

48th CANADIAN MASTERS ATHLETICS OUTDOOR CHAMPIONSHIPS



MCLEOD ATHLETIC PARK, TOWNSHIP OF LANGLEY, BC
August 11-13, 2023



**CANADIAN MASTERS
ATHLETICS**
**VÉTÉRANS CANADIENS
EN ATHLÉTISME**



Township of
Langley



Est. 1873



48th CANADIAN MASTERS ATHLETICS OUTDOOR CHAMPIONSHIPS

DATES: Friday to Sunday, August 11 to 13, 2023

VENUE: McLeod Athletic Park Stadium, 5730 214 Street, Langley, BC (corner of 58 Ave & 214 St)
Park entrance: 5687 216 Street, Langley Township, BC

Hosted by: Greyhounds Masters Track and Field Club
Sanctioned by: Canadian Masters Athletics and BC Athletics
Meet Director: Harold Morioka 604-589-9034 isaohmorioka@gmail.com
Committee Chair: Urith Hayley greyhoundspres@gmail.com
Entries/Registration: Gary Silvester gary@thesilvesters.net
CMA Liaison: Vern Christensen

WELCOME:

Greyhounds Masters Track and Field Club, British Columbia Athletics and Canadian Masters Athletics (CMA) would like to welcome all masters athletes to the 48th Annual Canadian Masters Outdoor Track and Field Championships. We welcome both Canadian and non-Canadian athletes to the competition.

ELIGIBLE ATHLETES:

- * All Canadian resident masters athletes who are 2023 Competitive members of their provincial branch of Athletics Canada.
- * Masters athletes from outside Canada who are members of Athletics Canada or their National Affiliate.
- * All athletes must be 30 years of age or older on August 11, 2023.
- * There are no performance standards required for entry into the Championships.

AGE GROUPS:

- * All competition is in 5-year age groups, beginning with 30 to 34, 35 to 39, etc., and progressing to the age of the oldest competitor.
- * Age is calculated as of the first day of the Championships, August 11, 2023.

ENTRY INFORMATION:

- * Register online for the Championship at TrackieREG: www.trackiereg.com/CMOTFC2023
- * The registration website is now OPEN.
- * **REGULAR ENTRY DEADLINE:** FRIDAY, AUGUST 4, 23:59 pm (PT).
- * **LATE ENTRY DEADLINE:** TUESDAY, AUGUST 8 at 23:59 pm (PT).
- * **Late entries will not be accepted at the Championships.**
- * Please provide a seed/performance for your events.
- * Direct enquiries to: Gary Silvester, gary@thesilvesters.net

ENTRY FEES:

- * First event - \$40.00.
- * Second and third events - \$25.00.
- * Subsequent event(s) - \$20.00 per event.
- * Combined events (Throws Pentathlon and Outdoor Pentathlon) - \$60.00 each.
- * Pentathlon athletes in either event will be charged \$25.00 for their second and third events and \$20.00 for each additional event.
- * Relays - \$40.00 per team. Relay teams may be club teams, from different clubs or unattached. Teams may be a combination of age groups but not genders, and must compete in the age

group of their youngest competitor. The deadline to register teams is 12:00 pm on the day of the relay, by using the form which will be provided. Payment will be by cash only.

- * No refunds will be given unless the event is cancelled by the organizers.
- * LATE ENTRY FEE - \$10.00 surcharge for an Individual event and \$25.00 for a Combined event.

ATHLETE UNIFORMS:

- * Athletes may compete in Club, Provincial or National uniforms, or other non-offensive athletic clothing.
- * Competition bib numbers must be worn on the front, except as indicated below.
- * For jumping events, numbers may be worn on either the front or the back.
- * Racewalk competitors must wear numbers on both the front and the back, and will be provided with a second bib.
- * Competitors in the 1500m, 5000m, 10000m, Steeplechase and Race Walk will also be provided age group numbers, to be worn on their backs.

REGISTRATION PICKUP:

Registration packages with competitor numbers may be picked up at McLeod Athletic Park Stadium, starting at:

- * 11:00 am, on Friday, August 11.
- * 8:00 am, on Saturday, August 12.
- * 8:00 am, on Sunday, August 13.

FACILITIES:

- * Track – Eight lane, 400 m synthetic with water jump.
- * Field – Synthetic competition surfaces.
- * Throws – Appropriate cages, concrete throwing surfaces, and grass landing areas.
- * 27” hurdles will be available.
- * Pole Vault poles will be supplied, but choice is limited. Contact meet director if interested.
- * Spike Length: Track – maximum 7mm; Horizontal Jumps and Pole Vault – maximum 7mm; High Jump and Javelin – maximum 9mm.
- * All running events will be timed electronically, using FinishLynx.
- * Two change rooms with showers available, one each at the North and South ends of the stands.

PERSONAL EQUIPMENT:

Athletes who wish to use their own throwing equipment must have their implements approved. All approved personal implements become part of the equipment pool for that event and may be used by all competitors in that event. Personal equipment must be surrendered for approval by Officials by the following times for events each day:

- * Friday, August 11 – by 12:00 pm (Noon);
- * Saturday, August 12 and Sunday, August 13 – by 9:00 am.

TECHNICAL SPECIFICATIONS:

- * All events will follow World Athletics rules, except where modified by World Masters Athletics.
- * Hurdle heights, steeplechase heights and implement weights can be found on the CMA website at: <https://canadianmasters.ca/wp-content/uploads/old/2013/04/Implement-Specs-2014.pdf>

TRACK EVENTS:

- * All running events except the 100m will be run as Finals. Finals will be run in the 100m if more than 8 competitors are in an age group.
- * Age groups will be combined to maximize use of lanes, but no athlete will be separated from his/her age group.
- * Women will compete first, oldest to youngest, followed by men, oldest to youngest.

FIELD EVENTS:

- * Athletes will be given practice time as time permits.
- * All Individual throwing and horizontal jump events will be allowed 6 trials.
- * Pentathlon athletes will be allowed only 3 jumps or throws.

MARSHALLING (CALL ROOM):

- * Competitors must check in for all Track events and the first event of each Combined Event at the Call Room at least **20 minutes prior to the start of the event**. The Call Room Tent will be located at the SOUTH end of the stadium (near the finish line).
- * Competitors must check in for all Field events (except for the Pole Vault) at the individual field event area, at least **30 minutes prior to the start of the event**.
- * Check in **45 minutes prior to the start of the pole vault**, at the event site.

PROTESTS AND APPEALS:

Protests must be made immediately to the relevant Track or Field referee. The referee's decision may be appealed in writing to the Jury, accompanied by a \$50.00 fee. An Appeal must be received within 30 minutes after the final results are posted. If the appeal is successful, the fee will be returned; otherwise, it will be forfeited. All Jury of Appeal decisions will be final.

AWARDS:

- * CMA medals will be awarded to the first, second and third Canadian finishers in each gender and age group in each event.
- * Non-Canadian athletes finishing in the top three will receive duplicate CMA medals.
- * The members of the first-place relay team in each gender and age group will also receive CMA medals.
- * Medals will be presented at the end of each session, or may be picked up later by the athlete, a coach or a team-mate, but unclaimed medals will not be mailed
- * The Harold Morioka Trophy will be awarded at the conclusion of the Championship to the listed Canadian club receiving the highest number of points in the Championships, based on the following number of points for placing in each age group and gender, except for relays: 1st – 7; 2nd – 6; 3rd – 5; 4th – 4; 5th – 3; 6th – 2; and 7th - 1 point.

RECORDS:

- * For Canadian Masters records, completed application forms are not required. A proof of age must, however, be on file with the CMA.
- * For World Masters records, a WMA record application form must be completed, and all other required documentation must be provided.

CMA ANNUAL AWARDS DINNER:

The CMA invites all athletes and guests to attend its annual Awards Dinner. After the dinner, the CMA will recognize its 2022 CMA Athletes of the Year and its 2023 Inductees into the CMA Hall of Fame. A maximum of 80 attendees can be accommodated.

Date: Saturday, August 12 – Social at 6:00 pm; Dinner at 7:00 pm.

Cost: \$55.00 per person. Pay for tickets when registering.

Location: **Coast Langley City Hotel and Convention Centre, located at the Cascades Casino Resort (take the escalator up to the Mackie Room)**
20393 Fraser Highway, Langley, BC, V3A 7N2
Phone: 604-530-1500. cascadescasino.ca

ACCOMMODATIONS:

Coast Langley City Hotel and Convention Centre at the Cascades Casino Resort

(Hotel information above). We have 50 rooms available for 4 nights (\$150 per night plus taxes on Thursday, August 10 & Sunday, August 13 and \$160 per night plus taxes on Friday, August 11 & Saturday, August 12) based on single or double occupancy. Breakfast not included but restaurant on site. Call the Front Desk at **604-530-1500** and quote **Group Number GF9750** to receive the meet rate. Booking deadline is July 10.

NOTE: Only a 6 minute drive (2.6km) from this hotel to McLeod Athletic Park via 56th Avenue.

Travelodge by Wyndham **Quote CMTF23** Booking deadline is May 31, 2023
21653 Fraser Hwy, Langley, BC. Phone: 604-533-4431 (email) gm@travelodgelangley.com
* (NQ1) 6 rooms available with a queen bed \$199/night plus taxes. Includes continental breakfast
* (NDD1) 2 rooms available with 2 double beds \$239/night plus taxes. Includes small breakfast
This is the closest hotel to McLeod Athletic Park, **only 2 minute drive (1.2km) via 216th Street to Park entrance.**

Executive Plaza Hotel Coquitlam (4 Star Hotel)

405 North Road #1, Coquitlam Phone 604-936-9399 **Block ID. 32472** Deadline is May 11.
If you prefer a 4-Star hotel, have a car and don't mind driving 25 minutes (29.6km) to the track.
Take Lougheed Highway to Trans Canada Freeway #1, to 216 Street to Glover Road, back to 216.
Rates start from \$250 per night plus taxes. Includes parking but no breakfast

Trinity Western University (Robson Hall)

22500 University Drive, Langley 604-888-7511
Standard rooms with 2 beds each where 2 rooms share a washroom, wash basins in each bedroom
Smoke free and alcohol free campus. No breakfast
9 minute drive (5km) to McLeod Athletic Park via Glover Road and 216 Street.
Rate is \$195 per night plus taxes, linens included. Parking fee is \$8.00 per day.

TENTATIVE SCHEDULE

*The **FINAL** schedule will be posted after entries close. The **DAY** of the event will not change, but the **TIMES** of the event might be adjusted on the Final Schedule.*

FRIDAY, AUGUST 11:

	<u>TRACK</u>	<u>FIELD</u>
1:00	Women's 80m Hurdles (Start of Outdoor Pentathlon)	Women's Hammer (Start of Throws Pentathlon) Men's Long jump (Start of Outdoor Pentathlon)
1:30	10,000m (Women and Men)	
2:00		Men's Hammer (Start of Throws Pentathlon)
3:00	Men's 200m (Pentathlon)	
5:00	Women's 800m (Pentathlon)	
5:15	Men's 1500m (Pentathlon)	
5:30	Awards Presentations	

Women's Outdoor Pentathlon: (80m hurdles, high jump, shot put, long jump, 800m)

Men's Outdoor Pentathlon: (Long jump, javelin, 200m, discus, 1500m)

Throws Pentathlon: (Hammer, shot put, discus, javelin, weight)

SATURDAY, AUGUST 12:

	<u>TRACK</u>	<u>FIELD</u>
9:00	1500m Race Walk	Men's Hammer, Women's Shot put
9:45	1500m (Immediately after RW)	
10:00		Women's Long jump
10:30	80m/100m/110m Hurdles	
11:00		Women's Hammer, Men's Shot put
11:30	100m (Finals, if necessary to follow) – check FINAL Schedule.	
12:00		
1:00	400m	Men's & Women's Pole vault
1:30		Women's Discus, Men's Long jump
2:00	Steeplechase (2000m, then 3000m)	
3:00	4 x 100m Relays	Men's Discus
4:00	4 x 800m Relays	
4:30	Awards Presentations	
6:00 - Socializing; 7:00 pm - CMA Awards Dinner at the Coast Langley City Hotel and Convention Centre		

SUNDAY, AUGUST 13:

	<u>TRACK</u>	<u>FIELD</u>
9:00	5000m Race Walk (Women & Men)	Women's Javelin
10:00	5000m (Women & Men)	Men's Javelin, Women's Triple jump
11:00	200m	Men's High jump
1:00	800m	Women's Weight throw, Women's High jump
2:00	400m/300m/200m Hurdles	Men's Weight throw, Men's Triple jump
3:00	4 x 400m Relays	
3:30	Awards Presentations	