



**2023 ONTARIO CUP
TECHNICAL PACKAGE**
(Updated July 17)

Terry Fox Stadium, Chinguacousy Park
9050 Bramalea Rd
Brampton, ON L6S 6G7

Sunday, July 23, 2023

| | |
|------------------------|---|
| HOST CLUB | Flying Angels Track & Field Academy |
| MEET DIRECTOR | Earl Letford |
| SANCTIONED BY | Minor Track Association (Ontario) |
| ELIGIBILITY | <p>Open to all athletes that meet the age requirements regardless if they are affiliated with a track club or a provincial association.</p> <p>Athletes who are not registered with Minor Track Association (MTA) are required to pay an additional \$5 for the daily athlete insurance coverage.</p> |
| ENTRY DEADLINE | <p>Regular - Tuesday, July 18 @ 11:59 pm Late - Thursday, July 20 @ 11:59 pm</p> |
| REGISTRATION | Online only at www.Trackiereg.com/OntarioCup2023 |
| FEES | <p>Regular - \$15 per event / \$20 per relay Late - \$25 per event / \$30 per relay</p> |
| GOVERNING RULES | www.mtaontario.com/about-mta/ |
| ENQUIRIES | <p>Earl Letford track@flyingangels.ca</p> |



AGE DIVISIONS (YEAR OF BIRTH)

| | |
|---------------------|-------------|
| Pee Wee | 2017 & 2018 |
| Mite | 2015 & 2016 |
| Tyke | 2013 & 2014 |
| Atom | 2011 & 2012 |
| Senior | 2009 & 2010 |
| Intermediate | 2007 & 2008 |
| Youth | 2006 |

EVENTS OFFERED

| EVENT | PeeWee | Mite | Tyke | Atom | Senior | Intermediate | Youth |
|-----------|--------|------|------|------|--------|--------------|-------|
| 100m | X | X | X | X | X | X | X |
| 200m | | X | X | X | X | X | X |
| 400m | | X | X | X | X | X | X |
| 800m | | X | X | X | X | X | X |
| 1200m | | | X | | | | |
| 1500m | | | | X | X | X | X |
| Long Jump | X | X | X | X | X | X | X |
| Shot Put | | X | X | X | X | X | X |
| Discus | | | | X | X | X | X |
| Javelin | | | | X | X | X | X |
| 4x100 | | X | X | X | X | X | X |

EVENT SCHEDULE

- A schedule forms part of this technical package.
- 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 permitted)



RESULTS

Will be posted at www.trackie.ca and www.minortrack.org at the completion of the meet

PACKET PICKUP

Coaches must pick up their team packet at the Registration Tent located at the north entrance to the stadium. Coaches passes will be in the team packages.

COMPETITION AREA ADMISSION

Entry to the Competition area is by coaches wristband and athlete bibs only.

SCHEDULE

A copy of the TENTATIVE schedule is attached. The FINAL schedule will be emailed after the final entry deadline. Even though the event start times are listed, the meet is running on a rolling schedule. This means each event will start at the conclusion of the previous event.

ATHLETE CHECK-IN PROCEDURE

Athletes must check in for all track events at the Clerking Tent located on the infield.

Athletes should check in to their field events at the event area when called.

Check in for all events will be announced over the P.A. system. No provisions will be made for athletes who missed their events after it has been called.

SPECTATORS

Spectators are not allowed at the competition area. They must watch the meet from the stands or the designated spectator areas.

AWARDS

| | |
|--------------------------------------|---|
| Overall Team Champions | The team with the most overall total points will receive a trophy |
| Divisional Team Champions | The teams with the most total points in each division will each receive a trophy |
| Individual Event Medalists | The 1st, 2nd, and 3rd place finisher in each event final will receive a medal |
| Individual Division Champions | The male and female athlete who scores the most individual points in each division will each receive a trophy. |
| All Stars | The 1st, 2nd, 3rd, 4th, 5th, and 6th place finishers in each event final will be designated Ontario Cup All Stars and will receive a certificate. Each of these athletes will be limited to one All Ontario All Stars certificate. |
| Participation | All athletes are eligible to receive an Ontario Cup Participation Certificate. Coaches may pick up the packet with your team's certificates at the awards desk. |
| Tie-Breaker | Established tie-breaker rules are in effect to break ties. |



SCORING

The top three finishers in each event final will score points. The points are distributed as follows: First place (3 points), second place (2 points), third place (1 point).

FALSE START RULE

Athletes in the Senior, Intermediate, and Youth divisions will be disqualified from the event if they commit a false start.

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 in events staged for Pee Wee, Mite, Tyke, and Atom athletes.

ADVANCEMENT TO FINALS IN 100M DASH

The top eight times from the qualifying round of the 100m dash will advance to the Finals. Divisions where 8 or fewer athletes have checked in during the qualifying round will run that round as the Finals.

SIMULTANEOUS EVENTS

There is no provision made for athletes who are competing in two or more events simultaneously.

Athletes do not get any additional time to “find their mark” if they arrive at the event after the time allotted for athletes to warm up.

Athletes will not get any additional attempts to make up for the rounds they missed. Athletes must join the event at the round being contested upon their arrival to the event.

LONG JUMP

Pee Wee, Mite, and Tyke athletes will have their jumps measured from where they begin their take off phase. (There will be no flour used on the runway)

All other athletes must jump from the designated take off board.

SHOT PUT

| | | | |
|----------------------------|---------|-------------------|---------|
| Mite Girls | 1.50 kg | Mite Boys | 1.50 kg |
| Tyke Boys & Tyke Girls | 2.00 kg | Tyke Boys | 2.00 kg |
| Atom Boys & Atom Girls | 2.73 kg | Atom Boys | 2.73 kg |
| Senior Boys & Senior Girls | 3.00 kg | Senior Boys | 3.00 kg |
| Intermediate Girls | 3.00 kg | Intermediate Boys | 4.00 kg |
| Youth Girls | 3.00 kg | Youth Boys | 5.00 kg |



**2023 ONTARIO CUP
TENTATIVE SCHEDULE OF EVENTS**

8:45 AM - COACHES MEETING

TRACK EVENTS

| | | |
|----------|---------------|----------------|
| 09:00 AM | 1200m | Timed Sections |
| 09:15 AM | 1500m | Timed Sections |
| 10:15 AM | 100m | Heats |
| 11:30 PM | 400m | Timed Sections |
| 01:30 PM | 100m | Finals |
| 02:00 PM | 800m | Timed Sections |
| 03:15 PM | 200m | Timed Sections |
| 04:30 PM | 4 x 100 Relay | Finals |

FIELD EVENTS

| TIME | Long Jump | Shot Put | Discus | Javelin |
|----------|----------------------|-------------------------|----------------------|----------------------|
| 9:00 AM | Pee Wee Girls & Boys | Mite Girls & Boys | Atom & Senior Girls | |
| 9:30 AM | Int.Girls & Boys | | | |
| 10:00 AM | | Tyke Girls & Boys | Inter. & Youth Girls | |
| 10:30 AM | Senior Girls & Boys | | | |
| 11:00 AM | | Atom Girls & Boys | Atom & Senior Boys | |
| 12:00 PM | Youth Girls & Boys | Senior Girls & Boys | Inter. & Youth Boys | |
| 1:00 PM | Tyke Girls & Boys | | | |
| 1:30 PM | | Int. Boys & Youth Boys | | Inter. & Youth Girls |
| 2:00 PM | Atom Girls & Boys | | | |
| 2:30 PM | | Int.Girls & Youth Girls | | Atom & Senior Boys |
| 3:00 PM | | | | Inter. & Youth Boys |
| 3:30 PM | Mite Girls & Boys | | | |

- Some field events divisions may be combined if there are 8 or fewer athletes checked in for the event.
- This is a Rolling Schedule. Events will begin at the conclusion of the previous event.



SANCTIONED AND REQUIRED BY:

MINOR TRACK ASSOCIATION

RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

2023 Ontario Cup Track Meet

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

Minor Track Association
Flying Angels Youth Organization of Ontario
City of Brampton
Earl Letford

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND 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 my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of those arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

| | | |
|------|------------|---|
| Date | Print Name | Signature (If under 18, parent or guardian or Power of Attorney to sign below.) |
|------|------------|---|

| | | |
|------|------------|-----------------------------|
| Date | Print Name | Signature of Legal Guardian |
|------|------------|-----------------------------|