

# 2024 FLYING ANGELS INDOOR GAMES

## Sunday, February 18, 2024

<b>Location</b>	Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9
<b>Facility</b>	Banked 5-lane, 200m Conica (Sportica M) Surface Separate 8 lane, 60m sprint strip on the outside of the oval track. Long Jump and Pole Vault surfaces are Sportica M.
<b>Registration Form</b>	Online Registration is through trackiereg.com using the following link: <b><a href="http://www.Trackie.com/Event/FAIndoorClassic">www.Trackie.com/Event/FAIndoorClassic</a></b>
<b>Regular Entry Deadline</b>	Wednesday, February 14, 2024 @ 11:59 pm \$15 per individual event \$20 per relay
<b>Late Entry Deadline</b>	Thursday, February 15, 2024 @ 11:59 pm \$20 per individual event \$30 per relay <b>No entries accepted after the Late Entry deadline</b>
<b>Enquiries</b>	Earl Letford track@flyingangels.ca
<b>Events &amp; Age Divisions</b>	<b>Pee Wee (Born 2018 - 2019)</b> 60m, Long Jump  <b>Mite (Born 2016 - 2017)</b> 60m, 200m, 400m, 800m, Long Jump, Shot Put (2 kg), 4x200  <b>Tyke (2014 - 2015)</b> 60m, 200m, 400m, 800m, 1200m, Long Jump, High Jump, Shot Put (2 kg), 4x200  <b>Atom (Born 2012 - 2013)</b> 60m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put (2.73 kg), 4x200  <b>Senior (Born 2010 - 2011)</b> 60m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put (3 kg), 4x200  <b>Intermediate (Born 2008 - 2009)</b> 60m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put (3 kg / 4 kg), 4x200  <b>Youth (Born 2007)</b> 60m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put (4 kg / 5 kg), 4x200
<b>Results</b>	Will be posted at trackie.com after the meet
<b>Relay-Only Athletes</b>	The names of all possible runners must be included with the entries, including athletes who are only competing in relay events. This will allow the athletes to receive a competition number and wristband to enter the facility.

<b>Facility Rules</b>	<p>Only officials, volunteers, coaches, and competitors are permitted into the Field House. Parents and supporters must view the track meet from the spectator gallery upstairs.</p> <p>Street shoes or boots are not allowed into the Field House.</p>
<b>Packet Pickup</b>	<p>Coaches must pick up their team packet at the Packet Pick-up room upstairs. Coach wristbands will be in the team packages.</p>
<b>Meet Admission</b>	<p>Entry to the Field House is by wristband only. Wristbands for athletes and coaches are included in the team's packet.</p>
<b>Schedule</b>	<p>A copy of the schedule is attached. The track meet will operate on a rolling schedule. Each event will start after the previous event.</p>
<b>Awards</b>	<p>Medals are presented to the first three finishers in each event. 4th-6th place finishers will receive a ribbon.</p> <p>The top three finishers should make their way to the awards podium after the conclusion of their event. The 4th-8th place finishers should pick up their ribbon at the awards desk.</p>
<b>False Start Rule</b>	<p>The false start rule follows those of the IAAF, with the following exception: in events staged for Pee Wee, Mite, Tyke, Atom, and Senior divisions, one false start is charged to the field and all further false starts will result in the disqualification of the athlete making the false start.</p>
<b>Advancement to Finals</b>	<p>The top 8 times from the qualifying round of the 60m Dash will advance to the Finals.</p>
<b>Simultaneous Events</b>	<p>Athletes competing in two or more events simultaneously must check in to each event at the start of the event and inform the officials that they are competing in two or more events simultaneously. The athletes will get to warm up and find their mark during the warm-up period allotted to all participants before they leave for the simultaneous event. They will not get additional time to warm up or "find their mark" upon returning to the event.</p> <p><u>Long Jump and Shot Put</u></p> <p>Athletes in the Pee Wee, Mite, Tyke, Atom, and Senior divisions will receive two attempts if they return to the event before the end of the second round. They will receive two additional attempts if their attempts qualify them as one of the top eight finalists. The athlete must return before the end of the fourth round to receive the two additional attempts. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts.</p> <p>Athletes in the Intermediate and Youth divisions do not get any attempts to make up for the rounds they missed while competing in a simultaneous event. Athletes must join the event at the round being contested upon their return.</p> <p><u>High Jump</u></p> <p>Athletes must join the High Jump event where the bar is at the time of their return. The High Jump bar will not be lowered for an athlete in any division who missed the round while competing in a simultaneous event. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts and the final places have already been awarded.</p>
<b>Long Jump Take-Off Board</b>	<p>Athletes in the Pee Wee, Mite, Tyke, and Atom divisions will use a 1-metre take-off "zone". Whereas their jumps will be measured from where they started their take-off in the zone.</p> <p>Athletes in the Senior, Intermediate, and Youth divisions will use the takeoff board during the event. Successful attempts will be measured from the furthest end of the take-off board. Athletes who step over the board during their attempt will be charged with a "fault".</p>
<b>Long Jump and Shot Put Attempts</b>	<p>There are four rounds in the Long Jump and Shot Put events. All competitors will participate in the first two rounds, and the top eight jumpers/throwers will get two additional jumps/throws after round two.</p>

## 2024 FLYING ANGELS INDOOR GAMES SCHEDULE OF EVENTS

Sunday, February 18, 2024

*(Rolling Schedule. Each event will start after the previous event)*

### 8:45 AM – COACHES MEETING @ THE FINISH LINE

Morning Session				
09:00 AM	1200m	Timed Final	Female	Tyke
09:15 AM	1200m	Timed Final	Male	Tyke
09:25 AM	1500m	Timed Final	Female	Atom - Senior - Intermediate - Youth
10:15 AM	1500m	Timed Final	Male	Atom - Senior - Intermediate - Youth
10:45 AM	60m	Timed Final	Female	Pee Wee
10:50 AM	60m	Timed Final	Male	Pee Wee
10:55 AM	60m	Heats	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
11:50 PM	60m	Heats	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth
Afternoon Session				
01:30 PM	400m	Timed Final	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
02:05 PM	400m	Timed Final	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth
02:35 PM	60m	Finals	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
03:50 PM	60m	Finals	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth
03:05 PM	800m	Timed Final	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
03:45 PM	800m	Timed Final	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth
04:10 PM	200m	Timed Final	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
05:30 PM	200m	Timed Final	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth
06:40 PM	4x200m	Timed Final	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
06:50 PM	4x200m	Timed Final	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth

### FIELD EVENTS

Time	High Jump	Long Jump Pit 1	Long Jump Pit 2	Shot Put
09:00 AM	Tyke Boys Atom Boys Senior Boys	Intermediate Boys & Youth Boys	Intermediate Girls & Youth Girlss	Mite Girls & Mite Boys
10:00 AM	Intermediate Boys & Youth Boys	Senior Boys	Senior Girls	Tyke Girls & Tyke Boys
11:00 AM		Atom Boys	Atom Girls	Atom Girls & Atom Boys
12:00 PM				Senior Girls & Senior Boys
01:30 PM	Tyke Girls Atom Girls Senior Girls	PeeWee Boys & Mite Boys	PeeWee Girls & Mite Girls	Intermediate Girls & Youth Girls
02:30 PM	Intermediate Girls & Youth Girls	Tyke Boys	Tyke Girls	Intermediate Boys & Youth Boys