

Golden Horseshoe Track & Field Council

Presents

5<sup>th</sup> 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](mailto:thoroldelitetc@gmail.com)  
Rich Gelder [richardgelder68@gmail.com](mailto:richardgelder68@gmail.com)

**Entries Chairperson:** Steven Fife [thoroldelitetc@gmail.com](mailto: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](http://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 Relay
200 m	Intermediate Hurdles	Triple Jump	Discus	
400 m	Racewalk	High Jump	Hammer	
1000 m		Pole Vault	Javelin	

**Combined Events:** Pentathlon (Any Age)  
*Specs will be adapted for the age group of each competitor in combined events*

## 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](mailto:thoroldelitetc@gmail.com) or Rich Gelder at [richardgelder68@gmail.com](mailto:richardgelder68@gmail.com).**