



University of Windsor  
41<sup>st</sup> Annual Can-Am Track Classic  
Friday, January 12, 2024  
Saturday January 13, 2024



INFORMATION SHEET

1. Location: Dennis Fairall Fieldhouse, St. Denis Athletic and Community Center, corner of College Avenue and Huron Church Road (at the Canadian end of the Ambassador Bridge linking Windsor and Detroit), Windsor, Ontario.  
  
Athletes and spectators must enter through the East Entrance.
2. Eligibility: Open to all University and College athletes. These athletes **MUST** be entered by their institutions. Open to post-secondary athletes and who have met the attached entry standards. These athletes must be registered with AO, USATF, etc.
3. Entries: All entries are to be done online using Trackie at this link:  
  
[www.trackie.com/event/2024CanAm](http://www.trackie.com/event/2024CanAm)
4. Entry Fee

University or College:	\$20/event
(Does not include red-shirted athletes)	\$25/relay
	\$600 / school maximum
Open Athletes:	\$25/event
	\$30/relay
	No club maximum

  
Cheques payable to "University of Windsor"
5. Entry Deadline Wednesday January 10<sup>th</sup> @ midnight.
6. Team Packages Envelopes containing competition numbers, a revised schedule, scratch and addition forms etc. will be available at the scorer's table on the infield.
7. Scratches: Make scratches on the form provided in your registration package as soon as possible after arrival and return it to the scoring table. This will allow for full and competitive fields.
8. Substitutions: Substitutions into events may be made on the substitution form provided in the team package at registration. Athletes may be added to events, providing the athlete has previously been entered in the meet on the original team roster. **Athlete additions will only be entertained up to one hour prior to the start of each event.**

9. Track: 200 metre MONDO (2017) six-lane flat track (62ft inner radius) with seven 60 metre sprint lanes. Track and all jumping surfaces are Mondo; shot put circle is concrete.
10. Spikes: Indoor spikes no longer than 6mm (1/4"). Shoes will be checked and offenders retired.



11. Implements: Athletes are encouraged to bring their own shots and weights. We will be checking all throwing implements at the event site. Implements must be shared once they are in the competition pool.
12. Relays: The far end of the 4 x 200m change zones will be open; however, each outgoing runner must begin his/her run-out within the first 10 metres of the beginning of the exchange zone. The 4 x 400m and 4 x 800m relays both have closed exchange zones.

13. Starting Heights: The recommended starting heights are as follows. The final starting heights will be decided at the competition site.

Pole Vault	3.60m – Men's
	2.40m – Women's
High Jump	1.70m – Men's
	1.40m – Women's

14. Scoring: This meet will not be scored.
15. Medical: Qualified athletic therapists will be available throughout the meet. Kindly provide your own tape.

16. Correspondence: Direct entries, seed times, fees, and inquiries to:

Brett Lumley  
Ext. 2423  
lumley3@uwindsor.ca

Athletics and Recreational Services  
University of Windsor  
Windsor, ON N9B 3P4  
Phone: (519) 253-3000

17. Parking: Please use lots across from the track on College Avenue, between California Avenue and Huron Church Road. The lot across from the entrance is reserved for officials.

18. Refreshments: The snack bar will be open.
19. Schedule: A tentative schedule of events is enclosed. A finalized schedule, based on the entries received, will be enclosed in your team package.
20. Standards:

Event	Women	Men
60m	8.30	7.30
300m	43.50	37.00
600m	1:40.00	1:24.00
1000m	3:05.00	2:33.00
Mile	5:18.00	4:28.00
3000m	10:35.00	9:00.00
60mH	9.60	8.90
High Jump	1.55	1.90
Pole Vault	3.00	4.10
Long Jump	5.00	6.10
Triple Jump	10.50	13.40
Shot Put	10.50	13.00
Weight Throw	12.50	14.00

**Please Note:** These standards are for Open athletes only, not for university or college teams. No high school athletes will be allowed entry



**41<sup>st</sup> ANNUAL CAN-AM TRACK CLASSIC**  
**Tentative SCHEDULE OF EVENTS**  
**University of Windsor**

**Friday January 12, 2024**

**Track events**

5:00 p.m.	60m Hurdles	Prelims	Women
5:20 p.m.	60m Hurdles	Prelims	Men
5:45 p.m.	3000m	Timed Sections	Women
6:10 p.m.	3000m	Timed Sections	Men
6:30 p.m.	60m Hurdles	Finals (A & B)	Men
6:40 p.m.	60m Hurdles	Finals (A & B)	Women
6:55 p.m.	4 x 200m Relay	Timed Sections	Men
7:15 p.m.	4 x 200m Relay	Timed Sections	Women
7:40 p.m.	4 x 800m Relay	Timed Sections	Women
7:55 p.m.	4 x 800m Relay	Timed Sections	Men

**Field Events**

5:00 p.m.	Pole Vault	Final	Women
	Shot Put	Final	Men
	Triple Jump	Final	Women
7:00 p.m.	Shot Put	Final	Women
	Triple Jump	Final	Men

**Saturday January 13, 2024**

**TRACK EVENTS**

10:25 a.m.	National Anthem		
10:30 a.m.	60m	Heats	Women
10:55 a.m.	60m	Heats	Men
11:15 a.m.	600m	Timed Sections	Women
11:35 a.m.	600m	Timed Sections	Men
11:55 a.m.	60m	Tri-Final	Women
12:10 p.m.	60m	Tri-Final	Men

**FIELD EVENTS**

8:30 a.m.	Weight Throw	Final	Men
9:15 a.m.	Weight Throw	Final	Women
11:00 a.m.	Long Jump	Final	Women
	High Jump	Final	Men
12:00 p.m.	Pole Vault	Final	Men

\* \* TRACK BREAK \* \* \*

1:00 p.m.	1000m	Timed Sections	Women
1:20 p.m.	1000m	Timed Sections	Men
1:40 p.m.	60m	Final	Women
1:45 p.m.	60m	Final	Men
1:55 p.m.	300m	Timed Sections	Women
2:25 p.m.	300m	Timed Sections	Men
2:55 p.m.	Mile	Timed Sections	Women
3:15 p.m.	Mile	Timed Sections	Men
3:40 p.m.	4 x 400m Relay	Timed Final	Women
4:00 p.m.	4 x 400m Relay	Timed Final	Men

**Field Events**

2:00 p.m.	Long Jump	Final	Men
	High Jump	Final	Women