

Golden Horseshoe Track & Field Council

Presents

5th Annual

FALL FIELD FEST



Sunday September 17, 2023

**Ray Lewis Track & Field Complex
Mohawk Sports Park
1100 Mohawk Rd E
Hamilton, ON
L8T 2S4**

TECHNICAL PACKAGE



2023 FALL FIELD FEST

Sunday September 17, 2023



Hosted by: Golden Horseshoe Track & Field Council

Sanctioned by: Athletics Ontario

Meet Directors: Steven Fife thoroldelitetc@gmail.com
Rich Gelder richardgelder68@gmail.com

Entries Chairperson: Steven Fife thoroldelitetc@gmail.com

Eligibility: Athletes registered with Athletics Ontario, Minor Track Association, Ontario Masters Association

Non-members permitted with an additional surcharge of \$5

Regular Deadline: Wednesday September 13, 2023 @ 11:59 pm

Late Deadline: Friday September 15, 2023 @ 12:00 pm
Entries received after this deadline may be accepted at the discretion of the meet directors and only if maximum field sizes are not reached.

Entry Fees: First event: \$20.00 Subsequent events: \$15.00

Combined Events (Pentathlon): \$25.00

Medley or relay: \$20.00

An additional \$5.00 processing fee applies to all late entries.

Online Registration: www.trackiereg.com/FallFieldFest2023
All entries are to be completed online at Trackie

Waiver: Mandatory for all athletes and to be completed online

Events Offered:

| | | | | |
|--|----------------------|-------------|----------|---------------|
| 100 m | Sprint Hurdles | Long Jump | Shot put | Sprint Medley |
| 200 m | Intermediate Hurdles | Triple Jump | Discus | Relay |
| 400 m | Racewalk | High Jump | Hammer | |
| 1000 m | | Pole Vault | Javelin | |
| Combined Events: Pentathlon (Any Age) <i>Specs will be adapted for the age group of each competitor in combined events</i> | | | | |

Age Divisions:

| Category | Year of Birth |
|-----------|---------------|
| U8 [AO] | 2016 |
| U9 [MTA] | 2015 |
| U10 [AO] | 2014 |
| U11 [MTA] | 2013 |
| U12 [AO] | 2012 |
| U13 [MTA] | 2011 |
| U14 [AO] | 2010 |
| U15 [MTA] | 2009 |

| Category | Year of Birth |
|-------------------|---------------|
| U16 [AO] | 2008 |
| U18 [AO] | 2006-2007 |
| U20 [AO] | 2004-2005 |
| Open | 2003-1989 |
| Masters (Age 35+) | 1988 & Older |

Masters implements/ event specs will vary by specific age range as outlined by the OMA.

Awards:

Gold medal to all winners in **U8 to U18 FIELD events** only

Flights and Attempts:

Field events will be organized into multiple flights based on the entry numbers.

All athletes in all throws and horizontal jumps will receive six attempts.

Even though most events are Open or combined age categories, athletes will be separated out for results.

Implement Specs:

MASTERS ATHLETES

| Women | Hammer Throw | Shot put | Discus | Javelin |
|-------|--------------|----------|---------|---------|
| 35-49 | 4.00 kg | 4.00 kg | 1.00 kg | 600 g |
| 50-59 | 3.00 kg | 3.00 kg | 1.00 kg | 500 g |
| 60-74 | 3.00 kg | 3.00 kg | 1.00 kg | 500 g |
| 75+ | 2.00 kg | 2.00 kg | 750 g | 400 g |
| Men | Hammer Throw | Shot put | Discus | Javelin |
| 35-49 | 7.26 kg | 7.26 kg | 2.00 kg | 800 g |
| 50-59 | 6.00 kg | 6.00 kg | 1.50 kg | 700 g |
| 60-69 | 5.00 kg | 5.00 kg | 1.00 kg | 600 g |
| 70-79 | 4.00 kg | 4.00 kg | 1.00 kg | 500 g |
| 80+ | 3.00 kg | 3.00 kg | 1.00 kg | 400 g |

Athletes must provide their own throwing implements. Requests to use a club implement must be made well in advance and are not guaranteed.

MTA & ATHLETICS ONTARIO ATHLETES

HAMMER THROW

U16 Girls – 3.00 kg
U16 Boys – 4.00 kg
U18 Girls – 3.00 kg
U18 Boys – 5.00 kg
U20 Women – 4.00 kg
U20 Men – 6.00 kg
Open Women – 4.00 kg
Open Men – 7.26 kg

SHOT PUT

U9 Girls – 1.50 kg
U9 Boys – 1.50 kg
U11 Girls – 2.00 kg
U11 Boys – 2.00 kg
U13 Girls – 2.73 kg
U13 Boys – 2.73 kg
U14 Girls – 3.00 kg
U14 Boys – 3.00 kg
U15 Girls – 3.00 kg
U15 Boys – 3.00 kg
U16 Girls – 3.00 kg
U16 Boys – 4.00 kg
U18 Girls – 3.00 kg
U18 Boys – 5.00 kg
U20 Women – 4.00 kg
U20 Men – 6.00 kg
Open Women – 4.00 kg
Open Men – 7.26 kg

DISCUS

U13 Girls – 750 g
U13 Boys – 750 g
U14 Girls – 750 g
U14 Boys – 750 g
U15 Girls – 1.00 kg
U15 Boys – 1.00 kg
U16 Girls – 1.00 kg
U16 Boys – 1.00 kg
U18 Girls – 1.00 kg
U18 Boys – 1.50 kg
U20 Women – 1.00 kg
U20 Men – 1.75 kg
Open Women – 1.00 kg
Open Men – 2.00 kg

JAVELIN

U13 Girls – 400 g
U13 Boys – 400 g
U14 Girls – 400 g
U14 Boys – 400 g
U15 Girls – 500 g
U15 Boys – 500 g
U16 Girls – 500 g
U16 Boys – 600 g
U18 Girls – 500 g
U18 Boys – 700 g
U20 Women – 600 g
U20 Men – 800 g
Open Women – 600 g
Open Men – 800 g

Volunteers:

We are in need of volunteers to assist officials with the efficient running of field events. Possible jobs include raking, measuring, adjusting high jump standards, hurdle crew, etc.

If you would like to volunteer please contact thoroldelitetc@gmail.com or Rich Gelder at richardgelder68@gmail.com.