



**2023 David McKendrick Minor Track Association  
Provincial Indoor Championships**

**Toronto Track & Field Centre, York University  
231 Ian MacDonald Boulevard Toronto, ON, Canada M3J 3L9  
April 1-2, 2023**

**MEET DIRECTOR:** Earl Letford

email: [track@flyingangels.ca](mailto:track@flyingangels.ca)

**ELIGIBILITY:**

- This is a closed event for MTA clubs & their members only. Only athletes registered with an MTA registered club may compete.
- All Clubs must have their athletes registered and the annual administration fee paid by the entry deadline

**EVENTS OFFERED**

**Pee Wee** (2017-2018): 60m, Long Jump

**Mite** (2015-2016): 60m, 200m, 400m, 800m, 60m Hurdles, Long Jump, Shot Put, 4x200 relay

**Tyke** (2013-2014): 60m, 200m, 400m, 800m, 800m RW, 1200m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200 relay, Sprint Medley Relay

**Atom** (2011-2012): 60m, 200m, 400m, 800m, 800m RW, 1500m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200 relay, Sprint Medley Relay

**Senior** (2009-2010): 60m, 200m, 400m, 800m, 800m RW, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200 relay, Sprint Medley Relay

**Intermediate** (2007-2008): 60m, 200m, 400m, 800m, 800m RW, 1500m, 3000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200 relay, Sprint Medley Relay

**Youth** (2006): 60m, 200m, 400m, 800m, 800m RW, 1500m, 3000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200 relay, Sprint Medley Relay

## ENTRY INFORMATION AND INSTRUCTIONS ONLINE

### ENTRIES

- Complete online entries at [www.trackireg.com/2023MTAIndoorChamps](http://www.trackireg.com/2023MTAIndoorChamps)
- ALL entries must be completed online. No Hy-Tek, emailed, mailed or faxed entries will be accepted.
- Athletes may enter four individual events (of which no more than three may be track events) and one relay.
- Hard copy waiver forms must be filled out and submitted before athlete bibs can be released. (individual or POA blanket waiver with all athletes listed).
- Athletes without signed waiver forms will not be allowed to compete.

### ENTRY DEADLINE & ENTRY FEES

#### REGULAR DEADLINE

- **11:59 pm on Tuesday, March 28, 2023**
- \$15.00 per individual event and \$1.00 MTA fee per athlete
- \$20.00 per relay team per event

#### LATE DEADLINE

- **10:00 pm on Thursday, March 30, 2023**
- \$20.00 per individual event and \$1.00 MTA fee per athlete
- \$30.00 per relay team per event

### RACE DAY ENTRIES WILL NOT BE ACCEPTED

#### MEET ADMISSION

- **SPECTATORS -\$5 per day for all spectators 12 years old and over.**
- All entry to the Field House is by athlete competition number and coaches' wrist band.
- Only registered MTA coaches with an MTA number will be issued a wrist band.
- Athletes and coaches' wristbands will be in the team packet.

#### SCHEDULE - Subject to change - Final posted by March 31

- Coaches meeting at 9:10am.
- A tentative schedule forms part of this technical package.
- The schedule is rolling. Events will begin immediately at the conclusion of the previous event.
- **Events with less than five athletes may be combined with another age group.**
- Track events take precedence over field events.
- If the timing of the 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 once they have completed their race but will start their competition at the current point in the event (no make-up jumps or throws will be permitted).

## **AWARDS**

- Medals will be presented to the 1st, 2nd, and 3rd place finishers in each event.
- We will announce & hold awards ceremonies shortly after event results are final. If athletes do not present themselves at the awards ceremony, they can pick up their medals from the awards desk.
- Ribbons will be presented to 4th to 8th place finishers at the awards desk.
- An MTA team championship trophy will be awarded to the club with the highest accumulated team points at the end of the meet.

## **FIELD EVENTS**

### **HORIZONTAL JUMPS**

- Pee Wee, Mites, Tykes and Atoms will jump from a 1m jump-zone for long jump. The jump-zone will be marked with chalk.
- Seniors, Intermediates, and Youth must jump from the designated board.
- All Triple Jump competitors must jump from a designated board.
- Less than 16 participants:
  - Each competitor gets 3 trials and top 8 get 2 additional jumps
- 16 or more participants:
  - Each competitor gets 2 trials and top 8 get 2 additional jumps
- All jumps are considered for performance ranking. The best result of the day determines final position. Any ties will be broken using the next best result.
- Coaches will not be allowed in the horizontal jumps area. They can coach from the opposite side of the track.

### **HIGH JUMP**

- Less than 16 participants:
  - Each competitor gets 3 trials at each height.
- 16 or more participants:
  - Each competitor gets 2 trials at each height.
  - When there are only 6 participants left then all 6 get 3 trials at each height until they are eliminated.
- Starting height will be the lowest height requested by any competitor.
- Height will increase by 5cm increments until there are 3 jumpers left.
- Height will increase by 2cm increments after this unless ALL jumpers agree to a larger increase.
- Last successful jump is considered for performance ranking.
- If there is a tie for first place a jump-off will be conducted.
- If there is a tie for other than first place, the following tie-breaker rules will be applied:
  - Among tied athletes, the one with the lowest number of jumps at the tied height is awarded the higher place;
  - If they are still tied after this, then the athlete with the lowest total number of failures up to and including the tied height, is awarded the higher place;
  - If they are still tied after this, the jumpers remain tied in the final scoring.

## THROWS

- Less than 20 participants:
  - Each competitor gets 3 trials and top 8 get 2 additional throws
- 20 or more participants:
  - Each competitor gets 2 trials and top 8 get 2 additional throws
- All throws are considered for performance ranking.
- The best result of the day determines final position. Any tie will be broken using the next best result.

The Shot Put event will be contested with the following weights:

<b>Division</b>	<b>Weight</b>
Mite Girls & Mite Boys	1.50 kg
Tyke Girls & Tyke Boys	2.00 kg
Atom Girls & Atom Boys	2.73 kg
Senior Girls & Senior Boys	3.00 kg
Intermediate Girls & Youth Girls	3.00 kg
Intermediate Boys	4.00 kg
Youth Boys	5.00 kg

## TRACK EVENTS

### ORDER OF EVENTS:

- We will run races by age category, girls, then boys (e.g. Mite girls, Mite boys, Tyke girls, etc.)

### TIMING:

- All events will be photo-timed with a hand-timed back-up.

### STARTING BLOCKS

- Starting blocks will be available for Atom and older categories.

### SPRINTS/HURDLES

- There will be prelims and finals for the 60m & 60m hurdle events.
- Qualifying to Final:
  - 4 or fewer heats the top 8 times will move on to a single final,
  - 5 or more heats, top 16 times move on to an A and B final with the A final being the fastest.Awards will be given to the top times between the A and B finals.

Hurdle specifications are:

<b>Age Group</b>	<b>Distance</b>	<b># of Hurdles</b>	<b>Height</b>	<b>To 1st Hurdle</b>	<b>Between Hurdles</b>
Mite Girls & Mite Boys	60m	5	12"/30 cm	11.50m	7.00m
Tyke Girls & Tyke Boys	60m	5	18"/45 cm	11.50m	7.00m
Atom Girls & Atom Boys	60m	5	24"/60 cm	11.50m	7.00m
Senior Girls & Senior Boys	60m	5	27"/68 cm	11.50m	7.50m
Intermediate Girls	60m	5	30"/76 cm	12.00m	8.00m
Intermediate Boys	60m	5	33"/84 cm	13.00m	8.50m
Youth Girls	60m	5	30"/76 cm	13.00m	8.50m
Youth Boys	60m	5	33"/91 cm	13.72m	9.14m

## **SPRINT MEDLEY RELAY**

The Sprint Medley Relay will be contested 200m-200m-400m-800m

### **OFFICIALS:**

- Officials will be in charge of each event area. They will have the final say with respect to how their event is run pursuant to MTA rules where applicable & IAAF rules where no MTA rule exists.
- While disqualification of any athlete is not the preferred outcome, it is a possibility, if the infraction is witnessed by the Event Official and in their opinion is egregious or unfairly changes the outcome of the event.
- Any issues or protests should be brought to the attention of the Event Official by the coach of the affected athlete. The Event Official will determine what actions will be taken & inform the Meet Director of any actions that impact the final results of their event.
- All results will be considered official 15 minutes after the completion of an event if there is no issue or protest.

### **FIRST AID:**

- Certified first responders will be on site in case of a medical emergency.

### **FACILITY RULES:**

- Only officials, volunteers and competitors are permitted into the Field House. All others must go to the spectator gallery upstairs.

All competition and official working areas are off limits to non-competitors at all times.

Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length. No pin style spikes are allowed on the track. Only pyramid spikes will be allowed.

NO street shoes or boots on the track surface. Please ensure you bring running shoes to change into as you will not be allowed into the Field House without them.

**2023 DAVID McKENDRICK MINOR TRACK ASSOCIATION  
INDOOR PROVINCIAL CHAMPIONSHIPS**

**DAY ONE - SATURDAY APRIL 1, 2023  
START TIME 9:00 AM**

<b>TIME</b>	<b>TRACK EVENTS</b>	<b>HORIZONTAL JUMPS (PIT 2)</b>	<b>HORIZONTAL JUMPS (PIT 2)</b>	<b>HIGH JUMP</b>	<b>SHOT PUT</b>
<b>9:00 AM</b>	1200m Finals	Mite Girls LJ	Tyke Girls LJ	Youth Boys	Youth Girls
	1500m Finals	Atom Girls LJ	Senior Girls LJ	Intermediate Boys	Intermediate Girls
	60m Prelims	Intermediate Girls LJ	Youth Girls LJ	Senior Boys	Senior Girls
		Pee Wee Girls LJ			
	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
<b>1:30 PM</b>	400m Finals	Atom Boys TJ	Senior Boys TJ	Atom Boys	Atom Girls
	60m Finals	Intermediate Boys TJ	Youth Boys TJ	Tyke Boys	Tyke Girls
	800m Race Walk				Mite Girls
	4x200 Relay				

**DAY TWO - SUNDAY APRIL 2, 2023  
START TIME 9:00 AM**

<b>TIME</b>	<b>TRACK EVENTS</b>	<b>HORIZONTAL JUMPS (PIT 1)</b>	<b>HORIZONTAL JUMPS (PIT 2)</b>	<b>HIGH JUMP</b>	<b>SHOT PUT</b>
<b>9:00 AM</b>	800m Finals	Mite Boys LJ	Tyke Boys LJ	Youth Girls	Youth Boys
		Atom Boys LJ	Senior Boys LJ	Intermediate Girls	Intermediate Boys
	200m Finals	Intermediate Boys LJ	Youth Boys LJ	Senior Girls	Senior Boys
	60m Hurdles Heats	Pee Wee Boys LJ			
	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
<b>1:30 PM</b>	60m Hurdles Finals	Atom Girls TJ	Senior Girls TJ	Atom Girls	Atom Boys
	3000m	Intermediate Girls TJ	Youth Girls TJ	Tyke Girls	Tyke Boys
	Sprint Medley Relays				Mite Boys



**RELEASE, WAIVER AND INDEMNITY**

Sanctioned and required by: Minor Track Association

In consideration of the acceptance of my entry into this event, I freely and without duress, HEREBY FOREVER RELEASE, WAIVE, DISCHARGE, INDEMNIFY and hold harmless

- **Minor Track Association of Ontario**
- **Flying Angels Track & Field Club**
- **City of Toronto**
- **Toronto Track and Field Centre**

and their respective directors, officers, employees, volunteers, coaches and any of their successors and assigns (the "Releases"), from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to person or property however caused (including without limitation by the negligence of omissions of the Releases), arising out of or in any way connected to my participation in the said event. I ACKNOWLEDGE that participation in the said event has inherent risks and I WARRANT that I am physically fit to participate in it. I ACKNOWLEDGE that my image may be filmed or photographed during the event and I AGREE to the use of my name and my image from the competition in any form in broadcasts, newspapers, brochures, promotional material and other media without compensation. I consent to the use of my personal information contained in this registration form for the purpose of soliciting my participation in future events by email or any other form of electronic communication. I AGREE that this Waiver is intended to be as broad and inclusive as permitted by the laws of Ontario and that it shall be governed and interpreted according to the laws of Ontario and that if any portion of this Waiver is held invalid by any Court of competent jurisdiction, the invalidity of such portion shall not otherwise affect its remaining provisions which shall continue in full legal force and effect. I CONFIRM that I am the legal parent/guardian of, or have power of attorney for, the participant and I have read and understood this Waiver prior to providing written or electronic acceptance and agree that it will be binding on my heirs, executors, administrators, successors and assigns.

\_\_\_\_\_  
Date  
\_\_\_\_\_  
Print Name  
\_\_\_\_\_  
Signature (If under 18, parent or guardian or Power of

Attorney must sign below.)

\_\_\_\_\_  
Date  
\_\_\_\_\_  
Print Name  
\_\_\_\_\_  
Signature of Legal Guardian