

## FLYING ANGELS INTERNATIONAL CLASSIC (OPEN SECTION)

Toronto Track & Field Centre (York University)

231 Ian MacDonald

Toronto, Ontario, Canada, M3J 3L9

**July 7, 2022**

**Hosted by** Flying Angels Track & Field Academy

**Sanctioned by** Athletics Ontario

**Website** [www.flyingangels.ca](http://www.flyingangels.ca)

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### ENTRY INFORMATION AND INSTRUCTIONS

Online Registration is available through [trackiereg.com](http://trackiereg.com) using the following link:

[www.Trackiereg.com/FlyingAngelsClassicOpen](http://www.Trackiereg.com/FlyingAngelsClassicOpen)

**Entry Deadline** Monday, July 4, 2022 @ 11:59 pm

**No entries accepted after the Entry Deadline**

**Entry Fees** \$20 per individual event  
\$25 per relay  
Late entries are not accepted

**Age Divisions & Events** **Open (Born 2002 and older)**  
100m, 200m, 400m, 800m, 1500m, 100m Hurdles (Women), 110m Hurdles (Men), 4x100, Mixed 4x400, Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put

**Results** Will be posted at [flyingangels.ca](http://flyingangels.ca) and [trackie.ca](http://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.

**Event Entry Caps** There is an entry cap on each event. See below for the entry caps:  
100m (24 athletes), 200m (16), 400m (8), 800m (8), 1500m (12), 100mH (16), 110mH (16), LJ (8), TJ (8), HJ (8), PV (8), SP (8).

There is a waiting list for each event. Athletes who don't get into the meet will receive a refund.

<b>Facility</b>	<p>Outdoor track for competition and indoor track for athlete warm ups  Outdoor track has all-weather polytan surface on 8-lane track  Four long jump/triple jump pits  Three shot put circles, discus cage, hammer cage, and javelin runway  Indoor track has five lane oval and eight lane straightaway and access to two long jump/triple jump pits</p> <p>Washroom facilities are available</p>
<b>Facility Rules</b>	<p>Only coaches, officials, volunteers and competitors are permitted into the Field House. Spectators must go to the spectator gallery upstairs to view the awards ceremony.</p> <p>All competition and official working areas are off limits to non-competitors at all times.</p> <p>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.</p>
<b>Packet Pickup</b>	Coaches must pick up their team packet from the Hospitality Room located upstairs at the indoor track.
<b>Meet Admission</b>	Entry to the stadium is free for athletes, coaches, and spectators attending the Open Section.
<b>Schedule</b>	A copy of the <u>Tentative</u> schedule is attached. Event times are approximate. The <u>Final</u> schedule will be posted online at <a href="http://www.flyingangels.ca">www.flyingangels.ca</a> on Tuesday, July 5, 2022.
<b>Warm Up Area</b>	Athletes are welcome to warm up on the backstretch when the full track is not in use. No warm up is allowed on the home stretch or the infield.
<b>Check-In Procedure</b>	Athletes will check in at the starting line or the event site when their event is called.
<b>Scoring</b>	These are non-scoring events
<b>Awards</b>	There will be a medal presentation ceremony at the conclusion of each event. The top three finishers in each event will receive a medal
<b>Implements</b>	Throwing implements are provided by the Meet Management. Personal implements are allowed and once checked-in, are entered into the competition equipment pool.
<b>False Start Rule</b>	The false start rule follows those of the IAAF.
<b>Advancement to Finals</b>	<p>The advancement procedure from the qualifying round of the 100m Dash and Sprint Hurdles will be communicated after the Entry Deadline.</p> <p>All other running events will be run as Timed Finals.</p> <p>If there are 8 or fewer athletes entered in the first round of the 100m, 200m, or sprint hurdles event, then that race will be run as a Final at the scheduled time for the finals.</p>
<b>Protest</b>	<p>All protests must be filed within 15 minutes of the official announcement or release of the results. If no protest is received within the above mentioned time limit, the result as released will stand.</p> <p>If a protest changes a result, 15 minutes will be allowed following the announcement or release of the decision for an appeal to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final.</p> <p>The protest fee of \$50.00 will be returned if the protest is upheld.</p>
<b>Directions</b>	<p><b>DIRECTION TO TORONTO TRACK AND FIELD CENTRE</b></p> <ul style="list-style-type: none"> <li>● Follow Highway 400 north to the Steeles Avenue exit.</li> <li>● Go East (left) on Steeles, past Jane Street to the third set of lights.</li> <li>● Turn right on Founders Road</li> <li>● Take the immediate first left entrance to the parking lot.</li> <li>● Follow the sidewalk west to the front of the Track and Field Centre.</li> </ul>

**Parking**

There is parking available just off of Founders Rd.  
Parking is a flat rate of \$5/day at the Founders East parking lot on the weekends.

**Hotels****The meet hotel is:**

Courtyard by Marriott Vaughan Hotel  
150 Interchange Way  
Vaughan, Ontario L4K 5P7  
(905) 660-9938

There are many hotels that are within a 30-minute drive to York University. Google "York University" to see the list of nearby hotels.

**SHOT PUT SPECIFICATIONS****DIVISION**

Open Women	4.00 kg
Open Men	7.26 kg

**HURDLES SPECIFICATIONS**

<b>Division</b>	<b>Distance</b>	<b># of Hurdles</b>	<b>Height</b>	<b>Dist. to 1<sup>st</sup> Hurdle</b>	<b>Dist. between Hurdles</b>
Open Women	100m	10	0.840m	13.00m	8.50m
Open Men	110m	10	1.067m	13.72m	9.14m

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## SCHEDULE OF EVENTS

### 6:00 PM Session One

100m Hurdles	Heats	Women	6:00 PM	Long Jump	Women
110m Hurdles	Heats	Men	6:00 PM	Long Jump	Men
100m	Heats	Women	6:00 PM	Shot Put	Women
100m	Heats	Men	6:00 PM	Discus	Men
1500m	Finals	Women	6:00 PM	High Jump	Women
1500m	Finals	Men	6:00 PM	Pole Vault	Men
400m	Timed Sections	Women			
400m	Timed Sections	Men			

### 7:30 PM Session Two

100m Hurdles	Finals	Women	7:30 PM	Triple Jump	Women
110m Hurdles	Finals	Men	7:30 PM	Triple Jump	Men
100m	Finals	Women	7:30 PM	Shot Put	Men
100m	Finals	Men	7:30 PM	Discus	Women
800m	Finals	Women	7:30 PM	High Jump	Men
800m	Finals	Men	7:30 PM	Pole Vault	Women
200m	Timed Sections	Women			
200m	Timed Sections	Men			
4x100 Relay	Finals	Women			
4x100 Relay	Finals	Men			
4x400 Relay	Finals	Mixed			