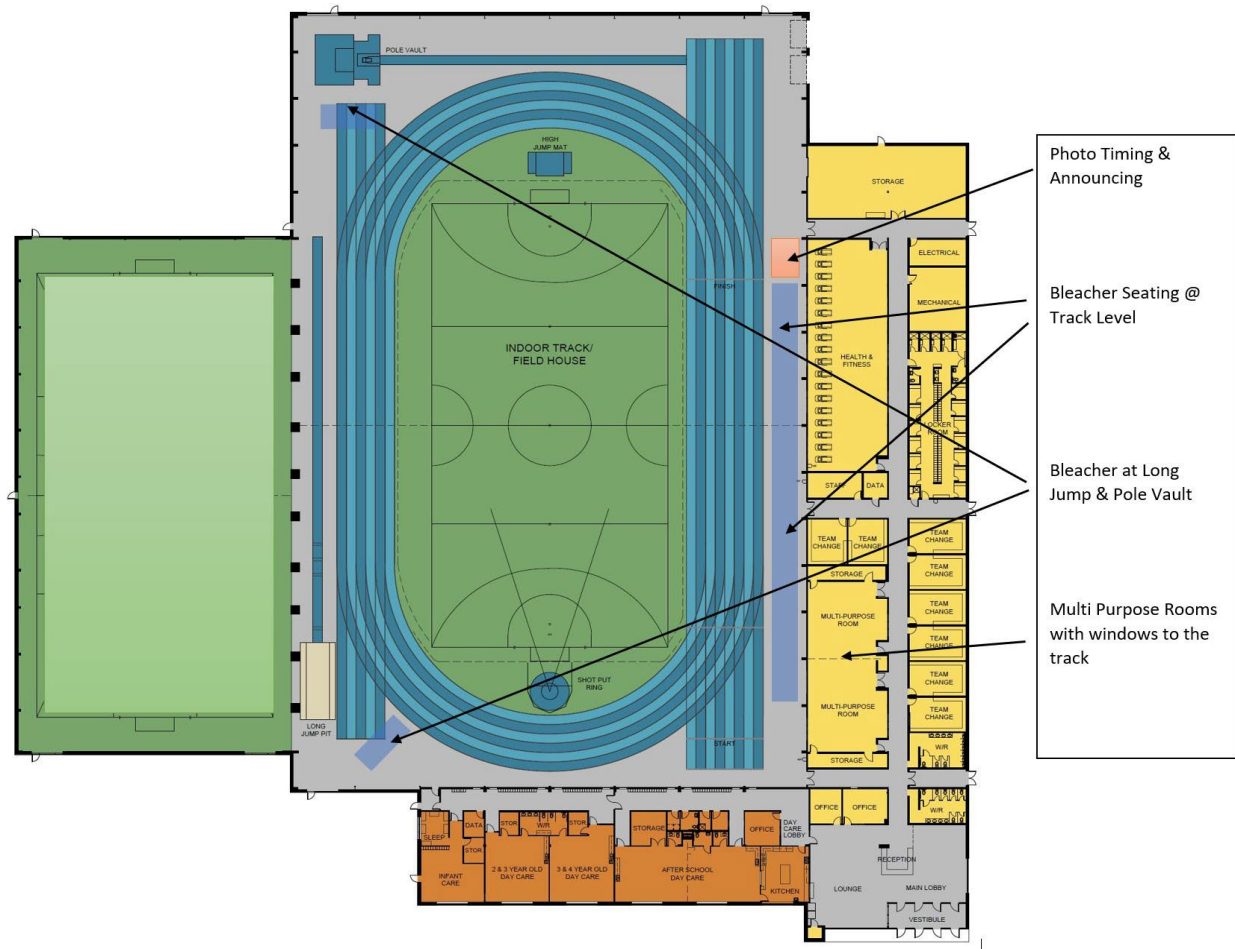
- All competitions are in 5-year age groups, beginning with ages 30 to 34, 35 to 39, etc., and progressing to the age of the oldest competitor.
- Age is calculated as of the first day of the Championship, March 26, 2022.

## ENTRY INFORMATION

- All entries must be made via Trackie - <http://www.trackiereg.com/CMAIndoors2022>
- Athletes without Canadian citizenship but who qualify as Canadians, please register as Canadian citizens and indicate your Athletics Canada membership number.
- Other non-Canadian athletes, please indicate “Foreign” on the registration form when it asks for “membership #”, and reply “No” to the question “Are you a Canadian citizen?”
- Please provide a performance estimate (“seed”) for each event when registering.
- Entry fees to March 11, 2022 at Noon (AST) - \$35 for the first event, plus \$15 for each additional event. Late entries until Noon on March 17, 2022 – \$70 for the first event plus \$30 for each additional event.
- Relay team entries - \$40 per team but cannot be registered via Trackie. Teams must be declared, and payment made in cash until 60 minutes in advance of the scheduled relay time.

## FACILITIES

- The Championships will take place in the new Irving Oil Field House, which opened in October 2019, and is located at 129 McAllister Drive, Saint John, NB. The Canadian Masters Athletics Indoor Championships will be one of three Canadian Championship events held in the field house this year with the hosting of U Sport University Championships and Athletics Canada Championships.
- The facility contains a 200m track with a 6-lane oval and an 8-lane sprint straight.
- On-site jumps pits and throws cage, with bleacher seating near the jump pits.
- All spikes will be limited to a 5MM length, no pin spikes allowed.
- Athletes and officials must not wear street shoes in the fieldhouse.
- Change and shower rooms with lockers will be available. You must bring your own lock and remove it at the end of the meet.
- There is spectator seating at track level, and limited seating near each of the Jump pits.
- The adjacent Indoor Soccer Field can be used for training and warmups.



## EQUIPMENT

- All throwing implements will be provided, but athletes may bring their own.
- All outside implements must be weighed and entered prior to the competition, and will then remain at the event site until released by the officials.
- Pole vault poles are supplied, but selection may be limited.
- There are 8 full lanes of 27-inch hurdles to accommodate all necessary heights.

## **CHAMPIONSHIP RULES**

- IAAF Rules, as varied by World Masters Athletics.
- All Track events will be run oldest to youngest, with women competing first in each age group.
- Please direct any appeals to the technical delegate and not to the officials.
- Canadian age group records set in the Championships will be accepted by the CMA without requiring a completed application form. However, WMA application documents are required for World age group records.
- If an athlete has simultaneous events, the straight event takes precedence over the oval event, and the oval event takes precedence over the field event. Athletes must inform officials of the conflicting events. Officials will not hold up events to accommodate individual athletes, but athletes may rejoin a field event, as long as doing so doesn't interfere with its progress.
- Unless competitor numbers in the 60m or the 200m require a semi-final, all events will be timed finals.
- For all events, age groups and genders may be combined, when competitor numbers make it convenient to do so.
- Relay Teams may be club teams, from different clubs or unattached. They may be a combination of age groups but not genders, and must compete in the age group of their youngest member.

## **ATHLETE UNIFORMS**

- Athletes may compete in Club, Provincial or National uniforms, or other non-offensive athletic clothing.
- Bib numbers must be worn on the front for most events, with the exceptions listed below.
- Competitors in the High Jump, Pole Vault and Throws may wear bibs on the front or back.
- Racewalk competitors must wear bib numbers on both the front and back, and will be provided with a second bib.
- Competitors in the 1500m, 3000m and 5000m races, and the 1500m and 3000m Racewalks, will also be provided age group numbers for their backs.

## **PACKAGE PICKUP**

- Competition packages will be available for pickup at the field house on Friday from 5:00 PM to 7:00 PM, Saturday from 8:00 am until 4:30 pm and Sunday from 8:00 am until 1:30 pm. Athletes are encouraged to pick up their packages as early as possible.
- On Friday evening, the facility will be available for training and practice.

## **AWARDS**

- CMA medals will be awarded to the first, second and third Canadian finishers in each gender and age group in each event. Non-Canadians finishing in the top three will also receive duplicate non-championship medals.
- The members of the first-place relay team in each gender and age group will also receive CMA medals.
- These awards will be presented at the podium approximately 40 minutes after the event results for each event have been posted, or may be picked up later by the athlete, a coach or a team-mate, but unclaimed awards will not be mailed out.
- The Karla Del Grande Trophy will be presented at the conclusion of the meet to the listed Canadian Club which receives the highest number of points in the Championship, based on receiving the following number of points for placing in each event in each age group and gender, excluding relays: 1st – 7 points; 2nd – 6 points; 3rd – 5; 4th – 4; 5th – 3; 6th – 2; and 7th – 1 point.

## **RESULTS**

- Start lists, heats and results will be posted as available at the Irving Oil Field House and online. Full results will be posted on the following web sites after the meet.
  - Athletics New Brunswick – [www.anb.ca](http://www.anb.ca)
  - Canadian Masters – [www.CanadianMasters.ca](http://www.CanadianMasters.ca)

## HOTELS/ACCOMMODATION

- These hotels are each less than a 20-minute drive by car or taxi from the Saint John Airport, and less than 5-10 minutes from the Irving Oil Field House.



Hotel Details

### Best Western Plus Saint John Hotel & Suites

Saint John, New Brunswick, Canada

- **55 Majors Brook Drive, Saint John, New Brunswick E2J 0B2**



### Hampton Inn & Suites by Hilton Saint John

51 Fashion Drive, Saint John, New Brunswick, E2J 0A7, Canada TEL: +1-506-657-4600

- **51 Fashion Drive, Saint John, New Brunswick E2J 0A7**



**1 Market Square, Saint John, NB E2L 4Z6**

**Group Code: TRAB22**

**Hotel Direct: 506-693-8484 or Toll Free Number: 1-866-442-6644**

## CMA RECEPTION AND ANNUAL MEETING

- To celebrate the holding of the CMA Indoor Championships and Annual Meeting in Saint John, the CMA is inviting all interested persons to a free reception at 5:30 pm on Saturday, March 26, following the masters Championship events that day, in the field house multi-purpose rooms. All members of the CMA and others interested in athletics are cordially invited to attend this informal reception and the following Annual Meeting.
- The Annual Meeting of members of Canadian Masters Athletics will be held following the reception, at approximately 7:00 pm on Saturday, March 26, at the same location. All are encouraged to remain for this short business meeting, as we review the activities of the CMA for the past year.

# TENTATIVE SCHEDULE

- All events will be held on the same day as indicated on the following **Tentative Schedule**, but times may change after registrations have been completed, and a detailed schedule will be posted at that time. The championships are being held in conjunction with the Athletics Canada Indoor Track & Field Championships, and the schedule below includes the age group competition events, not open to master competitors. The schedule may be adjusted based on entries.

## Athletics Canada & Canadian Masters Indoor Championships Schedule 2022

Canada U16, U18, U20 & Canadian Masters

version: Feb 12, 2022

### Tentative Schedule - Subject to change based on entries #'s in each event

Friday, March 25, 2021			
5:00 Package Pick up / Training time on Track 5 pm - 7 pm			
Saturday, March 26, 2022			
TRACK - Session 1		FIELD - Session 1	
9:00	60m Hurdles - PENTATHLON	U16, U18, U20, Masters	Men
	60m Hurdles Heats	U16, U18, U20, Masters	Women
	60m Hurdles Heats	U16, U18, U20, Masters	Men
	60m Hurdles - PENTATHLON	U16, U18, U20, Masters	Women
	200m Timed FINALS	U16, U18, U20, Masters	Women
	200m Timed FINALS	U16, U18, U20, Masters	Men
11:00	1500m Racewalk FINAL	U16	W/M
	3000m Racewalk FINAL	U18, U20, Masters	W/M
	2000m Timed FINALS	U16	Women
	2000m Timed FINALS	U16	Men
	3000m Timed FINALS	U18, U20, Masters	Women
	3000m Timed FINALS	U18, U20, Masters	Men
TRACK - Session 2		FIELD - Session 2	
2:00	800m Timed FINALS	U16, U18, U20, Masters	Women
	800m Timed FINALS	U16, U18, U20, Masters	Men
	1000m - PENTATHLON	U16, U18, U20, Masters	Men
	800m - PENTATHLON	U16, U18, U20, Masters	Women
	60m Hurdles FINAL	U16, U18, U20, Masters	Women
	60m Hurdles FINAL	U16, U18, U20, Masters	Men
5:00	4x200m Timed FINALS	U16, U18, U20	Women
	4x200m Timed FINALS	Masters	Women
	4x200m Timed FINALS	U16, U18, U20	Men
	4x200m Timed FINALS	Masters	Men
7:00	Canadian Masters Annual Meeting & Reception @ Irving Oil Field House		
Sunday, March 27, 2022			
TRACK - Session 1		FIELD - Session 1	
9:00	1200m TIMED FINALS	U16	Women
	1200m TIMED FINALS	U16	Men
	1500m Timed FINALS	U18, U20, Masters	Women
	1500m Timed FINALS	U18, U20, Masters	Men
	1500m Racewalk FINAL	Masters	W/M
11:00	60m Heats	U16, U18, U20, Masters	Women
	60m Heats	U16, U18, U20, Masters	Men
TRACK - Session 2		FIELD - Session 2	
1:00	300m TIMED FINALS	U16	Women
	300m TIMED FINALS	U16	Men
	400m TIMED FINALS	U18, U20, Masters	Women
	400m TIMED FINALS	U18, U20, Masters	Men
2:30	5000m TIMED FINALS	U20, Masters	Women
	5000m TIMED FINALS	U20, Masters	Men
	60m FINAL	U16, U18, U20, Masters	Women
	60m FINAL	U16, U18, U20, Masters	Men
4:00	4x400m Timed FINALS	U16, U18, U20	Women
	4x400m Timed FINALS	Masters	Women
	4x400m Timed FINALS	U16, U18, U20	Men
	4x400m Timed FINALS	Masters	Men
9:00	Weight Throw FINAL	U16, U18, U20	Women
	Long Jump FINAL	U20 & Masters	Men
	Pole Vault FINAL	U16, U18, U20, Masters	Women
11:00	Shot Put FINAL	U16, U18	Men
	Long Jump FINAL	U16 & U18	Men
	High Jump FINAL	Masters	Men
FIELD - Session 2		FIELD - Session 2	
1:00	Weight Throw FINAL	Masters	Women
	Triple Jump FINAL	U16, U18, U20	Men
	High Jump FINAL	U18 & U20	Men
2:30	Triple Jump FINAL	Masters	Women
	Weight Throw FINAL	Masters	Men