



2023 ONTARIO OPEN SHOWCASE
February 18, 2023



Location	Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9
Facility	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.
Entry Fee	<u>Regular Entry Fee</u> \$20 per individual event \$25 per relay <u>Late Entry Fee</u> \$25 per individual event \$25 per relay Only online payment through trackiereg.com will be accepted
Registration Form	Online Registration is through trackiereg.com using the following link: www.Trackiereg.com/OntarioOpenShowcase2023
Regular Entry Deadline	Monday, February 13, 2023 @ 11:59 pm
Late Entry Deadline	Wednesday, February 15, 2023 @ 11:59 pm No entries accepted after the Late Entry deadline
Enquiries	Earl Letford track@flyingangels.ca
Events Offered	60m, 200m, 400m, 800m, 1500m, 3000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200
Hurdles Events	60m Hurdles will be contested in the following sections: <u>U18 Women</u> Height: 0.762m Distance to 1st Hurdle: 13.00m Distance Between Hurdles: 8.50m <u>U20 & Open Women</u> Height: 0.840m Distance to 1st Hurdle: 13.00m Distance Between Hurdles: 8.50m <u>U18 Men</u> Height: 0.914m Distance to 1st Hurdle: 13.72m Distance Between Hurdles: 9.14m <u>U20 Men</u> Height: 0.990m Distance to 1st Hurdle: 13.72m Distance Between Hurdles: 9.14m <u>Open Men</u> Height: 1.067m Distance to 1st Hurdle: 13.72m Distance Between Hurdles: 9.14m
Shot Put Events	The Shot Put event will be contested with the following weights: U18 Women - 3.0 kg U20 & Open Women - 4.0 kg U18 Men - 5.0 kg U20 Men - 6.0 kg Open Men - 7.26 kg
Results	Will be posted at trackie.ca at the completion of the meet

Relay-Only Athletes	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.
Facility Rules	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.
Packet Pickup	Coaches must pick up their team packet at the Packet Pick Up room upstairs. Coaches passes will be in the team packages.
Meet Admission	Entry to the Field House is by wristband only. Wristbands for athletes are included in the team's packet.
Schedule	A Tentative schedule is attached. The Final schedule will be emailed to each team registrar prior to the meet.
Awards	Medals are presented to the first three finishers in each event. The top three finishers should make their way to the awards podium after the conclusion of their event.
Advancement to Finals	The top 16 times from the qualifying round of the 60m Dash will advance to the A & B Finals.

2023 ONTARIO OPEN SHOWCASE TENTATIVE SCHEDULE OF EVENTS

Saturday, February 18, 2023

TRACK EVENTS

	EVENT	ROUND	GENDER
09:00 AM	3,000m	Timed Sections	Women
09:15 AM	3,000m	Timed Sections	Men
09:30 AM	60m	Prelims	Women
10:00 AM	60m	Prelims	Men
10:30 AM	1500m	Timed Sections	Women
10:45 AM	1500m	Timed Sections	Men
11:00 AM	60m	A & B Finals	Women
11:10 AM	60m	A & B Finals	Men
11:30 AM	400m	Timed Sections	Women
12:00 PM	400m	Timed Sections	Men
12:30 PM	60m Hurdles 0.762m (13.00m - 8.50m)	Timed Final	Women U18
12:40 PM	60m Hurdles 0.840m (13.00m - 8.50m)	Timed Final	Women U20 & Open
12:50 PM	60m Hurdles 0.914m (13.72m - 9.14m)	Timed Final	Men U18
01:00 PM	60m Hurdles 0.990m (13.72m - 9.14m)	Timed Final	Men U20
01:10 PM	60m Hurdles 1.067m (13.72m - 9.14m)	Timed Final	Men Open
01:30 PM	200m	Timed Sections	Women
02:00 PM	200m	Timed Sections	Men
02:30 PM	800m	Timed Sections	Women
02:50 PM	800m	Timed Sections	Men
03:15 PM	4 x 200m Relay Finals	Timed Sections	Women
03:30 PM	4 x 200m Relay Finals	Timed Sections	Men

FIELD EVENTS

	HORIZONTAL JUMPS	VERTICAL JUMPS	THROWS
09:00 AM	Women Long Jump		
11:00 AM	Men Long Jump	Men High Jump	Women Shot Put
12:30 PM	Women Triple Jump	Women High Jump	Men Shot Put
02:00 PM	Men Triple Jump		