



47th Annual Canadian Masters
Outdoor Track & Field Championships
Canada Games Athletic Complex
Regina, Saskatchewan
July 29th – 31st, 2022



Sponsored by: Excel Athletika Track and Field Club
Sanctioned by: Canadian Masters Athletics and Saskatchewan Athletics
Meet Director: Jim Langen
CMA Liaison: Vern Christensen

Welcome

Excel Athletika Track & Field Club, Saskatchewan Athletics and Canadian Masters Athletics would like to welcome all masters athletes to the 47th Annual Canadian Masters Outdoor Track and Field Championships. We welcome both Canadian and non-Canadian athletes to the competition.

Athlete Eligibility

Participating athletes resident in Canada must be current masters members of their Provincial branch of Athletics Canada. 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 on July 29, 2022.

There are no performance standards required for entry in the Championships.

Age Groups

All competition is 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, July 29, 2022.

Entry Information

The entry deadline for the meet is: **6:00 p.m., Friday, July 22, 2022.**

There will be no extensions to this deadline. Entries will not be accepted over the telephone or from e-mails.

All competitors must submit entries using the Trackie registration system. Please paste the following URL into your browser:

<https://www.trackie.com/online-registration/register/2022-canadian-masters-outdoor-track-and-field-championships/475227/>

Please provide a seed/performance for your events. Entries without seeds are placed in the slowest heats/sections of the event.

Direct inquiries to: iflangen@sasktel.net

or

(306) 550-7080

Late Entries

Late entries will be considered in the Meet Office at the track facility only and only if space is available in the event.

Late entries will be accepted using the following deadlines:

- Events on Friday, July 29 - Late entries will not be accepted.
- Events on Saturday, July 30 – 5 pm, Friday, July 29
- Events on Sunday, July 31 – 5 pm, Saturday, July 30

Cash payment only for late entries. Cheques and credit cards not accepted. Exact change required.

Entry Fees

First event: \$35.00

Second event: \$25.00

Combined Events (Pentathlons): \$50.00 each

Additional events: \$20.00 per event. Pentathlon athletes in either discipline will be charged \$25 for a second event and \$20.00 for each additional event.

Relays: \$40.00/team. Relay Teams may be club teams, from different clubs or unattached. Relay Teams may be a combination of age groups but not genders, and must compete in the age group of their youngest competitor. Relay teams must be declared by 10:00 a.m. on the day of the relay in the Meet Office on the form specified for that purpose.

Late entry fee: \$70.00 per event.

Package Pick-up:

Canada Games Athletic Complex, 3025 McDonald Street

9:00 A.M., Friday, July 29

8:00 A.M., Saturday, July 30

8:00 A.M., Sunday, July 31

First Event: 11:00 A.M.

First Event: 9:00 A.M.

First Event: 9:00 A.M.

Competition Rules

World Athletics Rules, as varied by World Masters Athletics.

Records

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.

Facilities

Track – Eight lane, 400 metre synthetic with water jump.

Field – Synthetic competition surfaces except throwing circles which are concrete.

Spike length - Track – maximum 7mm; Field - maximum 9mm. Pin spikes only.

27” hurdles will be available in sufficient number to operate the events requiring them.

Pole Vault poles will not be supplied.

FinishLynx electronic timing system.

Dressing rooms with limited locker space are available. Bring your own lock. The LOC will not be responsible in case of loss or theft.

Canteen on site.

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 with the following exceptions:

- Races finishing in lanes: Back
- Vertical Jumps: 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, 5000m, 10 000m, Steeplechase and Race Walk will also be provided age group numbers for their backs.

Equipment

If approved, athletes are permitted to use personal implements during throws events.

Personal implements become part of the pool of implements used during the competition and may be used by any competitor.

Personal implements must be surrendered for approval to the Technical Manager in the equipment room using the following deadlines:

- Events on Fri., July 29 - 9:00 A.M., Fri., July 29.
- Events on Sat., July 30 – 5:00 P.M., Fri., July 29
- Events on Sun., July 31 – 5:00 P.M., Sat., July 30

Technical Specifications

Hurdle heights, steeplechase heights and implement weights can be found on the CMA website at: <https://canadianmasters.ca/misc-pages/hurdle-throwing-implement-specs/>

Scratches

Please report scratches to the meet office as soon as possible.

Protests

Protests must be submitted in writing to the meet office no later than 30 minutes following the official posting of results. Protests must be accompanied by a \$50.00 deposit which may be forfeited if the protest is disallowed.

Marshalling

Competitors must marshall to their events using the following schedule:

- Track: At least 20 min. prior to the scheduled start time at the marshalling tent.
- Field: At least 30 min. prior to the scheduled start time at the event site.

Results

Schedules, start lists and results will be posted as available at the designated location at the venue.

All printed results will be in appropriate 5-year age groups.

Start lists and results will be posted on the Excel Athletika web site during the meet at:

www.excelathletika.ca

After the meet, results will be posted on the CMA website.

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.

Awards will be presented at the end of each session or may be picked up later by the athlete, a coach or a team-mate, but unclaimed awards will not be mailed out.

The Harold Morioka 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 awarding the following 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; 7th – 1 point.

Canadian Masters Athletics Annual Awards Dinner

The CMA invites all athletes and others to attend its annual Awards Dinner. After the dinner, CMA's Annual Awards will be presented, including the CMA Athletes of the Year and inductions into the CMA Hall of Fame.

Date: Saturday, July 30, at 7:00 pm after the completion of competition.

Location: Atlas Hotel, 4177 Albert St, 6.2 Km (13 minutes) from the track, and close to many hotels.

Purchase tickets for the banquet for **\$50.00** each on the Trackie website during event registration.

Accommodations

Meet Hotel: The Atlas Hotel
4177 Albert Street
Regina S4S 3R6
Phone: 306-586-3443 or 1-844-586-3443
E-mail: groups@atlashotel.com

Cost:

\$129.95(plus taxes) per room, double occupancy. Complimentary hot breakfast and parking are included. Quote Block Code **#072822NMT** when making reservations to receive the meet rate. Rooms will be held until June 24, 2022.

Transportation

Transportation will be provided for arrivals and departures from the Regina International Airport. Masters athletes will also be provided with transportation to and from the meet hotel to the track.

Arrivals should contact Carol with their arrival information at:

E-mail: clboyd1@myaccess.ca
Phone: 306-591-1160

Tentative Schedule of Events

The schedule of events is tentative and is subject to change based on the number of entries received. Events will stay on the dates specified but the time is variable.

FRIDAY, July 29, 2022

9:00 AM - 8:00 PM Package Pick-up - Canada Games Park
11:00 AM Throws Pentathlon
3:30 PM Outdoor Pentathlon
6:00 PM Opening Ceremonies & Media Run
6:15 PM 10 000m
7:15 PM Awards Presentations

SATURDAY, July 30, 2022

- | | | | |
|-----------------|--------------------------|-----------------|-------------------|
| 9:00 AM | 1500m R/W | | |
| 10:00 AM | 2000m/3000m Steeplechase | 10:00 AM | Hammer - Men |
| | 100m Heats | | Long Jump - Men |
| | 100m Finals | | |
| | | 11:00 AM | Long Jump - Women |
| | | | Hammer - Women |

Awards Presentations

LUNCH

- | | | | |
|----------------|-------------------------------|----------------|--------------------------|
| 1:00 PM | Sprint Hurdles - Heats/Finals | 1:00 PM | Discus - Men |
| | 400m | | Pole Vault - Men & Women |
| | 1500m | | |
| | 4 x 100m Relays | 3:00 PM | Discus - Women |
| | 4 x 800m Relays | | |

Awards Presentations

CMA Annual Awards Dinner, Atlas Hotel, 7:00 PM

SUNDAY, July 31, 2022

- | | | | |
|----------------|----------------|-----------------|----------------------------|
| 9:00 AM | 5000m Racewalk | 9:00 AM | Weight Throw - Men & Women |
| | 5000m | | Shot - Men |
| | 200m Heats | | |
| | 200m Finals | 10:00 AM | Shot - Women |
| | | | High Jump - Men |
| | | 11:00 AM | High Jump - Women |

Awards Presentations

LUNCH

- | | | | |
|----------------|------------------------|----------------|---------------------|
| 1:00 PM | 200m/300m/400m Hurdles | 1:00 PM | Javelin - Women |
| | 800m | | Triple Jump - Men |
| | 4 x 400m Relays | | |
| | | 2:00 PM | Javelin - Men |
| | | | Triple Jump - Women |

Awards Presentations