

2022 ONTARIO SPRING SHOWCASE

March 26-27, 2022

This meet is Approved by Athletics Ontario (AO). Performances by AO members will be recognized by AO for rankings and records purposes.

Location:	Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9
Facility:	Banked 5-lane, 200m Conica (Sportica M) Surface Separate 8 lane, 60m sprint strip on the outside of the oval track. Long Jump and Pole Vault surfaces are Sportica M. Pin spikes may be worn (6mm)
Entry Fee:	\$15 per individual event \$25 per relay Only online payment through trackiereg.com will be accepted
Entry Deadline:	Wednesday, March 23, 2022 @ 11:59 pm No entries accepted after the Entry deadline Online Registration is through trackiereg.com using the following link: www.Trackiereg.com/OntarioSpringShowcase
Enquiries	Earl Letford track@flyingangels.ca
Schedule Note	U16, U18 & Open events are contested on Saturday, March 26, 2022 U9, U11, U13 & U15 events are contested on Sunday, March 27, 2022
Age Divisions & Events	U9 (Born 2014-2015) 60m, 200m, 400m, 800m, 60mH, Long Jump, Shot Put (), 4x200
	U11 (2012-2013) 60m, 200m, 400m, 800m, 1200m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200
	U13 (Born 2010-2011) 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200
	U15 (Born 2008-2009) 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200
	U16 (2007 & 2008) 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Pole Vault, 4x200 Relay
	U18 (2005 & 2006) 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Pole Vault, 4x200 Relay
	Open (2004 & Older) 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Pole Vault, 4x200 Relay
Results	Will be posted at trackie.ca
Relay-Only Athletes	The names of all possible competitors must be included with the entries, including athletes who are only competing in relay events. This will allow the athletes to receive a competition number and wristband to enter the facility. However, the names of the four runners on each team and the running order need not be provided until the day of the meet.

Shot Put Implement Specifications

Division	Weight
U9 Girls & U9 Boys	1.50kg
U11 Girls & U11 Boys	2.00 kg
U13 Girls & U13 Boys	2.73 kg
U15 Girls & U15 Boys	2.73 kg
U16 Girls & U18 Girls	3.00 kg
U16 Boys	4.00 kg
U18 Boys	5.00 kg
Open Women	4.00 kg
Open Men	7.26 kg

Hurdles Specifications

Division	# of Hurdles	Height	Dist. to 1 st Hurdle	Dist. between Hurdles
U9 Girls & U9 Boys	5	12" (30 cm)	11.50m	7.00m
U11 Girls & U11 Boys	5	18" (45 cm)	11.50m	7.00m
U13 Girls & U13 Boys	5	24" (60 cm)	11.50m	7.00m
U15 Girls & U15 Boys	5	27" (68 cm)	11.50m	7.50m
U16 Girls	5	0.762m	12.00m	8.00m
U18 Girls	5	0.762m	13.00m	8.50m
U16 Boys	5	0.840m	13.00m	8.50m
U18 Boys	5	0.914m	13.72m	9.14m
Open Women	5	0.840m	13.00m	8.50m
Open Men	5	1.067m	13.72m	9.14m

- Facility Rules** Only officials, volunteers and competitors are permitted into the Field House. All others must go to the spectator gallery upstairs.
- All competition and official working areas are off limits to non-competitors at all times.
- Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length. No pin style spikes are allowed on the track. Only pyramid spikes will be allowed.
- NO street shoes or boots on the track surface. Please ensure you bring running shoes to change into as you will not be allowed into the Field House without them.
- Packet Pickup** Coaches must pick up their team packet from the Hospitality Room upstairs.
- Meet Admission** Entry to the Field House is by wristband only. Wristbands for athletes and coaches are included in the team's packet. Each team is allotted 1 coach wristband for every 8 athletes registered.
- Schedule** A copy of the Tentative schedule is attached. Event times are approximate. The Final schedule will be posted at trackiereg.com after the entry deadline.
- Awards** There will be a medal presentation ceremony at the conclusion of each event. The top 8 finishers in each event will receive a medal
- Implements** Throwing implements are provided
- Advancement to Finals** The top 8 times from the qualifying round of the 60m Dash and 60m Hurdles will advance to the Finals. All other running events will be run as Timed Finals.

2022 ONTARIO SPRING SHOWCASE TENTATIVE SCHEDULE

Saturday, March 26, 2022
(U16, U18 & OPEN DIVISION)

DAY 1 - TRACK EVENTS

09:00	400m Timed Sections U16 Girls, U16 Boys, U18 Girls, U18 Boys, Open Women, Open Men
10:15	1500m Timed Sections U16 Girls, U16 Boys, U18 Girls, U18 Boys, Open Women, Open Men
10:30	60m Heats (if necessary) U16 Girls, U16 Boys, U18 Girls, U18 Boys, Open Women, Open Men
11:30	60m Finals U16 Girls, U16 Boys, U18 Girls, U18 Boys, Open Women, Open Men
LUNCH BREAK	
01:00	200m Timed Sections U16 Girls, U16 Boys, U18 Girls, U18 Boys, Open Women, Open Men
01:30	60m Hurdle Heats (if necessary) U16 Girls, U16 Boys, U18 Girls, U18 Boys, Open Women, Open Men
02:30	60m Hurdle Finals U16 Girls, U16 Boys, U18 Girls, U18 Boys, Open Women, Open Men
02:45	800m Timed Sections U16 Girls, U16 Boys, U18 Girls, U18 Boys, Open Women, Open Men
03:30	4 x 200m Relay Timed Sections U16 Girls, U16 Boys, U18 Girls, U18 Boys, Open Women, Open Men

SCHEDULE NOTES:

- The "Final" schedule will be released after the entries deadline
- Oval and Straight may run simultaneously where necessary

2022 ONTARIO SPRING SHOWCASE TENTATIVE SCHEDULE

**Saturday, March 26, 2022
(U16, U18 & OPEN DIVISION)**

DAY 1 - FIELD EVENTS

09:00	Long Jump	U16 Girls & U18 Girls
	High Jump	U16 Boys, U18 Boys & Open Men
	Shot Put	Open Women
	Pole Vault	U16 Girls, U18 Girls & Open Women
10:00	Shot Put	U18 Girls
10:30	Long Jump	Open Women
	Triple Jump	U16 Boys, U18 Boys & Open Men
11:00	Shot Put	U16 Girls
	LUNCH BREAK	
01:00	Long Jump	U16 Boys & U18 Boys
	High Jump	U16 Girls, U18 Girls & Open Women
	Shot Put	Open Men
	Pole Vault	U16 Boys, U18 Boys & Open Men
02:00	Shot Put	U18 Boys
02:30	Long Jump	Open Men
	Triple Jump	U16 Girls, U18 Girls & Open Women
03:00	Shot Put	U16 Boys

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2022 ONTARIO SPRING SHOWCASE TENTATIVE SCHEDULE

Sunday, March 27, 2022

(U9, U11, U13 & U15 DIVISION)

DAY 2 - TRACK EVENTS

09:00	400m Timed Sections
	U9 Girls, U9 Boys, U11 Girls, U11 Boys, U13 Girls, U13 Boys, U15 Girls, U15 Boys
10:15	1200m Timed Sections
	U11 Girls, U11 Boys
10:30	1500m Timed Sections
	U13 Girls, U13 Boys, U15 Girls, U15 Boys
10:45	60m Heats (if necessary)
	U9 Girls, U9 Boys, U11 Girls, U11 Boys, U13 Girls, U13 Boys, U15 Girls, U15 Boys
11:45	60m Finals
	U9 Girls, U9 Boys, U11 Girls, U11 Boys, U13 Girls, U13 Boys, U15 Girls, U15 Boys
LUNCH BREAK	
01:00	200m Timed Sections
	U9 Girls, U9 Boys, U11 Girls, U11 Boys, U13 Girls, U13 Boys, U15 Girls, U15 Boys
01:30	60m Hurdle Heats (if necessary)
	U9 Girls, U9 Boys, U11 Girls, U11 Boys, U13 Girls, U13 Boys, U15 Girls, U15 Boys
02:30	60m Hurdle Finals
	U9 Girls, U9 Boys, U11 Girls, U11 Boys, U13 Girls, U13 Boys, U15 Girls, U15 Boys
02:45	800m Timed Sections
	U9 Girls, U9 Boys, U11 Girls, U11 Boys, U13 Girls, U13 Boys, U15 Girls, U15 Boys
03:45	4 x 200m Relay Timed Sections
	U9 Girls, U9 Boys, U11 Girls, U11 Boys, U13 Girls, U13 Boys, U15 Girls, U15 Boys

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2022 ONTARIO SPRING SHOWCASE TENTATIVE SCHEDULE

Sunday, March 27, 2022

(U9, U11, U13 & U15 DIVISION)

DAY 2 - FIELD EVENTS

09:00	Long Jump	U9 Girls & U11 Girls
	High Jump	U11 Boys, U13 Boys & U15 Boys
	Shot Put	U13 Girls & U15 Girls
10:30	Long Jump	U13 Girls & U15 Girls
	Shot Put	U9 Girls & U11 Girls
LUNCH BREAK		
01:00	Long Jump	U9 Boys & U11 Boys
	High Jump	U11 Girls, U13 Girls & U15 Girls
	Shot Put	U13 Boys & U15 Boys
02:30	Long Jump	U13 Boys & U15 Boys
	Shot Put	U9 Boys & U11 Boys

SCHEDULE NOTES:

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