

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

Athlete's Guide

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

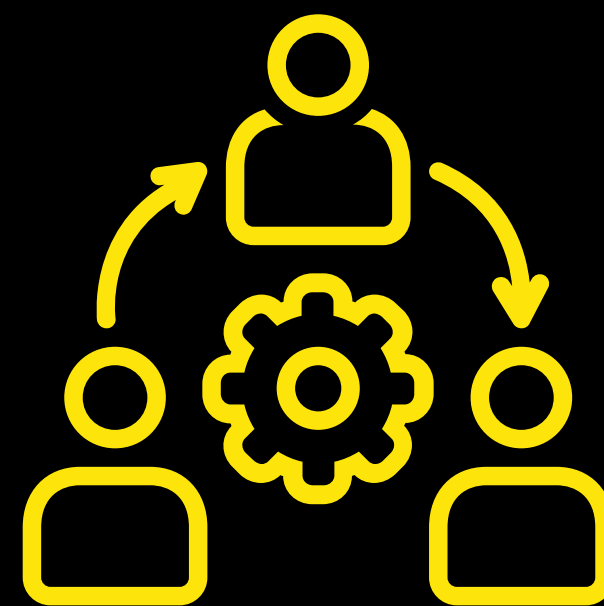


**Complexe Sportif Claude-Robillard
1000 avenue Émile-Journault
Montréal, Québec, H2M 2E7**

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

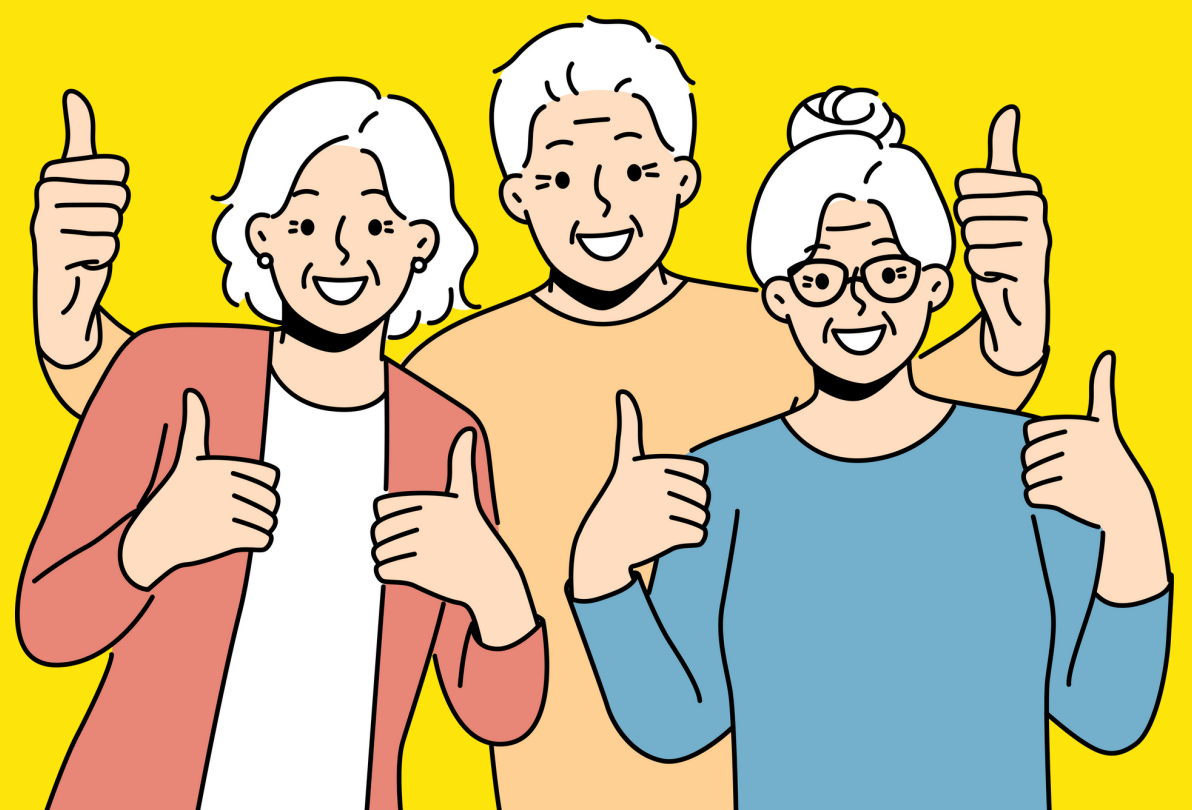
(erochefort@athletisme.qc.ca)

WMA Liaison Officer:

Vern Christensen

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.

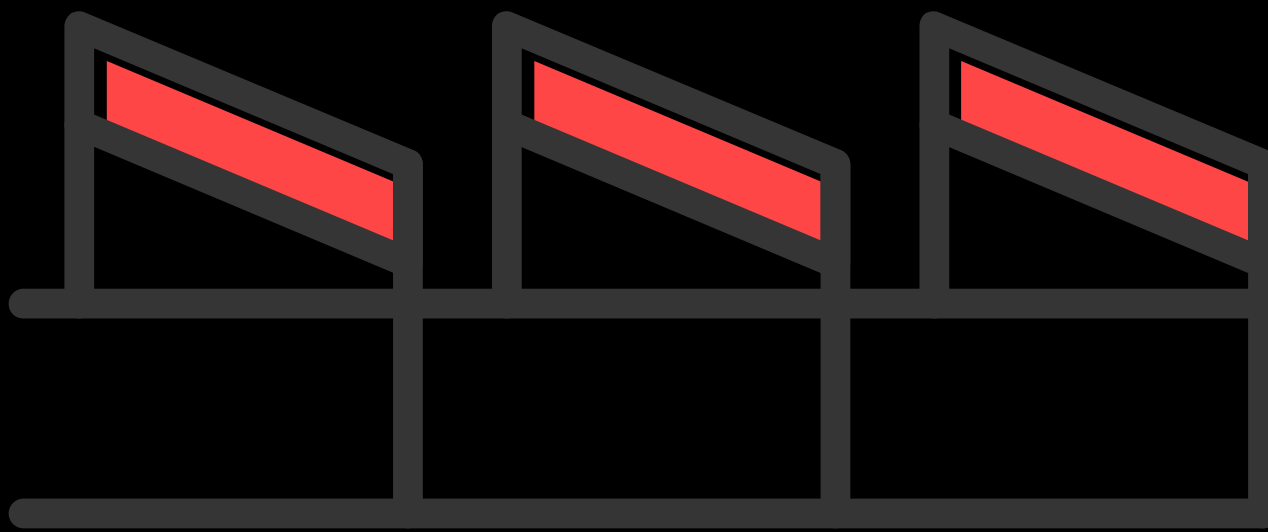


Facilities

- 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.

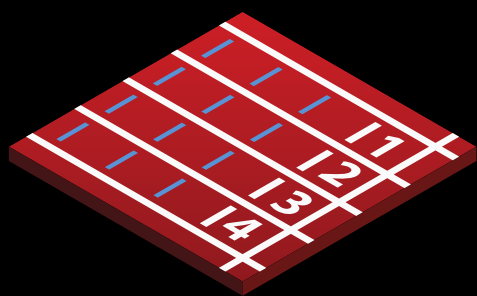
TROUSSE PICKUP

- The competition kits will be available at the competition counter, at the sports center track on Friday from 3:00 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



ATHLETES MUST MANDATORY REPORT TO THE CALL TABLE 1 HOUR BEFORE THE EVENT.

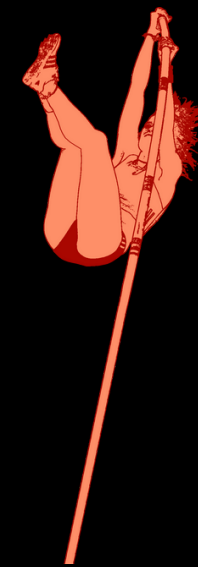
COMPETITION



DIRECTLY TO THE COMPETITION TABLE AT THE COMPETITION AREA, 45 MINUTES BEFORE THE EVENT.

POLE VAULT

DIRECTLY TO THE COMPETITION AREA 60 MINUTES BEFORE THE EVENT.



RACE NUMBER



ALL ATHLETES MUST REPORT TO THE REGISTRATION TABLE. PLEASE ALLOW FOR A DELAY OF OVER 30 MINUTES AS WE ARE EXPECTING 700 ATHLETES THIS WEEKEND. AN OFFICIAL COMPETITION BIB WILL BE ISSUED TO EACH PARTICIPANT AND MUST BE WORN AT ALL TIMES.

ANY ATHLETE NOT ADHERING TO THIS INSTRUCTION WILL BE EXCLUDED FROM THE EVENT. IT IS THE RESPONSIBILITY OF THE ATHLETE AND THEIR COACH TO ENSURE COMPLIANCE WITH THIS RULE.

THE CALL ROOM WILL BE LOCATED AT THE BACK RIGHT OF THE INDOOR TRACK. PLEASE ALLOW FOR A FEW MINUTES OF WAITING AT THE CALL TABLE.

NO DISRESPECT FROM ANY COACH OR ATHLETE WILL BE TOLERATED. IN THE EVENT OF DISRESPECT, THE ATHLETE AND THEIR COACH WILL BE REQUIRED TO LEAVE THE COMPETITION SITE FOR THE WEEKEND.

Masters Awards

- The CMA 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.
- For the Quebec Veterans Championships, medals will be awarded according to the following three categories: 35-49 years, 50-64 years, and 65 years and older.
- Relay team members finishing in first place for each gender and age group will also receive CMA 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

RECEPTION AND ANNUAL MEETING OF THE CMA

- 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.

FIRST AID

Un service de massothérapie et de premiers soins sera
Available on site.



If athletes wish to have taping, they will need to pay the cost in cash, an amount of \$10 to the massage therapist. If the athlete does not have the money, they will not be able to receive taping.

Catering Service



There will be a paid catering service available, so please plan to bring cash!



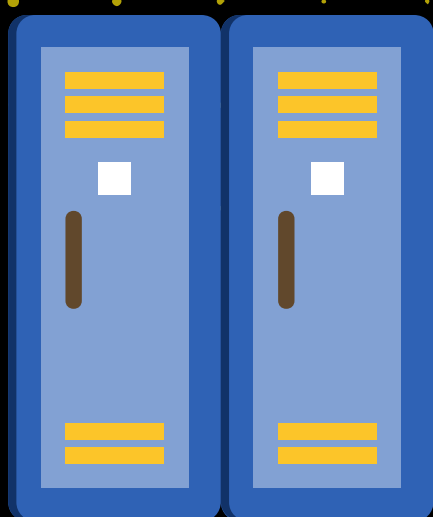
Club apparel

Club apparel will be available for sale on site!



LOCKER ROOMS, RESTROOMS, AND SHOWERS

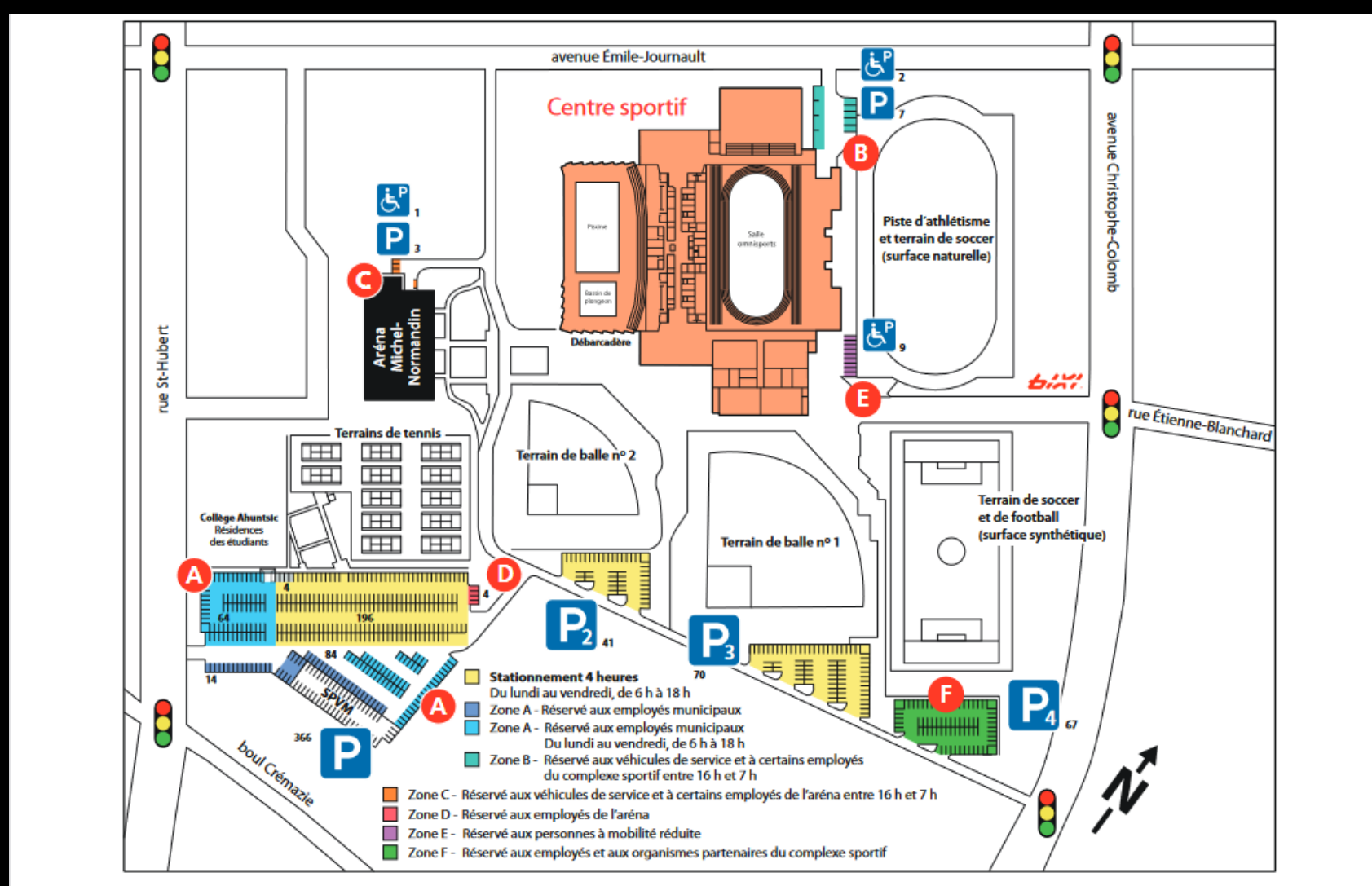
LOCKER ROOMS, RESTROOMS, AND SHOWERS



YOU WILL HAVE ACCESS TO THE LOCKER ROOMS AT THE CLAUDE ROBILLARD COMPLEX. PLEASE NOTE THAT YOU WILL NEED TO BRING A PADLOCK.

PARKING

SEVERAL PARKING LOTS ARE AVAILABLE AT THE REAR OF THE CLAUDE-ROBILLARD SPORTS COMPLEX. YOU CAN REFER TO THE MAP HERE.



GRANDSTANDS

THE BLEACHERS WILL ACCOMMODATE ALL SPECTATORS DURING THE EVENT. NO ACCESS TO THE INDOOR TRACK WILL BE PERMITTED FOR NON-ATHLETES, COACHES, VOLUNTEERS, AND OFFICIALS.

VOLUNTEER NIGHTS!



THE VAINQUEURS PLUS CLUB INVITES ALL ITS VOLUNTEERS, OFFICIALS AND COACHS TO AN APPRECIATION EVENING ON SATURDAY, FEBRUARY 17TH. SNACKS, ENTERTAINMENT, AND MORE WILL BE PROVIDED. WE LOOK FORWARD TO SEEING YOU ALL THERE!



THE PHILOSOPHY OF VAINQUEURS PLUS EVENTS

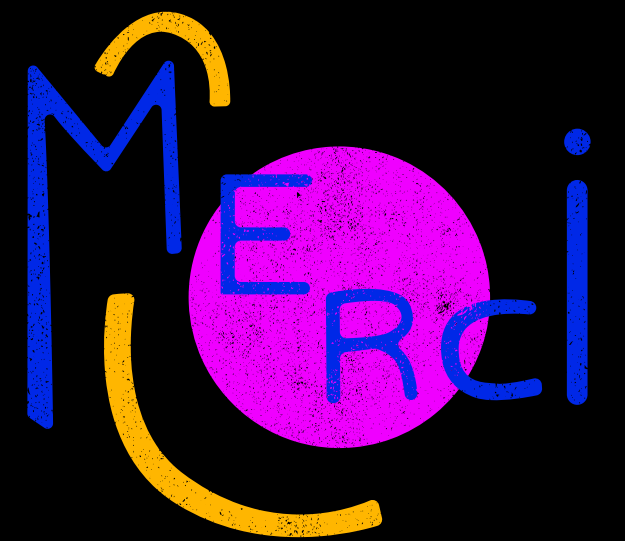
RESPECT

NO DISRESPECT FROM ANY COACH OR ATHLETE WILL BE TOLERATED. IN THE EVENT OF DISRESPECT, THE ATHLETE AND THEIR COACH WILL BE REQUIRED TO LEAVE THE COMPETITION SITE FOR THE WEEKEND.



RECOGNITION

OFFICIALS AND VOLUNTEERS DONATE THEIR TIME VOLUNTARILY TO MAKE THIS EVENT A SUCCESS. WE ASK YOU TO RECOGNIZE THEIR EFFORTS AND SAY A LITTLE THANK YOU, WHICH WILL MEAN SO MUCH TO THEM!



ECO-RESPONSIBILITY

IN ORDER TO HELP US TAKE A SMALL STEP TOWARDS THE ENVIRONMENT, WE ASK FOR YOUR ASSISTANCE THROUGH THESE ACTIONS:

- BRING YOUR REUSABLE WATER BOTTLE. THERE WILL BE NO WATER BOTTLES FOR SALE ON-SITE.
- DO NOT LEAVE ANY WASTE BEHIND. DISPOSE OF THEM IN THE APPROPRIATE BINS (TRASH, RECYCLING, OR COMPOST).
- IF YOU ARE FROM MONTREAL, WE ENCOURAGE YOU TO COME BY BIKE OR PUBLIC TRANSPORTATION.
- IF YOU ARE FROM OUTSIDE OF MONTREAL, WE ENCOURAGE CARPOOLING.

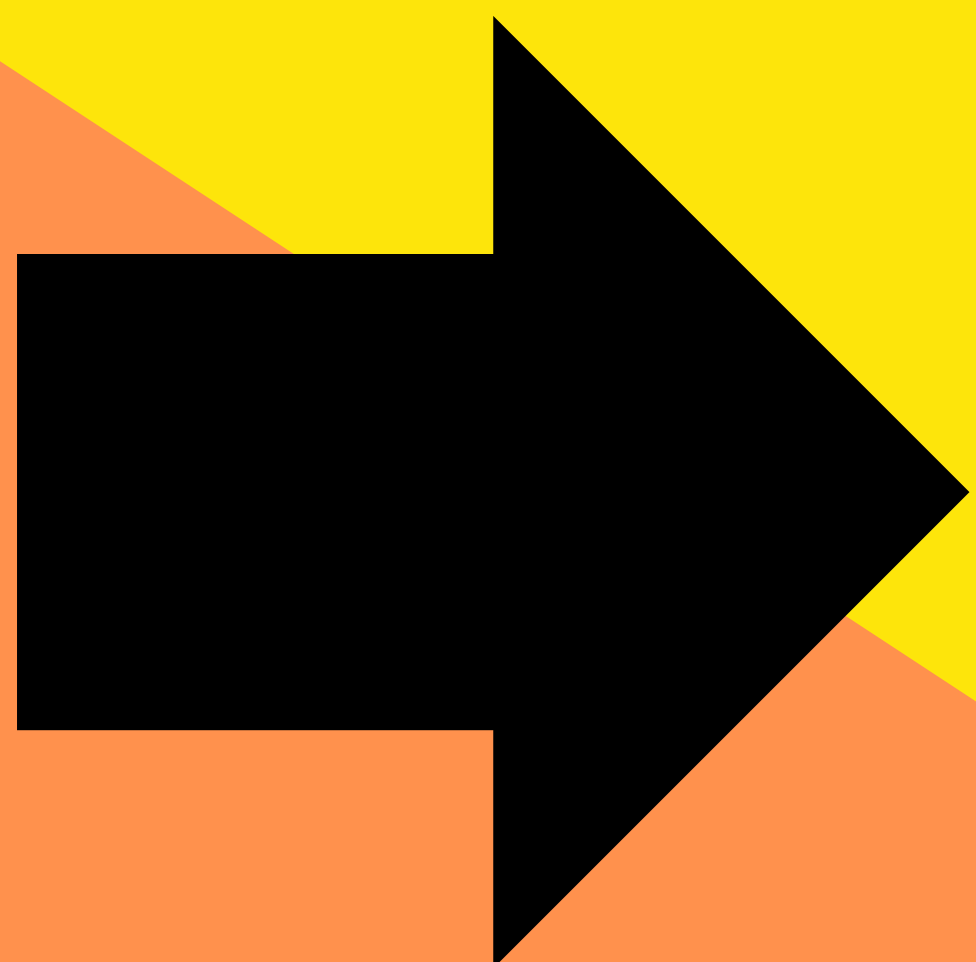


THANK YOU IN ADVANCE FOR YOUR COOPERATION!

Provisional Masters Calendar

- **Note:**

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



Masters Calendar



HORAIRE FINALE /FINAL SCHEDULE

Friday, February 16, 2024 - Evening session

Field events:

Time	Event	Categories	Genre	Turn	Nb of participants	End time
16h00	Weight throw	Masters	W	Final	9	17h00
17h	Long jump	Masters (Wall pit)	W	Final	12	18h15
17h	High jump	Masters groupe 1 - 35-54 years	M	Final	9	18h00
18h30	Weight throw	U20 et sénior	W and M	Final	10	19h30
19h00	Long jump	Masters groupe 2- 55+ (Wall pit)	M	Final	12	20h15
19h00	High jump	Masters	W	Final	7	19h45

Saturday, February 17, 2024 - Morning session

Track:

Time	Event	Categories	Genre	Turn	Wave	Participants	End time
9h30	60m hurdles	Masters pentathlon	W	F.S.C	2	7	9h40
9h45	60m hurdles	Masters pentathlon	M	F.S.C	3	14	10h00
10h05	50m hurdles	Masters	W	Final	1	4	10h10
10h15	50m hurdles	Masters	M	Final	2	10	10h30
10h35	60m	U20	W	prelim	4	21	10h43
10h45	60m	Senior	W	Prelim	2	12	10h50
10h50	60m	Masters	W	F.S.C.	3	17	10h56
11h00	60m	U20	M	Prelim	8	44	11h20
11h25	60m	Senior	M	Prelim	8	46	11h45
11h45	60m	Masters 40-44 years	M	Prelim	3	13	11h51
11h55	60m	Masters 50-54 years	M	Prelim	2	11	12h00
12h00	60m	Masters and other categories	M	F.S.C	6	32	12h15
12h20	4 x 200m	Masters	W	F.S.C	2	8	12h30
12h35	4 x 200m	Masters	M	F.S.C	3	10	12h50

Masters Calendar

Saturday, February 17, 2024 - Morning session

Field events :

Time	Event	Categories	Genre	Turn	Nb of participants	End time
8h30	Weight throw	Masters groupe 1 (35-54 yaers)	M	Final	10	9h30
9h00	High jump	Masters groupe 2 (55+)	M	Final	8	10h30
9h00	Long jump	U20 (track pit)	M	Final	12	10h00
10h00	Weight throw	Masters groupe 2 (55 +)	M	Final	8	10h50
10h45	Long jump	Masters pentathlon (Track pit)	M	Final	14	11h30
10h45	High jump	Masters pentathlon	W	Final	7	11h30
11h00	Pole volt	U20-senior-masters	W	Final	5	12h00

Saturday, February 17, 2024 - Afternoon and evening sessions

Track :

Time	Event	Categories	Genre	Turn	Wave	Participants	End time
13h45	1500m	Masters	W	F.S.C	1	14	13h55
13h55	1500m	Masters	M	F.S.C	2	35	14h22
14h25	1500m	Senior	W	F.S.C	1	11	14h35
14h35	1500m	Senior	M	F.S.C	2	21	14h45
14h45	1500m	U20	W	F.S.C	2	27	14h55
14h55	1500m	U20	M	F.S.C	1	17	15h00
15h05	60m	U20	W	Final	1	6	15h08
15h10	60m	Senior	W	Final	1	6	15h13
15h15	60m	U20	M	Final	1	6	15h18
15h20	60m	Senior	M	Final	1	6	15h23
15h25	60m	Masters 40-44	M	Final	2	6	15h28
15h30	60m	Masters 50-54	M	Final	1	6	15h33
15h40	800m	Pentathlon masters	W	F.S.C	1	7	15h45
15h50	400m	U20	W	F.S.C	4	15	16h02
16h02	400m	Masters	W	F.S.C	3	10	16h12
16h15	1000m	Pentathlon masters	M	F.S.C	1	14	16h25
16h30	400m	U20	M	F.S.C	4	15	16h42
16h42	400m	Senior	M	F.S.C	2	6	16h48
16h48	400m	Masters	M	F.S.C	9	36	17h15
Break							

Masters Calendar

Time	Event	Categories	Genre	Turn	Wave	Participants	End time
18h30	3000m race walk	U20/Senior/Masters	W	F.S.C	2	5 + 3 + 18	19h30
19h30	3000m race walk	Masters et seniors	M	Final	1	10	20h00
20h05	4 X 200m	U20	W	F.S.C	1	2	20h10
20h15	4 x 200m	U20	M	F.S.C	1	4	20h20
20h25	4 x 200m	Senior	M	F.S.C	1	2	20h30

Saturday, February 17, 2024 - Afternoon and evening sessions

Field event :

Time	Event	Categories	Genre	Turn	Nb of participants	End time
12h30	Shut put	Masters Pentathlon	M-W	Final	21	13h30
14h15	Shut put	U20 / Senior	W	Final	11	15h20
14h30	Long jump	Pentathlon masters (track pit)	W	Final	7	15h00
14h30	High jump	Pentathlon masters	M	Final	14	15h30
16h30	High jump	U20 et Senior	M	Final	5	17h30
16h00	Shut put	U20/senior	M	Final	7	16h45
16h00	Triple jump	Masters group 2 55+ (track pit)	M	Final	7	16h50
17h30	Triple jump	Masters group 1 (40-54 old)(track pit)	M	Final	10	18h30
19h30	Triple jump	Junior et senior (track pit)	M + W	Final	8	20h30

Masters Calendar

Sunday, February 18, 2024 - Morning session :

Track :

Time	Event	Categories	Genre	Turn	Wave	Participants	End time
9h00	1500m race walk	Masters	W	F.S.C	1	19	9h12
9h15	1500m race walk	masters	M	F.S.C	1	13	9h25
9h35	60m hurdles	masters	W	Final	1	5	9h37
9h42	60m hurdles	U20 + seniors	W	prelim	1	5	9h42
9h45	60m hurdles	Masters	M	Final	3	14	9h55
10h10	60m hurdles	U20	M	prelim	1	6	10h02
10h17	60m hurdles	senior	M	Prelim	1	4	10h07
10h25	50m	Masters	W	Final	3	16	10h21
10h35	50m	Masters 50-54 years	M	prelim	2	8	10h30
10h30	50m	Masters and others categories	M	Final	6	31	10h42
10h50	3000m	U20	W	F.S.C	1	8	11h02
11h05	3000m	seniors	W	F.S.C	1	10	11h17
11h20	3000m	masters	W	F.S.C	1	11	11h35
11h35	3000m	U20	M	F.S.C	1	17	11h45
11h50	3000m	Senior	M	F.S.C	1	16	12h00
12h05	3000m	masters	M	F.S.C	2	26	12h30
12h35	4 x 800 m	Junior / senior/masters	W-M	Finals	1	3	12h45

Sunday, February 18, 2024 - Morning session

Field event:

Time	Event	Categories	Genre	Turn	Nb of participants	End time
9h00	Triple jump	Masters (track pit)	W	Final	8	9h50
9h30	Shut put	Master groupe 1 (35-49 years)	M	Final	10	10h30
10h30	Pole vault	Masters	M	Final	13	12h30
11h00	Shut put	masters Groupe 2 50-54 years	M	Final	8	11h50
11h00	Long	U20-Senior (track pit)	W	Final	11 + 5	12h20

Masters Calendar

Sunday, February 18, 2024 - Afternoon session

Track :

Time	Event	Categories	Genre	Turn	Wave	Participants	End time
13h40	50m	Masters 50-54 years	M	Final	1	6	13h43
13h50	60m Haies	U20/Senior	W	Final	1	5	13h53
14h00	60m haies	U20	M	Final	1	6	14h05
14h10	60 m haies	senior	M	Final	1	4	14h13
14h20	200m	U20	W	F.S.C	6	24	14h38
14h40	200m	senior	W	F.S.C	3	9	14h50
14h50	200m	masters	W	F.S.C	5	17	15h05
15h10	200m	U20	M	F.S.C	9	35	15h40
15h40	200m	senior	M	F.S.C	6	23	16h00
16h00	200m	masters	M	F.S.C	12	48	16h40
16h45	800m	U20 + senior	W	F.S.C	3	18 + 4	17h00
17h00	800m	masters	W	F.S.C	1	11	17h05
17h10	800m	U20	M	F.S.C	3	21	17h25
17h25	800m	senior	M	F.S.C	2	13	17h35
17h35	800m	masters	M	F.S.C	3	38	17h50
18h00	4 x 400m	masters	M	F.S.C	1	4	18h10
18h15	4 x 400m	U20	W + M	F.S.C	1	3 + 1	18h20

Field event :

Time	Event	Categories	Genre	Turn	Nb of participants	End time
13h15	Shut Put	Master group 3 (55+)	M	Final	14	14h30
13h00	High jump	U20-senior	W	Final	2 + 2	13h45
13h30	Long jump	Masters groupe 1 35-54 years (track pit)	M	Final	17	15h
14h30	Pole volt	U20 et senior	M	Final	7	16h
15h	Shut Put	Masters	W	Final	16	16h40
15h45	Long jump	Senior (track pit)	M	Final	14	17h

Bon championnats à tous!

Good competition to all!

CALL ROOM

- Pole Vault: Please arrive at the event site 60 minutes before the start of the event.

Instructions for the Virtual Call Room (SMS)

Quebec Provincial Junior/Senior Championships/Veterans

To confirm your registration (call room) you must send a text message (SMS)

with **your bib number to: (450) 912-2937**

To confirm only one event, add the **Event Code** (see below).

For example, if your bib number is 1234:

- To confirm **all your events**, send: 1234

- To confirm the **Height (JunH)** whose code is Height (JunH) 56, send: 1234 56

You'll receive a reply confirming your participation in less than a minute.

Codes d'Épreuve

Épreuve	Code
50m (30-34 Femme)	732
50m (30-34 Homme)	733
50m (35-39 Femme)	734
50m (35-39 Homme)	735
50m (40-44 Femme)	736
50m (40-44 Homme)	737
50m (45-49 Femme)	738
50m (45-49 Homme)	739
50m (50-54 Femme)	741
50m (50-54 Homme)	740
50m (55-59 Femme)	742
50m (55-59 Homme)	743
50m (60-64 Femme)	744
50m (60-64 Homme)	745

Épreuve	Code
50m (65-69 Femme)	746
50m (65-69 Homme)	747
50m (70-74 Femme)	748
50m (70-74 Homme)	749
50m (75-79 Femme)	751
50m (75-79 Homme)	750
50m (80-84 Femme)	752
50m (80-84 Homme)	753
50m (85-89 Femme)	754
50m (85-89 Homme)	755
50m (90-94 Femme)	756
50m (90-94 Homme)	757
50m (95-99 Femme)	758
50m (95-99 Homme)	759