



FLYING ANGELS
INTERNATIONAL TRACK & FIELD CHAMPIONSHIPS
TECHNICAL PACKAGE - REVISED



(Updated July 3, 2023)

Toronto Track & Field Centre (York University)
231 Ian MacDonald
Toronto, Ontario, Canada, M3J 3L9
July 7-9, 2023

Hosted by Flying Angels Track & Field Academy
Sanctioned by Athletics Ontario and Minor Track Association
Website www.flyingangels.ca
Enquiries Earl Letford
(416) 562-0898
track@flyingangels.ca

ENTRY INFORMATION Online Registration is available through trackiereg.com using the following link:
www.Trackiereg.com/FlyingAngelsClassic2023

Athletes may represent their country, association, club, school, community, or unattached

Regular Entry Deadline **Tuesday, July 4, 2023 @ 11:59 pm**
\$15 per individual event
\$25 per relay

Late Entry Deadline **Thursday, July 6, 2023 @ 10:00 pm**
\$20 per individual event
\$25 per relay

| Age Divisions & Events | |
|------------------------------------|---|
| U9 (born 2015 & 2016) | 100m, 200m, 400m, 800m Long Jump, Shot Put 4x100, Sprint Medley Relay (400m-200m-200m-800m) |
| U11 (born 2013 & 2014) | 100m, 200m, 400m, 800m, 1200m Long Jump, Shot Put, High Jump 4x100, Sprint Medley Relay (400m-200m-200m-800m) |
| U13 (born 2011 & 2012) | 100m, 200m, 400m, 800m, 1500m Long Jump, Triple Jump, High Jump, Shot Put 4x100, Sprint Medley Relay (400m-200m-200m-800m) |
| U15 (born 2009 & 2010) | 100m, 200m, 400m, 800m, 1500m, 3000m Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin 4x100, Sprint Medley Relay (400m-200m-200m-800m) |
| U16 (born 2008) | 100m, 200m, 400m, 800m, 1500m, 3000m Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin 4x100, Sprint Medley Relay (400m-200m-200m-800m) |
| U18 (born 2006 & 2007) | 100m, 200m, 400m, 800m, 1500m, 3000m, 100m/110m Hurdles, 400m Hurdles Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer 4x100, Sprint Medley Relay (400m-200m-200m-800m) |
| U20 (born 2004 & 2005) | 100m, 200m, 400m, 800m, 1500m, 3000m, 100m/110m Hurdles, 400m Hurdles Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer 4x100, Sprint Medley Relay (400m-200m-200m-800m) |
| Open (born 2003 & Older) | 100m, 200m, 400m, 800m, 1500m, 3000m, 100m/110m Hurdles, 400m Hurdles Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer 4x100, Sprint Medley Relay (400m-200m-200m-800m) |
| Parents & Coaches | 100m, Mixed 4x100 |

Event Notes

Athletes may compete in an event in an older division
Sprint Medley Relay is run 400m-200m-200m-800m

Results

Will be posted at flyingangels.ca and trackie.ca

Relay-Only Athletes

The names of all possible competitors 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. However, the names of the four runners on each relay team and the running order need not be provided until the day of the meet.

Facility

Outdoor 8-lane track used for competition
Indoor track is available for athlete warm ups
Indoor track has five lane oval and eight lane straightaway and access to two long jump and triple jump pits
Washroom facilities are available

| | |
|-------------------------------------|---|
| Facility Rules | <p>Only coaches, officials, volunteers and competitors are permitted into the Indoor Field House. Spectators must go to the stands to view the competition.</p> <p>Spectators may access the roped off area in the fieldhouse to view the awards ceremony.</p> <p>All competition and official working areas are off limits to non-competitors at all times.</p> <p>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.</p> |
| Packet Pickup | Coaches must pick up their team packet from the Registration Tent located outside the southwest entrance to the stadium. |
| Meet Admission | <p>Entry to the stadium is by wristband only. Wristbands for athletes and coaches are included in the team's packet. Each team is allotted 1 coach wristband for every 8 athletes registered.</p> <p>Wristbands for spectators are sold at the tent located at the entrance to the stadium. General Admission Spectator passes are \$10 each day. A 3-day weekend pass is on sale for \$15. Children 6 years old and under are free.</p> |
| Schedule | A copy of the <u>Tentative</u> schedule is attached. Event times are approximate. The <u>Final</u> schedule will be posted online at www.flyingangels.ca and www.trackiereg.com and emailed to coaches on Thursday, July 6, 2023. |
| Warm Up Area | <p>The indoor track is available for athletes to warm up.</p> <p>Only athletes and coaches are allowed in the warm up area</p> <p>Access the indoor track through the doors located at the southwest end of the stadium.</p> <p>No warm up is allowed on the competition track or the infield.</p> <p>Athletes and teams are not allowed to camp out or loiter in the warm up track</p> |
| ACC & Check-In Procedure | <p>The Athlete Control Centre (ACC) is located at the indoor track</p> <p>The entrance to the indoor track is located at the southwest end of the stadium</p> <p>Athletes must check in at the Athlete Control Centre for all events when the event is called</p> <p>Athletes will be escorted to their events by the Marshall</p> |
| Scoring | The top three finishers in each event will score points for their teams as follows: 1 st (3 points), 2 nd (2 points), 3 rd (1 point) |
| Awards | <p>The Awards Ceremony will take place in the Fieldhouse.</p> <p>There will be a medal presentation ceremony at the conclusion of each event.</p> <p>The top 8 finishers in each event final must make their way to the awards ceremony following the conclusion of their event.</p> <ul style="list-style-type: none"> ● The Top 8 finishers in each event final receives a medal ● The five teams with the most accumulated points overall receives a trophy ● The team with the most accumulated points in each division receives a trophy ● The Male and Female athlete who score the most points in each division receives a trophy ● The Male and Female athlete who is voted the Most Outstanding Performer by our awards panel receives trophy |
| Implements | <p>Throwing implements are provided by the Meet Management.</p> <p>Personal implements are allowed and once checked-in, are entered into the competition equipment pool.</p> |
| False Start Rule | The false start rule follows those of the IAAF, with the following exception: in events staged for U9, U11, U13, and U15 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. |
| Advancement to Finals | The athletes with the eight fastest times after the heats in the 100m Dash, 200m Dash, and Sprint Hurdles will qualify for the finals. |

All events except the 100m, 200m, and Sprint Hurdles will be run as Timed Finals. If there are fewer than 9 athletes checked in for a division in the heats of the 100m, 200m, or sprint hurdles event, then that race will be run as a Final.

Simultaneous Events

Coaches and athletes should review the schedule and select their events carefully to avoid competing in more than one event at the same time.

Athletes 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.

Late Arrival to an Event

It is the athlete's responsibility to review the schedule and check in to their event on time

Athletes who miss their track event because they were late to check in will not be placed in another heat or run with another division.

Athletes who are late for their field event may join the event in progress. However, they must start at the round being contested. Late comers will not get a chance to warm up or "find their mark". They do not get any attempts to make up for the rounds they missed.

Parents & Coaches Race

There will be a Parents and Coaches Women 100m, Men 100m, and Co-Ed 4x100 relay. Coaches & parents must be 30 years old or older to participate. There must be at least two females on each 4x100 relay team. These events are not scored and no points will count toward the total team points.

Protest

All protests must be filed within 10 minutes of the official announcement or release of the results. If no protest is received within the above mentioned time limit, the result as released will stand.

If a protest changes a result, 10 minutes will be allowed following the announcement or release of the decision for an appeal to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The protest fee of \$100 will be returned if the protest is upheld.

Directions

DIRECTION TO TORONTO TRACK AND FIELD CENTRE

- Follow Highway 400 north to the Steeles Avenue exit.
- Go East (left) on Steeles, past Jane Street to the third set of lights.
- Turn right on Founders Road
- Take the immediate first left entrance to the parking lot.
- Follow the sidewalk west to the front of the Track and Field Centre.

Parking

There is parking available just off of Founders Rd.

Parking is a flat rate of \$5/day at the Founders East parking lot on the weekends.

Hotels

Residence Inn Toronto Vaughan Hotel
11 Interchange Way
Vaughan, Ontario L4K 5W3
(905) 695-4002

There are many hotels that are within a 30-minute drive to York University. Google "York University" to see the list of nearby hotels or visit the meet website for more options.

IMPLEMENT SPECIFICATIONS

| DIVISION | SHOT PUT | DISCUS | JAVELIN |
|----------------------|-----------------|---------------|----------------|
| U9 Girls & U9 Boys | 2.00 kg | N/A | N/A |
| U11 Girls & U11 Boys | 2.00 kg | N/A | N/A |
| U13 Girls & U13 Boys | 3.00 kg | N/A | N/A |
| U15 Girls & U15 Boys | 3.00 kg | 0.75 kg | 400g |
| U16 Girls | 3.00 kg | 1.00 kg | 500g |
| U18 Girls | 3.00 kg | 1.00 kg | 500g |
| U20 Girls | 4.00 kg | 1.00 kg | 600g |
| Open Women | 4.00 kg | 1.00 kg | 600g |
| U16 Boys | 4.00 kg | 1.00 kg | 600g |
| U18 Boys | 5.00 kg | 1.50 kg | 700g |
| U20 Boys | 6.00 kg | 1.75 kg | 800g |
| Open Men | 7.26 kg | 2.00 kg | 800g |

HURDLES SPECIFICATIONS - SPRINT HURDLES

| Division | Distance | # of Hurdles | Height | Dist. to 1st Hurdle | Dist. between Hurdles |
|-----------------|-----------------|---------------------|---------------|---------------------------------------|------------------------------|
| U18 Girls | 100m | 10 | 0.762m | 13.00m | 8.50m |
| U20 Girls | 100m | 10 | 0.840m | 13.00m | 8.50m |
| Open Women | 100m | 10 | 0.840m | 13.00m | 8.50m |
| U18 Boys | 110m | 10 | 0.914m | 13.72m | 9.14m |
| U20 Boys | 110m | 10 | 0.990m | 13.72m | 9.14m |
| Open Men | 110m | 10 | 1.067 | 13.72m | 9.14m |

HURDLES SPECIFICATIONS - INTERMEDIATE HURDLES

| | | | | | |
|------------|------|----|--------|--------|--------|
| U18 Girls | 400m | 10 | 0.762m | 45.00m | 35.00m |
| U20 Girls | 400m | 10 | 0.762m | 45.00m | 35.00m |
| Open Women | 400m | 10 | 0.762m | 45.00m | 35.00m |
| U18 Boys | 400m | 10 | 0.840m | 45.00m | 35.00m |
| U20 Boys | 400m | 10 | 0.914m | 45.00m | 35.00m |
| Open Men | 400m | 10 | 0.914m | 45.00m | 35.00m |

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

TENTATIVE SCHEDULE

(Revised 7/03/2023)

| Track | 2023 Flying Angels International Championships Schedule Friday, July 7, 2023 | | |
|-------|---|-------------|--|
| Time | Event | Round | Age Group |
| 6:30 | 3,000m | Final | U15 Girls, U16 Girls, U18 Girls / U20 Girls / Open Women |
| 6:50 | 3,000m | Final | U15 Boys, U16 Boys, U18 Boys / U20 Boys / Open Men |
| 7:10 | 400m Hurdles | Timed Final | U18 Girls / U20 Girls / Open Women |
| 7:25 | 400m Hurdles | Timed Final | U18 Boys / U20 Boys / Open Men |

| Field | 2023 Flying Angels International Championships Schedule Friday, July 7, 2023 | | | | | |
|-------|---|------------------------------------|------------------|---------------------------------|--|-------------------------------|
| Field | Vertical Jumps | Horizontal Jumps | Horizontal Jumps | Throws 1 | Throws 2 | |
| 4:00 | | | | | U18 / U20 / Open Boys & Girls Hammer Throw | |
| 4:15 | | | | | | |
| 4:30 | | | | | | |
| 4:45 | | | | | | |
| 5:00 | | | | | | |
| 5:15 | | | | | | |
| 5:30 | | | | | | |
| 5:45 | | | | | | |
| 6:00 | | U20 & Open Girls Triple Jump | | Open Men Shot Put | | |
| 6:15 | U20 & Open Girls High Jump | | | | | U20 & Open Boys Javelin |
| 6:30 | | | | | | |
| 6:45 | | | | | | |
| 7:00 | | | | U20 & Open Girls Shot Put | | |
| 7:15 | U20 & Open Boys High Jump | | | | U20 & Open Girls Javelin | |
| 7:30 | | U20 & Open Boys Triple Jump | | | | |
| 7:45 | | | | | | |
| 8:00 | | | | | | |
| 8:15 | | | | | | |
| 8:30 | | | | | | |
| 8:45 | | | | | | |

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

TENTATIVE SCHEDULE

(Revised 7/03/2023)

| Track | 2023 Flying Angels International Championships Schedule Saturday, July 8, 2023 | | |
|-------|---|-----------------------|--|
| Time | Event | Round | Age Group |
| 9:00 | 1200m | Timed Finals | U11 Girls |
| 9:10 | 1200m | Timed Finals | U11 Boys |
| 9:20 | 400m | Timed Finals | U9 Girls / U9 Boys |
| 9:23 | 400m | Timed Finals | U11 Girls / U11 Boys |
| 9:35 | 400m | Timed Finals | U13 Girls / U13 Boys |
| 9:45 | 400m | Timed Finals | U15 Girls / U15 Boys |
| 9:55 | 400m | Timed Finals | U16 Girls / U16 Boys |
| 10:05 | 400m | Timed Finals | U18 Girls / U18 Boys |
| 10:20 | 400m | Timed Finals | U20 Women & Open Women |
| 10:25 | 400m | Timed Finals | U20 Men & Open Men |
| 10:45 | 100m Hurdles | Heats or Finals | U18 Girls / U20 Women & Open Women |
| 10:55 | 110m Hurdles | Heats or Finals | U18 Boys / U20 Men / Open Men |
| 11:15 | 1500m | Timed Finals | U13 Girls |
| 11:25 | 1500m | Timed Finals | U13 Boys |
| 11:35 | 1500m | Timed Finals | U15 Girls |
| 11:45 | 1500m | Timed Finals | U15 Boys |
| 12:15 | OPENING CEREMONIES | | |
| 12:30 | 100m Hurdles | Finals (if necessary) | U18 Girls / U20 Women & Open Women |
| 12:40 | 110m Hurdles | Finals (if necessary) | U18 Boys / U20 Men & Open Men |
| 12:45 | 100m | Prelims | U9 Girls / U9 Boys |
| 1:00 | 100m | Prelims | U11 Girls / U11 Boys |
| 1:15 | 100m | Prelims | U13 Girls / U13 Boys |
| 1:30 | 100m | Prelims | U15 Girls / U15 Boys |
| 1:45 | 100m | Prelims | U16 Girls / U16 Boys |
| 2:00 | 100m | Prelims | U18 Girls / U18 Boys |
| 2:15 | 100m | Prelims | U20 Women & Open Women |
| 2:30 | 100m | Prelims | U20 Men & Open Men |
| 2:45 | 1500m | Timed Finals | U16 Girls / U18 Girls / U20 Women / Open Women |
| 3:05 | 100m | Finals | Parents & Coaches Women / Men |
| 3:10 | 100m | Finals | U9 Girls / U9 Boys |
| 3:15 | 100m | Finals | U11 Girls / U11 Boys |
| 3:20 | 100m | Finals | U13 Girls / U13 Boys |
| 3:25 | 100m | Finals | U15 Girls / U15 Boys |
| 3:30 | 100m | Finals | U16 Girls / U16 Boys |
| 3:35 | 100m | Finals | U18 Girls / U18 Boys |
| 3:40 | 100m | Finals | U20 Women & Open Women |
| 3:45 | 100m | Finals | U20 Men & Open Men |
| 3:50 | 1500m | Timed Finals | U16 Boys / U18 Boys / U20 Men / Open Men |
| 4:10 | 4x100 Relay | Timed Finals | U9, U11, U13, U15, U16, U18, U20, Open |
| 4:20 | 4x100 Relay | Timed Finals | U9, U11, U13, U15, U16, U18, U20, Open |

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

TENTATIVE SCHEDULE

(Revised 7/03/2023)

| Field | 2023 Flying Angels International Championships Schedule Saturday, July 8, 2023 | | | | |
|-------|---|----------------------------------|---------------------------|--------------------------------|-------------------------------------|
| Time | Vertical Jumps | Horizontal Jumps | Horizontal Jumps | Throws 1 | Throws 2 |
| 9:00 | U11 & U13 Girls High Jump | U20 & Open Boys Long Jump | U15 Boys Long Jump | U9 Girls & Boys Shot Put | U16 / U18 Girls Discus |
| 9:15 | | | | | |
| 9:30 | | | | | |
| 9:45 | | | | | |
| 10:00 | U15 / U16 / U18 Girls High Jump | U16 & U18 Boys Long Jump | U13 Boys Long Jump | U15 & U16 Boys Shot Put | U20 / Open Women Discus |
| 10:15 | | | | | |
| 10:30 | | | | | |
| 10:45 | | | | | |
| 11:00 | U15 / U16 / U18 Boys High Jump | U20 & Open Girls Long Jump | U11 Boys Long Jump | U18 / U20 Boys Shot Put | Open Men Discus |
| 11:15 | | | | | |
| 11:30 | | | | | |
| 11:45 | | | | | |
| 12:00 | U11 & U13 Boys High Jump | U16 & U18 Girls Long Jump | U11 Girls Long Jump | U15 Girls Shot Put | U15 / U16 / U18 Girls Javelin |
| 12:15 | | | | | |
| 12:30 | | | | | |
| 12:45 | | | | | |
| 1:00 | U11 & U13 Boys High Jump | U16 & U18 Girls Long Jump | U11 Girls Long Jump | U13 Girls Shot Put | U15 / U16 / U18 Boys Javelin |
| 1:15 | | | | | |
| 1:30 | | | | | |
| 1:45 | | | | | |
| 2:00 | U15 Girls Long Jump | U13 Girls Long Jump | U11 Girls Long Jump | U11 Girls Shot Put | U15 / U16 / U18 Boys Javelin |
| 2:15 | | | | | |
| 2:30 | | | | | |
| 2:45 | | | | | |
| 3:00 | U15 Girls Long Jump | U13 Girls Long Jump | U11 Girls Long Jump | U11 Girls Shot Put | U15 / U16 / U18 Boys Javelin |
| 3:15 | | | | | |
| 3:30 | | | | | |
| 3:45 | | | | | |
| 4:00 | U15 Girls Long Jump | U13 Girls Long Jump | U11 Girls Long Jump | U11 Girls Shot Put | U15 / U16 / U18 Boys Javelin |
| 4:15 | | | | | |

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

TENTATIVE SCHEDULE

(Revised 7/03/2023)

| Track | 2023 Flying Angels International Championships Schedule Sunday, July 9, 2023 | | |
|-------|---|--------------|---------------------------|
| Time | Event | Round | Age Group |
| 9:00 | 800m | Timed Finals | U9 Girls |
| 9:10 | 800m | Timed Finals | U11 Girls |
| 9:20 | 800m | Timed Finals | U13 Girls |
| 9:30 | 800m | Timed Finals | U15 Girls |
| 9:40 | 800m | Timed Finals | U16 Girls |
| 9:50 | 800m | Timed Finals | U18 Girls |
| 10:00 | 800m | Timed Finals | U20 Women & Open Women |
| 10:15 | 200m | Prelims | U9 Girls / U9 Boys (Mite) |
| 10:30 | 200m | Prelims | U11 Girls / U11 Boys |
| 10:45 | 200m | Prelims | U13 Girls / U13 Boys |
| 11:00 | 200m | Prelims | U15 Girls / U15 Boys |
| 11:15 | 200m | Prelims | U16 Girls / U16 Boys |
| 11:30 | 200m | Prelims | U18 Girls / U18 Boys |
| 11:45 | 200m | Prelims | U20 Women & Open Women |
| 12:00 | 200m | Prelims | U20 Men & Open Men |
| 1:00 | 800m | Timed Finals | U9 Boys (Mite) |
| 1:10 | 800m | Timed Finals | U11 Boys |
| 1:20 | 800m | Timed Finals | U13 Boys |
| 1:30 | 800m | Timed Finals | U15 Boys |
| 1:40 | 800m | Timed Finals | U16 Boys |
| 1:50 | 800m | Timed Finals | U18 Boys |
| 2:00 | 800m | Timed Finals | U20 Men & Open Men |
| 2:10 | 200m | Finals | U9 Girls / U9 Boys (Mite) |
| 2:15 | 200m | Finals | U11 Girls / U11 Boys |
| 2:20 | 200m | Finals | U13 Girls / U13 Boys |
| 2:25 | 200m | Finals | U15 Girls / U15 Boys |
| 2:30 | 200m | Finals | U16 Girls / U16 Boys |
| 2:35 | 200m | Finals | U18 Girls / U18 Boys |
| 2:40 | 200m | Finals | U20 Women & Open Women |
| 2:45 | 200m | Finals | U20 Men & Open Men |
| 3:00 | 4x100 Relay | Finals | Parents & Coaches Mixed |
| 3:10 | Sprint Medley Relay | Finals | All Girls Teams |
| 3:30 | Sprint Medley Relay | Finals | All Boys Teams |
| 4:00 | Team Awards Ceremony | | |

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

TENTATIVE SCHEDULE

(Revised 7/03/2023)

| Field | 2023 Flying Angels International Championships Schedule Sunday, July 9, 2023 | | | | | |
|-------|---|-----------------------------------|------------------|--------------------------------|-----------------------------------|--|
| Time | Vertical Jumps | Horizontal Jumps | Horizontal Jumps | Throws 1 | Throws 2 | |
| 9:00 | | U16 & U18 Boys Triple Jump | | U11 Boys Shot Put | | |
| 9:15 | | | | | | |
| 9:30 | | | | | | |
| 9:45 | | | | | | |
| 10:00 | U16 / U18 / U20 / Open Girls & Boys Pole Vault | | | U13 Boys Shot Put | | |
| 10:15 | | | | | | |
| 10:30 | | U16 & U18 Girls Triple Jump | | | | |
| 10:45 | | | | | | |
| 11:00 | | | | U16 & U18 Girls Shot Put | | |
| 11:15 | | | | | | |
| 11:30 | | | | | | |
| 11:45 | | | | | | |
| 12:00 | | U13 & U15 Boys Triple Jump | | | | |
| 12:15 | | | | | | |
| 12:30 | | | | | U15 Girls Discus Throw | |
| 12:45 | | | | | | |
| 1:00 | | | | | | |
| 1:15 | | | | | | |
| 1:30 | | U13 & U15 Girls Triple Jump | | | U18 & U20 Boys Discus Throw | |
| 1:45 | | | | | | |
| 2:00 | | | | | | |
| 2:15 | | | | | | |
| 2:30 | | | | | U15 & U16 Boys Discus Throw | |
| 2:45 | | | | | | |
| 3:00 | | U9 Girls & Boys Long Jump | | | | |
| 3:15 | | | | | | |
| 3:30 | | | | | | |
| 3:45 | | | | | | |
| 4:00 | | | | | | |
| 4:15 | | | | | | |