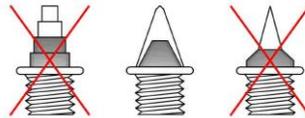




# WINDSOR INDOOR OPEN

Dennis Fairall Fieldhouse, Toldo Lancer Centre  
Sunday, January 21, 2024

- Events:** 60m, 60mH, 200m, 400m, 800m, 1500m, Long Jump, Men's Triple Jump, Women's High Jump, Shot Put, Pole Vault
- Package Pickup:** Envelopes with final competition information will be available at Scorers Table upon arrival
- Location:** Toldo Lancer Centre, 2555 College Ave, Windsor, ON
- Eligibility:** Competition is open to all club athletes registered with the Athletics Canada and/or USATF. Non-competitive or Unregistered athletes will pay an extra \$10.00 insurance fee.
- Entry Deadline:** Thursday, January 18, 2024.
- Meet Registration:** All entries will be processed online: [www.trackie.com/event/2024 Windsor Indoor Open](http://www.trackie.com/event/2024_Windsor_Indoor_Open)
- Entry Fee:** \$15.00 per event, payable online.
- Post Entries:** Post Entries will be accepted up to one hour before the start of the event at a cost of **\$25.00/event**
- Age Groupings:** There will be **one** age group (**Open**) for the meet. Athletes will be grouped according to ability level and for this purpose it is imperative that you use **Accurate Seed Times**.
- Facility:** Newly resurfaced (Mondo - July 2017) flat 200 metre six lane, with a 7 lane 60m sprint straightaway. Track and jumping surfaces are Mondo; shot circle is concrete.
- Spikes:** Indoor cone shaped spikes no longer than 6mm (1/4"). Shoes will be checked and offenders withdrawn from competition.



- Throwing Implements:** Athletes are encouraged to bring their own, weigh-ins will occur at event site, implements must be shared.
- Starting Heights:** The starting heights for the vertical jumps will be as follows:
- |                    |       |
|--------------------|-------|
| Men's High Jump    | 1.50m |
| Women's High Jump  | 1.25m |
| Men's Pole Vault   | 3.00m |
| Women's Pole Vault | 2.00m |
- Results:** Provided by Windsor Timing ([www.windsortiming.com](http://www.windsortiming.com))
- Age Class Specifications:** The following age class specifications will be accommodated at this meet:

Shot Put - Men @ 4kg, 5kg, 6kg, & 7.26kg; Women @ 4kg & 3kg  
Weight Throw – Men @16lbs, 20lbs, 25lbs, & 35lbs; Women @12lbs, 16lbs, 20lbs  
Hurdles Men - 110mH spacing @ 33", 36", 39", 42"  
Hurdles Women - 80mH spacing @ 30" & 100mH spacing @ 30", 33"

# WINDSOR INDOOR OPEN

## Track & Field Meet

Sunday, January 21, 2024

### Track

12:00pm 1500m Timed Finals  
60mH Heats  
60m Heats  
400m Timed Finals  
60mH Finals  
60m Finals  
200m Timed Finals  
800m Timed Finals

### Field

10:00am Weight Throw (M&W)  
12:00pm Men's Long Jump  
Men's Shot Put  
Women's Pole Vault  
1:30pm Women's Shot Put  
2:00pm Women's Long Jump  
Men's Pole Vault  
3:00pm Women's High Jump  
3:30pm Men's Triple Jump

Note:

- 1) All events are women followed by men unless stated otherwise.
- 2) All timed finals will run slowest to fastest.

