

COMPLEXE SPORTIF CLAUDE-ROBILLARD

**13th Canadian Masters Indoor
Athletics Championships jointly with
the Quebec Indoor U18/U20/Open
Championships.**

FEBRUARY 16-17-18, 2024



ORGANIZED BY:

Club Vainqueurs Plus



**CANADIAN MASTERS
ATHLETICS
VÉTÉRANS CANADIENS
EN ATHLÉTISME**

Recap of the information

Friday, February 16, 2024

- 4:00 PM to 8:30 PM

Saturday, February 17, 2024

- 8:30 AM to 8:30 PM

Sunday, February 18, 2024

- 8:30 AM to 6:00 PM

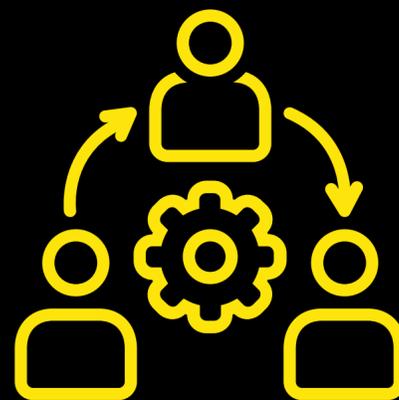


**Complexe Sportif Claude-Robillard
1000 avenue Émile-Journault
Montréal, Québec, H2M 2E7**

Welcome – Club Vainqueurs Plus, Athlétisme Québec, and the Canadian Masters in Athletics would like to welcome all veteran athletes to the 13th Canadian Masters Indoor Athletics Championships, which will be held simultaneously with the Indoor Athletics Championships U18, U20, and Open of Athlétisme Québec. Canadian and international athletes are welcome to the competition.

Please refer to the competition details below.

Local Organizing Committee



Host Club: Club Vainqueurs Plus

Meet Director:

Danielle Boulanger

(presidente@clubvainqueursplus.com)

Technical Delegate from Athletics Quebec:

Émilie Rochefort

(erochefort@athletisme.qc.ca)

WMA Liaison Officer:

Vern Christensen

ELIGIBILITY

- All athletes participating residing in Canada must be members of a provincial or territorial division of Athletics Canada (Athlétisme Québec, etc.).
-
- As a reminder, athletes must renew their membership for 2024 before registering for the VCA Championships.
-
- For the veterans' category, participants residing outside of Canada must be members in 2024 of a national federation affiliated with WMA, including USATF or VCA.
-
- All athletes wishing to participate in the veterans' championship must be at least 30 years old on February 16, 2023.

Age Groups

- All contested events take place in 5-year age groups in the Masters Championship starting from 30-34, 35-39, etc., up to the oldest participant in the competition.
- The age is calculated from the first day of the competition, February 16, 2024.



Registrations

All registrations must be done via:

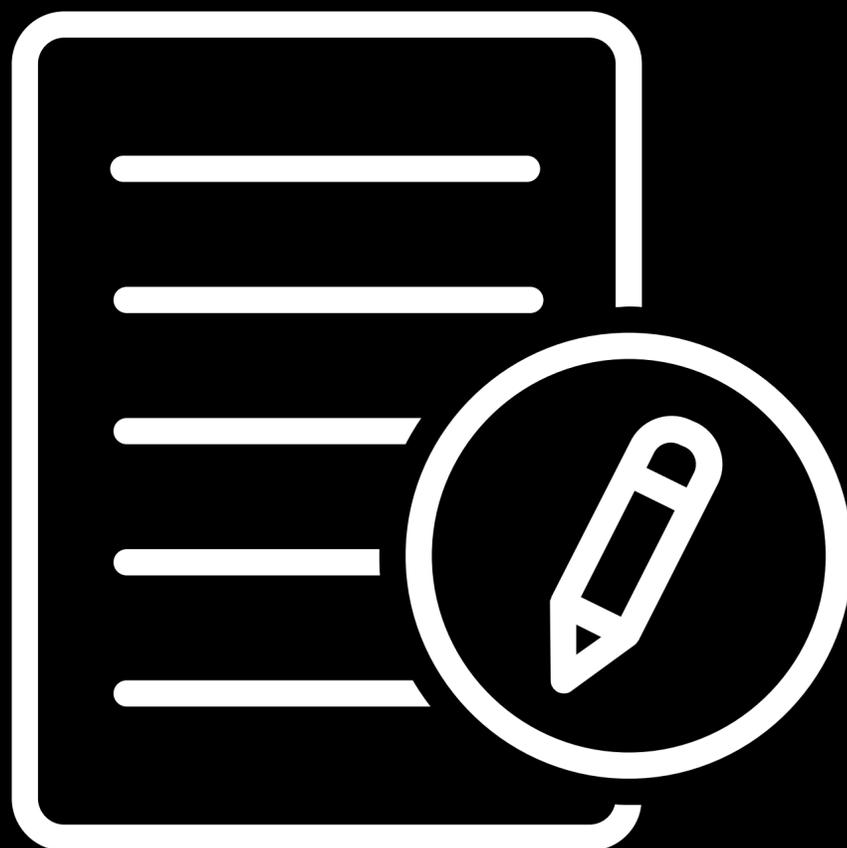
- Trackie for the VCA Championship

Online:

<https://trackie.com/event/CanadianMasters>

- Athletes who are not Canadian citizens but qualify as Canadians must register as Canadian citizens and provide their Athletics Canada membership number.
- Non-Canadian athletes should indicate "foreign" on the registration form instead of the Athletics Canada membership number and answer "no" to the question "Are you a Canadian citizen"
- When available, your past performances will be automatically provided by the Trackie registration system. If the registration system does not provide a performance for any of your events, please provide a realistic estimate of your seed time for each event.

- Registration fees until the deadline on February 5, 2024, at 5:00 PM (EST) - \$35 for the first event, plus \$15 for each additional event.
- Relay Team Registration - \$40 per team. A team member or another person must register and pay for each team in advance before the registration deadline. An additional runner can be confirmed on the race day at the check-in table, at least two hours before the relay time, by submitting the designated form.



Registration Deadline:



Monday, February 5, 2024, at 5:00 PM

\$35 for the first event and \$15 for each additional event.

Please note that unpaid registrations by the deadline will be removed without further notice.

LATE REGISTRATIONS

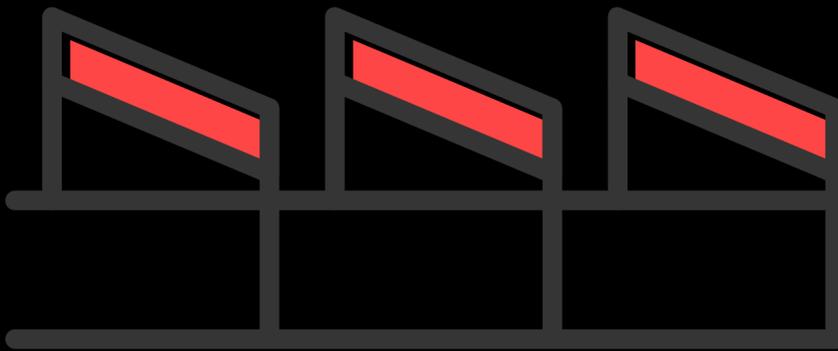
- Late registrations will be accepted until Friday, February 9, 2024, at 4:00 PM (EST). The registration fee is \$75 per event.
- Send your late registrations to Émilie Rochefort and Danielle Boulanger:
 1. erochefort@athletisme.qc.ca
 2. presidente@clubvainqueursplus.com
- You will receive instructions on how to make the payment for your late registration.
- Organizers reserve the right to no longer accept registrations for specific events if the number of competitors exceeds the facility's capacity to manage these events properly.

Facilities

- The Championships will take place in the renowned Claude-Robillard Sports Complex, which has hosted numerous national and provincial championships.
- The facility includes a 200m track with a 4-lane oval and a 6-lane straight sprint.
 - Jumping pits and throwing cage on-site.
 - All spikes will be limited to a length of 7 mm.
- Athletes and officials must wear athletic shoes in the sports hall.
- Changing rooms and showers with lockers are available. You must bring your own padlock and remove it at the end of the competition.
- Warm-up is not allowed on the track during competitions. There is a warm-up area behind the spectator seats that overlooks the track.
- A first aid service will be available on-site.
- A cash-only food service will be available on-site.

Equipment

- All throwing implements will be provided, but athletes who wish to can bring their own implements.
- All implements provided by athletes will be weighed and registered before the competition and must remain on the event site until returned by officials.



- Some poles will be provided by the organizer, but in limited quantities.
- There are 5 to 6 complete lanes of 27 inches and more hurdles to accommodate all athletes.

Championship Rules



- Rules of World Athletics, as amended by the World Masters Athletics (WMA).
- The order of events on the track will go from oldest to youngest, with women competing first in each age group.
- The VCA will accept Canadian age group records established at the Championships without requiring a fully completed application form. However, WMA application forms are required for the ratification of age group world records.

Championship Rules



- Calls should be directed to the technical delegate and not to the officials.

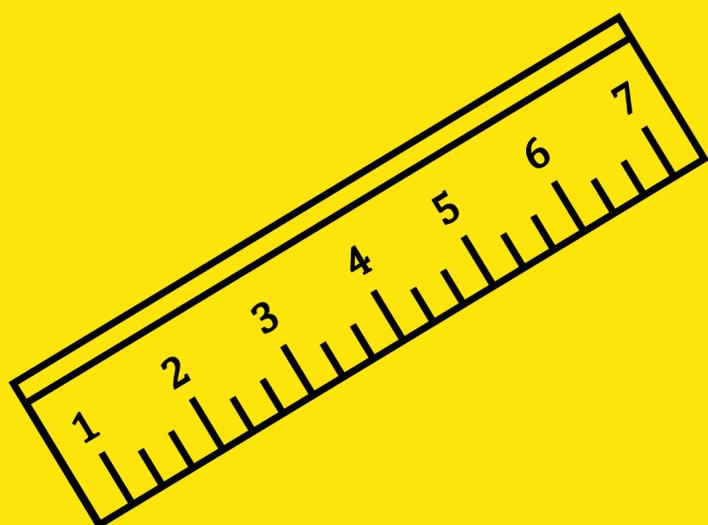
- If an athlete has simultaneous events, the straight-line event takes precedence over the oval event, and the oval event takes precedence over the field event. Athletes must inform the officials of conflicting events. Officials will not delay a field event for individual athletes, but athletes may join a delayed field event as long as it does not interfere with its progress.

- Unless the number of competitors in the 200m or shorter events requires a semi-final, all events will be timed finals.

Championship Rules



- For all events, age groups and genders may be combined when the number of participants allows.
- Relay teams can be either club teams, members from different clubs, or independent athletes. They can combine multiple age groups but cannot be mixed (both sexes), and they must compete in the age group of their youngest member.



TROUSSE PICKUP

- The competition kits will be available at the competition counter, at the sports center track on Thursday from 6:00 PM to 7:30 PM, on Friday from 4:00 PM to 8:30 PM, on Saturday from 8:00 AM to 5:00 PM, and exceptionally on Sunday morning from 8:00 AM to 9:00 AM. We encourage athletes or clubs to pick them up as early as possible. (On Friday evening, the facilities are not available for training).

Call Room

- **Track:** at the call table 60 minutes before the event. Athletes will then receive instructions on how to proceed to their competitions.
- **On the field:** directly at the event site 30 minutes before the competition.
- **Pole Vault:** Check in at the event site 60 minutes before the start of the competition.



Masters Awards

- The VCA medals will be awarded to the first, second, and third Canadian in each gender and age group in each event. Non-Canadians finishing in the top three will also receive a duplicate medal.
- Relay team members finishing in first place for each gender and age group will also receive VCA medals.
- The medals will be presented on the podium approximately 40 minutes after the results of each event are posted. They can also be collected later by the athletes, their coaches, or a team member, but unclaimed medals will not be mailed.

Masters Awards

- The Karla Del Grande Trophy will be awarded at the end of the competition to the registered Canadian club that has accumulated the highest number of points in the championship, based on the points earned in each event for each age group and gender, excluding relays: 1st - 7 points; 2nd - 6 points; 3rd - 5; 4th - 4; 5th - 3; 6th - 2, and 7th - 1 point.

Resultats

- The start lists, finals, and results will be posted as soon as they are available at the Claude-Robillard Sports Complex on the designated bulletin board and online at AVS Sport www.AVS-sport.com. The complete results will also be posted on the following websites after the event:

Athlétisme Québec - www.athletisme-quebec.ca/calendrier-et-resultats

Canadian Masters - www.CanadianMasters.ca

Hotels



- The organizers have arranged several hotels for competitors in the Championships. Each of these hotels is located within a 30-minute drive or taxi ride from Pierre Elliot Trudeau Airport and within 20 minutes of the Claude-Robillard Sports Complex.
- See the list of hotels on our website. Don't forget to mention the promotional code to avail of the discount.

RECEPTION AND ANNUAL MEETING OF THE VCA

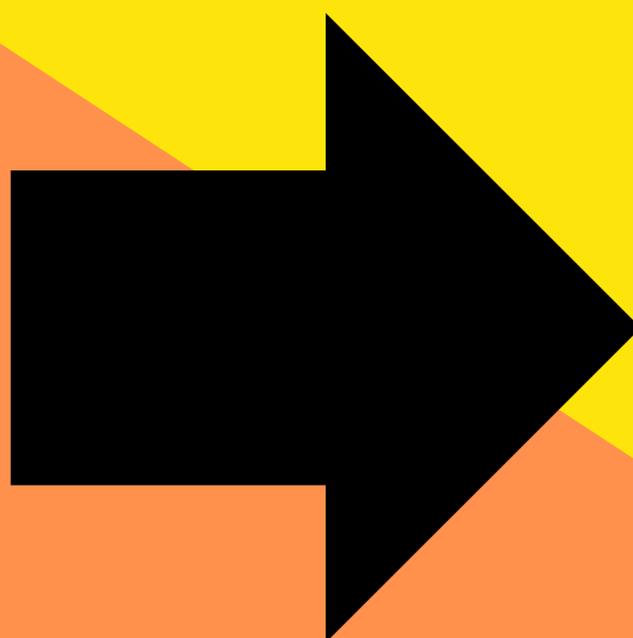
- To celebrate the VCA Indoor Championships and its annual meeting in Montreal, all interested individuals are invited to a free reception at 6 p.m. on Saturday, February 17, following the day's events, in the VIP Lounge on the 3rd floor.
- All VCA members and other track and field enthusiasts are welcome to this informal reception and the annual meeting that will follow.
- The Annual General Meeting of the Canadian Masters Athletics (VCA) will take place after the reception, around 6:30 p.m., on Saturday, February 17, in the same venue. Everyone is invited to stay for this brief meeting, during which we will review the VCA's activities over the past year.

Provisional Masters Calendar

- All events will take place on the day indicated in the provisional schedule on the following page, but the timings may change once registrations are closed. A detailed schedule will be posted at that time.

- **Note:**

The provincial championships will take place simultaneously with the Canadian Masters Championships; the events will not be accessible to veterans.



Provisional Masters Calendar

	Vétérans	
	F	M
60m	X	X
200m	X	X
400m	X	X
800m	X	X
1500m	X	X
3000m	X	X
60m Haies	X	X
1500m Marche	X	X
3000m Marche	X	X
4x200m	X	X
4x400m	X	X
Saut en hauteur	X	X
Perche	X	X
Saut en longueur	X	X
Triple saut	X	X
Lancer du poids	X	X
Marteau	X	X
Pentathlon	X	X
Relais 4 X 800M	X	X

Horaire provisoire à venir

HORAIRE PROVISOIRE /TENTATIVE SCHEDULE

Friday, February 16, 2024 - Evening session

Field events:

15h	Weight throw	Masters	W	Final
17h30	Weight throw	U20 et sénior	W	Final
17h	Long jump	Masters	W	Final
17h	High jump	Masters group 1	M	Final
19h30	Weight throw	U20 et sénior	M	Final
19h00	Long jump	Masters group 2	M	Final
19h00	High jump	Masters	W	Final

Saturday, February 17, 2024 - Morning session

Track:

9h30	60m hurdles	Masters pentathlon	W-M	Timed final
10h00	50m hurdles	Masters	W-M	Prélim
10h45	60m	U20/Senior/masters	W-M	prelim
12h00	50 m Hurdles	Masters	W-M	Final

Field events :

8h30	Weight throw	Masters group 1	M	Final
8h30	High jump	Masters group 2	M	Final
9h00	Long jump	U20	M	Final
10h00	Weight throw	Masters group 2	M	Final
10h45	Long jump	Masters pentathlon	M	Final
10h45	High jump	Masters pentathlon	W	Final
11h00	Pole volt	U20-senior-masters	W	Final

Saturday, February 17, 2024 - Afternoon and evening sessions

Track :

14h00	3000m walk	U20/Senior/Masters	W-M	Timed Final
14h30	60m	U20/Senior/Masters	W-M	Final
15h15	800m	Pentathlon masters	W	Timed Final

15h30	1500m	Pentathlon masters	M	Timed Final
15h45	400m	U20/Senior/Masters	W-M	Timed Final
17h00	1500m	U20/Senior/Masters	W-M	Timed Final
19h00	4 x 200m	U20/Senior/Masters	W-M	Timed Final
19h30	4 x 800m	U20/Senior/Masters	W-M	Timed Final

Saturday, February 17, 2024 - Afternoon and evening sessions

Field events:

12h30	Shut put	Masters Pentathlon	W-M	Final
13h00	High jump	U20	M	Final
14h00	Shut put	U20 / Senior	W	Final
14h00	Long jump	Pentathlon masters	W	Final
14h00	High jump	Pentathlon masters	M	Final
16h00	High jump	sénior	M	Final
16h00	Shut put	U20/senior	M	Final
15h30	Triple jump	senior	M	Final
17h30	Triple jump	U20 / Senior	W	Final
19h30	Triple jump	masters	M	Final

Sunday, February 18, 2024 - Morning session

Track :

9h00	1500m Walk	U20/Senior/masters	W-M	Timed Finals
9h30	60m hurdles	U20/Senior/Masters	W-M	Prelim
10h15	50m	Masters	W-M	prelim
11h30	3000m	U20/Senior/Masters	W-M	Timed Finals

Sunday, February 18, 2024 - Morning session

Field events:

9h00	Triple jump	Masters	W	Final
10h30	Shut put	Master group 1	M	Final
10h30	Pole vault	Minest of 3.00m	M	Final
11h00	Long jump	U20-Senior	W	Final

Sunday, February 18, 2024 - Afternoon session

Track :

13h00	50m	Masters	W-M	Final
13h30	60m Hurdles	U20/Senior/masters	W-M	Final
14h00	200m	U20/Senior/Masters	W-M	Timed Finals
15h30	800m	U20/Senior/Masters	W-M	Timed Finals
16h30	4 x 400m	U20/Senior/masters	W-M	

Field events :

13h	Shut put	Master group 2	M	
13h	High jump	U20-sénior	W	
13h	Long jump	Masters group 1	M	Final
14h	Pole vault	3.00m and more	M	Final
15h	Long jump	Senior	M	
15h	Shut Put	Masters	W	
16h30	Triple jump	U20	M	Final



Vainqueurs Plus Club wishes you a wonderful championship !

If you feel like it, you can join our team of volunteers!

https://docs.google.com/forms/d/e/1FAIpQLSfcli7NF6vh6v-vp7F8dzY6sGsRkkL4vObxwwJb0Qu4X3HH7g/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link

MERCI