

## 2023 ONTARIO INDOOR TRACK & FIELD SHOWCASE

### January 21, 2023

<b>Location</b>	Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9
<b>Facility</b>	Banked 5-lane, 200m Conica (Sportica M) Surface Separate 8 lane, 60m sprint strip on the outside of the oval track. Long Jump and Pole Vault surfaces are Sportica M.
<b>Entry Fee</b>	<u>Regular Entry Fee</u> \$15 per individual event \$20 per relay  <u>Late Entry Fee</u> \$20 per individual event \$25 per relay  <b>Only online payment through <a href="#">trackierreg.com</a> will be accepted</b>
<b>Registration Form</b>	Online Registration is through <a href="#">trackierreg.com</a> using the following link: <b><a href="#">www.Trackierreg.com/OntarioIndoorShowcase2023</a></b>
<b>Regular Entry Deadline</b>	Monday, January 16, 2023 @ 11:59 pm
<b>Late Entry Deadline</b>	Thursday, January 19, 2023 @ 10:00 am <b>No entries accepted after the Late Entry deadline</b>
<b>Enquiries</b>	Earl Letford <a href="mailto:track@flyingangels.ca">track@flyingangels.ca</a>
<b>Events &amp; Age Divisions</b>	<b>U9 (Born 2015-2019)</b> 60m, 200m, 400m, 800m, Long Jump, Shot Put (1.50kg), 4x200  <b>U11 (2013-2014)</b> 60m, 200m, 400m, 800m, 1200m, Long Jump, High Jump, Shot Put (2 kg), 4x200  <b>U13 (Born 2011-2012)</b> 60m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put (2.73 kg), 4x200  <b>U15 (Born 2009-2010)</b> 60m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put (3 kg), 4x200  <b>U17 (Born 2007-2008)</b> 60m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put (3 kg / 4 kg), 4x200  <b>U19 (Born 2005-2006)</b> 60m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put (4 kg / 5 kg), 4x200
<b>Results</b>	Will be posted at <a href="#">trackie.ca</a> at the completion of the meet
<b>Relay-Only Athletes</b>	The names of all possible runners 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.
<b>Facility Rules</b>	Only officials, volunteers, coaches, and competitors are permitted into the Field House. Parents and supporters must view the meet from the spectator gallery upstairs.  Street shoes or boots are not allowed into the Field House.
<b>Packet Pickup</b>	Coaches must pick up their team packet at the Packet Pick Up room upstairs. Coaches passes will be in the team packages.

<b>Meet Admission</b>	Entry to the Field House is by wristband only. Wristbands for athletes are included in the team's packet.
<b>Schedule</b>	A copy of the schedule is attached. The meet will operate on a rolling schedule. Each event will start at the conclusion of the previous event.
<b>Awards</b>	Medals are presented to the first three finishers in each event. 4th-6th place finishers will receive a ribbon.  The top three finishers should make their way to the awards podium after the conclusion of their event. The 4th-8th place finishers should pick up their ribbon at the awards desk.
<b>False Start Rule</b>	The false start rule follows those of the IAAF, with the following exception: in events staged for U9, U11, and U13 divisions, one false start is charged to the field and all further false starts will result in the disqualification of the athlete making the false start.
<b>Advancement to Finals</b>	The top 8 times from the qualifying round of the 60m Dash will advance to the Finals.
<b>Simultaneous Events</b>	Athletes who are competing in two or more events simultaneously must check in to each event at the start of the event and inform the officials that they are competing in two or more events at the same time. The athlete will get a chance to warm up and/or find their mark during the warm up period allotted to all participants before they leave for the simultaneous event. They will not get any additional time to warm up or "find their mark" upon returning to the event.
<b><u>Long Jump and Shot Put</u></b>	
	Athletes in the <b>U9, U11, U13, &amp; U15</b> divisions will receive three attempts if they return to the event before the end of the third round. They will receive three additional attempts if their attempts qualify them as one of the top eight finalists. The athlete must return before the end of the sixth round to receive the three additional attempts. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts and the final places have already been awarded.
	Athletes in the <b>U17 &amp; U19</b> divisions do not get any attempts to make up for the rounds they missed while competing in a simultaneous event. Athletes must join the event at the round being contested upon their return.
<b><u>High Jump</u></b>	
	Athletes must join the High Jump event where the bar is at the time of their return. The High Jump bar will not be lowered for an athlete in any division who missed the round while competing in a simultaneous event. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts and the final places have already been awarded.
<b>Long Jump Take-Off Board</b>	Athletes in all divisions will use the take-off board during the event. All successful attempts will be measured from the furthest end of the take-off board. All athletes who step over the board during their attempt will be charged with a "fault".

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## SCHEDULE OF EVENTS

Saturday, January 21, 2023

*(Rolling Schedule. Each event will start at the completion of the previous event)*

### 8:30 AM – COACHES MEETING @ THE FINISH LINE

9:00 AM - EVENT START TIME				
TRACK EVENTS	LONG JUMP (PIT 1)	LONG JUMP (PIT 2)	HIGH JUMP	SHOT PUT
400m	U9 Girls & U11 Girls	U9 Boys & U11 Boys	U17 Girls & U19 Girls	U15 Girls & U15 Boys
1200m	U13 Boys	U15 Boys	U17 Boys & U19 Boys	U13 Girls & U13 Boys
1500m	U17 Boys	U19 Boys	BREAK	U11 Girls & U11 Boys
60m (Heats or Finals)	BREAK	BREAK	U11 Girls, U13 Girls & U15 Girls	U9 Boys & U9 Girls
BREAK	U13 Girls	U15 Girls	U11 Boys, U13 Boys & U15 Boys	BREAK
60m Finals (if necessary)	U17 Girls	U19 Girls		U17 Girls
800m Timed Finals				U19 Girls
200m Timed Finals				U17 Boys
4 x 200m Relay Finals				U19 Boys

**Note:** Track Track / Event Break may last 30 - 60 minutes