



Mississauga Olympians
Track & Field Athletic Association
Indoor Track and Field Meet

Date: Sunday February 19, 2023

Time: 9:00am- 5:00pm

Sanctioned By: Minor Track Association (Ontario)

Competition Director: Carla Warwick 905-997-2713 carla@mississaugaolympians.com

Entries Chairperson: Earl Letford track@flyingangels.ca

Location: Toronto Track & Field Centre, York University 231 Ian MacDonald Boulevard Toronto, Ontario, Canada M3J 3L9

Facilities: Chevron surface on 5-lane 200m banked oval and 8-lane sprint straight; Chevron surface on all field approaches with a concrete throwing circle. Change room facilities and showers are available on site

Age Categories and Events:

Peewee: Athletes born in 2018 and 2017 60m (time finals), LJ (3 jumps only)

Mite: Athletes born 2016 and 2015 60m, 200m, 400m, 800m, Long Jump, Shot Put

Tyke: Athletes born in 2014 and 2013 60 m, 200m, 400m, 800m, 1200m, Long Jump, High Jump, Shot Put, 4x200m

Atom: Athletes born in 2012 and 2011 60 m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put, 4x200m

Senior: Athletes born in 2010 and 2009 60 m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put, 4x200m

Intermdiate: Athletes born in 2008 and 2007 60 m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put, 4x200m

Youth: Athletes born in 2006 60 m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put, 4x200m

Notes:

1. Athletes may enter in three individual events, of which no more than two may be track events (relay not included)
2. Track events will run girls first, then boys for each age category, starting at the youngest age categories and working up through to Intermediant
3. Waiver forms must be submitted online with meet registration
4. Events with less than five athletes may be combined with another age group.

5. Starting blocks for Atom, MTA Sr. and Intermediate: only.

<p>General Rules:</p>	<p>Track events take precedence over field schedules. If the timing of a field and track event conflict, the athlete must check in at both events, notify both officials of the conflict and be ready to run when the race is started. The athlete will be able to return to the field event.</p>
<p>FIELD EVENTS High Jump Long Jump Throws</p>	<p>Each competitor receives 3 trials at each height A tie will be broken by the second best jump.</p> <p>Less than 10 competitors each competitor gets 3 jumps top 8 gets 2 more More than 10 each competitor gets 2 jumps top 8 gets 2 more Seniors and Intermediate Jump from the line.</p> <p>Less than 10 competitors each competitor gets 3 throws top 8 gets 2 more More than 10 each competitor gets 2 throws top 8 gets 2 more</p>
<p>TRACK EVENTS Sprints/ Hurdles 50-100m</p>	<p>One Heat: Straight Final Two Heats or more: 1st in each heat plus next fastest times advance to final.</p>

Awards: Medals will be awarded for the first three places in all events with ribbons for 4th-6th.

Entry Fees: The entry deadline will be on Wednesday, February 15, 2023, at 11h59pm

Entry fees are as follows:

\$15.00 per athlete per event.

\$20.00 per relay team

The late entry deadline will be **at noon on Friday, February 17, 2023**. The late fees are: \$20.00 per athlete for each event and \$30.00 per relay team

All Entries must be submitted online at <https://www.trackireg.com/MississaugaOlympiansMeet>

2023 Mississauga Olympians
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Sunday February 19, 2023

This is a running schedule and may be advanced or delayed as required

Track		Field		LJ		SP	HJ
9:15	1200/1500m Time Finals	9:00		Intermediate Boys Intermediate Girls		Mite Boys Mite Girls	Tyke Boys
						Tyke Boys Tyke Girls	Atom Boys
	400m Time Finals			MTA Sr. Boys MTA Sr. Girls		Atom Girls Atom Boys	Sr. Boys
						MTA Sr. Boys MTA Sr. Girls	Intermediate Boys
	60m Heat			Atom Boys Atom Girls		Intermediate Boys Intermediate Girls	Youth Boys
						Youth Boys Youth Girls	
12:45	Lunch Break	12:45		Lunch Break			
1:30	60m Finals	1:30		PeeWee Boys PeeWee Girls			Tyke Girls
							Atom Girls
	800m Time Finals			Tyke Boys Tyke Girls			MTA Sr. Girls
							Intermediate Girls
	200m Time Finals			Mite Girls Mite Boys			Youth Girls
	4x200m Relay			Youth Boys Youth Girls			