



University of Windsor
40th Annual Can-Am Track Classic
Friday, January 13, 2023
Saturday January 14, 2023

INFORMATION SHEET

1. Location: Dennis Fairall Fieldhouse, St. Denis Athletic and Community Center, corner of College Avenue and Huron Church Road (at the Canadian end of the Ambassador Bridge linking Windsor and Detroit), Windsor, Ontario.

Athletes and spectators must enter through the East Entrance.
2. Eligibility: Open to all University and College athletes. These athletes **MUST** be entered by their institutions. Open to post-secondary athletes and who have met the attached entry standards. These athletes must be registered with AO, USATF, etc.
3. Entries: All entries are to be done online using Trackie at this link:

www.trackiereg.com/2023CanAm
4. Entry Fee

University or College:	\$15/event
(Does not include red-shirted athletes)	\$20/relay
	\$500 / school maximum
Open Athletes:	\$20/event
	\$25/relay
	No club maximum

Cheques payable to "University of Windsor"
5. Entry Deadline Wednesday January 8th @ midnight.
6. Team Packages Envelopes containing competition numbers, a revised schedule, scratch and addition forms etc. will be available at the scorer's table on the infield.
7. Scratches: Make scratches on the form provided in your registration package as soon as possible after arrival and return it to the scoring table. This will allow for full and competitive fields.
8. Substitutions: Substitutions into events may be made on the substitution form provided in the team package at registration. Athletes may be added to events, providing the athlete has previously been entered in the meet on the original team roster. **Athlete additions will only be entertained up to one hour prior to the start of each event.**

9. Track: 200 metre MONDO (2017) six-lane flat track (62ft inner radius) with seven 60 metre sprint lanes. Track and all jumping surfaces are Mondo; shot put circle is concrete.
10. Spikes: Indoor spikes no longer than 6mm (1/4"). Shoes will be checked and offenders retired.



11. Implements: Athletes are encouraged to bring their own shots and weights. We will be checking all throwing implements at the event site. Implements must be shared once they are in the competition pool.
12. Relays: The far end of the 4 x 200m change zones will be open; however, each outgoing runner must begin his/her run-out within the first 10 metres of the beginning of the exchange zone. The 4 x 400m and 4 x 800m relays both have closed exchange zones.
13. Starting Heights: The recommended starting heights are as follows. The final starting heights will be decided at the competition site.
- | | |
|------------|-----------------|
| Pole Vault | 3.60m – Men's |
| | 2.40m – Women's |
| High Jump | 1.70m – Men's |
| | 1.40m – Women's |
14. Scoring: This meet will not be scored.
15. Medical: Qualified athletic therapists will be available throughout the meet. Kindly provide your own tape.
16. Correspondence: Direct entries, seed times, fees, and inquiries to:

Brett Lumley
Ext. 2423
lumley3@uwindsor.ca

Athletics and Recreational Services
University of Windsor
Windsor, ON N9B 3P4
Phone: (519) 253-3000
Fax: (519) 973-7058

17. Parking: Please use lots across from the track on College Avenue, between California Avenue and Huron Church Road. The lot across from the entrance is reserved for officials.
18. Refreshments: The snack bar will be open in St. Denis Centre.
19. Schedule: A tentative schedule of events is enclosed. A finalized schedule, based on the entries received, will be enclosed in your team package.
20. Standards:

Event	Women	Men
60m	8.30	7.30
300m	43.50	37.00
600m	1:40.00	1:24.00
1000m	3:05.00	2:33.00
1500m	4:55.00	4:08.00
3000m	10:35.00	9:00.00
60mH	9.60	8.90
High Jump	1.55	1.90
Pole Vault	3.00	4.10
Long Jump	5.00	6.10
Triple Jump	10.50	13.40
Shot Put	10.50	13.00
Weight Throw	12.50	14.00

Please Note: These standards are for Open athletes only, not for university or college teams. No high school athletes will be allowed entry



40th ANNUAL CAN-AM TRACK CLASSIC
Tentative SCHEDULE OF EVENTS
University of Windsor

Friday January 13, 2023

Track events

5:00 p.m.	60m Hurdles	Prelims	Women
5:20 p.m.	60m Hurdles	Prelims	Men
5:45 p.m.	3000m	Timed Sections	Women
6:10 p.m.	3000m	Timed Sections	Men
6:30 p.m.	60m Hurdles	Finals (A & B)	Men
6:40 p.m.	60m Hurdles	Finals (A & B)	Women
6:55 p.m.	4 x 200m Relay	Timed Sections	Men
7:15 p.m.	4 x 200m Relay	Timed Sections	Women
7:40 p.m.	4 x 800m Relay	Timed Sections	Women
7:55 p.m.	4 x 800m Relay	Timed Sections	Men

Field Events

5:00 p.m.	Pole Vault	Final	Women
	Shot Put	Final	Men
	Triple Jump	Final	Women
7:00 p.m.	Shot Put	Final	Women
	Triple Jump	Final	Men

Saturday January 14, 2023

TRACK EVENTS

10:25 a.m.	National Anthem		
10:30 a.m.	60m	Heats	Women
10:55 a.m.	60m	Heats	Men
11:15 a.m.	600m	Timed Sections	Women
11:35 a.m.	600m	Timed Sections	Men
11:55 a.m.	60m	Tri-Final	Women
12:10 p.m.	60m	Tri-Final	Men

FIELD EVENTS

8:30 a.m.	Weight Throw	Final	Men
9:15 a.m.	Weight Throw	Final	Women
11:00 a.m.	Long Jump	Final	Women
	High Jump	Final	Men
12:00 p.m.	Pole Vault	Final	Men

* * TRACK BREAK * * *

1:00 p.m.	1000m	Timed Sections	Women
1:20 p.m.	1000m	Timed Sections	Men
1:40 p.m.	60m	Final	Women
1:45 p.m.	60m	Final	Men
1:55 p.m.	300m	Timed Sections	Women
2:25 p.m.	300m	Timed Sections	Men
2:55 p.m.	1500m	Timed Sections	Women
3:15 p.m.	1500m	Timed Sections	Men
3:40 p.m.	4 x 400m Relay	Timed Final	Women
4:00 p.m.	4 x 400m Relay	Timed Final	Men

Field Events

2:00 p.m.	Long Jump	Final	Men
	High Jump	Final	Women