

# **FLYING ANGELS CLUB CHAMPIONSHIPS NOTES AND INSTRUCTIONS**

## **Location**

Toronto Track & Field Centre

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

## **Meet Date**

Saturday, August 11 @ 11:00 am

Flying Angels Club Championships

## **Events**

100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, Javelin, Discus, 4x100 Relay

## **Facility Access**

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

## **Who can participate?**

Participation is limited to athletes registered in the Flying Angels programs.

Non-Flying Angels athletes do not participate in this meet.

## **Will we run against athletes in our age group?**

Athletes will participate against others of varying ages and abilities.

## **What do I wear?**

Athletes should wear their Flying Angels racing jersey, shorts, sweat top, and sweatpants. Also wear running shoes and spikes if you have one.

## **What should I do when I arrive?**

The team will gather on the grass at the north side of the stadium. 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 results once it is posted.

## **Are parents allowed in the facility?**

Only athletes and coaches are allowed on the track. Parents must watch the meet from the south stands or from the grass on the north end of the stadium.

**Awards**

Athletes who finish top three in their event will receive a medal.

**More Information**

Contact your Team Manager if you have any questions