

FLYING ANGELS DEVELOPMENT MEET NOTES AND INSTRUCTIONS

Location

Toronto Track & Field Centre

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

Schedule of Events

Track Events	Throws	Jumps
200m	Javelin	Long Jump
800m	Discus Throw	
100m	Shot Put	
1500m		
400m		
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?

Athletes should collect their competition bib numbers at the finish line. 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