



**FLYING ANGELS INTERNATIONAL CLASSIC
TECHNICAL PACKAGE**

Toronto Track & Field Centre (York University)
231 Ian MacDonald
Toronto, Ontario, Canada, M3J 3L9
July 5-7, 2024



Hosted by Flying Angels Track & Field Academy

Sanctioned by Athletics Ontario and Minor Track Association

Website www.flyingangels.ca

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ENTRY INFORMATION Online Registration is available through trackie.com using the following link:
www.Trackie.com/event/2024FlyingAngelsClassic

Athletes may represent their country, association, club, school, community, or unattached

Regular Entry Deadline **Monday, July 1, 2024 @ 11:59 pm**
\$15 per individual event
\$25 per relay

Late Entry Deadline **Wednesday, July 3, 2024 @ 10:00 pm**
\$30 per individual event
\$50 per relay

No entries will be accepted after the late entry deadline.

Age Divisions & Events

U9 (born 2016 & 2017)	100m, 200m, 400m, 800m Long Jump, Shot Put 4x100, Mixed 4x400
U11 (born 2014 & 2015)	100m, 200m, 400m, 800m, 1200m Long Jump, Shot Put, High Jump 4x100, Mixed 4x400
U13 (born 2012 & 2013)	100m, 200m, 400m, 800m, 1500m, 2000m, 80m Hurdles, 200m Hurdles Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin 4x100, Mixed 4x400
U15 (born 2010 & 2011)	100m, 200m, 400m, 800m, 1500m, 2000m, 80m Hurdles, 200m Hurdles Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin 4x100, Mixed 4x400
U16 (born 2009)	100m, 200m, 400m, 800m, 1500m, 2000m, 100m Hurdles, 200m Hurdles, 1500m Steeplechase Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer 4x100, Sprint Medley, Mixed 4x400
U18 (born 2007 & 2008)	100m, 200m, 400m, 800m, 1500m, 3000m, 100m/110m Hurdles, 400m Hurdles, 2000m Steeplechase Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer 4x100, Sprint Medley, Mixed 4x400
U20 (born 2005 & 2006)	100m, 200m, 400m, 800m, 1500m, 3000m, 100m/110m Hurdles, 400m Hurdles, 3000m Steeplechase Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer 4x100, Sprint Medley Relay, Mixed 4x400
Open Showcase (born 2004 & older)	100m, 200m, 400m, 800m, 1500m, 5000m, 100m/110m Hurdles, 400m Hurdles, 3000m Steeplechase Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer 4x100, Sprint Medley, Mixed 4x400
Parents & Coaches	100m, Mixed 4x100
Event Notes	Athletes may compete in an event in an older division Sprint Medley Relay is run 400m-200m-200m-800m
Results	Will be posted at flyingangels.ca and trackie.com
Relay-Only Athletes	The names of all possible competitors 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. However, the names of the four runners on each relay team and the running order need not be provided until the day of the meet.

Facility	<p>Outdoor 8-lane track used for competition</p> <p>Indoor track is available for athlete warm-ups</p> <p>Indoor track has a five-lane oval and an eight-lane straightaway and access to two long jump and triple jump pits</p> <p>Washroom facilities are available</p>
Facility Rules	<p>Only coaches, officials, volunteers and competitors are permitted into the Indoor Field House.</p> <p>Spectators may view the awards ceremony from the upstairs viewing gallery in the Fieldhouse.</p> <p>All competition and official working areas are off-limits to non-competitors at all times.</p> <p>Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length. No pin-style spikes are allowed on the track. Only pyramid spikes will be allowed.</p>
Packet Pickup	<p>Coaches must pick up their team packet from the Registration Tent located outside the southwest entrance to the stadium.</p>
Meet Admission	<p>Entry to the stadium is by wristband only. Wristbands for athletes and coaches are included in the team's packet. Each team is allotted 1 coach wristband for every 8 athletes registered.</p> <p>Wristbands for spectators are sold at the tent located at the entrance to the stadium.</p> <p>General Admission Spectator passes are \$10 each day. A 3-day weekend pass is on sale for \$20. Children 6 years old and under are free.</p>
Schedule	<p>A copy of the <u>Tentative</u> schedule is attached. Event times are approximate. The <u>Final</u> schedule will be posted online at www.flyingangels.ca and www.trackie.com and emailed to coaches on Thursday, July 6, 2024.</p>
Warm Up Area	<p>The indoor track is available for athletes to warm up.</p> <p>Only athletes and coaches are allowed in the warm-up area</p> <p>Access the indoor track through the doors located at the southwest end of the stadium.</p> <p>No warm-up is allowed on the competition track or the infield.</p> <p>Athletes and teams are not allowed to camp out or loiter in the warm-up track</p>
ACC & Check-In Procedure	<p>The Athlete Control Centre (ACC) is located at the indoor track</p> <p>The entrance to the indoor track is located at the southwest end of the stadium</p> <p>Athletes must check in at the Athlete Control Centre for all events when the event is called</p> <p>Athletes will be escorted to their events by the Marshall</p>
Scoring	<p>The top three finishers in each event will score points for their teams as follows: 1st (3 points), 2nd (2 points), 3rd (1 point)</p>
Awards	<p>The Awards Ceremony will take place in the Fieldhouse.</p> <p>There will be a medal presentation ceremony after each event.</p> <p>The top 8 finishers in each event final must make their way to the awards ceremony following the conclusion of their event.</p> <p>The Top 8 finishers in each event final receive an award</p> <p>The team with the most accumulated points overall receives a trophy</p> <p>The team with the most accumulated points in each division receives a trophy</p> <p>The Male and Female athletes who score the most points in each division receive a trophy</p> <p>The Male and Female athlete who is voted the Most Outstanding Performer by our awards panel receives a trophy</p>
Implements	<p>Throwing implements are provided by the Meet Management.</p> <p>Personal implements are allowed and once checked in, are entered into the competition equipment pool.</p>
False Start Rule	<p>The false start rule follows those of the IAAF, with the following exception: in events staged for U9, U11, U13, and U15 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>

Advancement to Finals The athletes with the eight fastest times after the heats in the 100m Dash, 200m Dash, and Sprint Hurdles will qualify for the finals.

All events except the 100m, 200m, and Sprint Hurdles will be run as Timed Finals.
If there are fewer than 9 athletes checked in for a division in the heats of the 100m, 200m, or sprint hurdles event, then that race will be run as a Final.

Simultaneous Events Coaches and athletes should review the schedule and select their events carefully to avoid competing in more than one event being contested at the same time.

Athletes 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.

Late Arrival to an Event It is the athlete's responsibility to review the schedule and check in to their event on time.

Athletes who miss their track event because they were late to check-in will not be placed in another heat or run with another division.

Athletes who are late for their field event may join the event in progress. However, they must start at the round being contested. Latecomers will not get a chance to warm up or "find their mark". They do not get any attempts to make up for the rounds they missed.

Parents & Coaches Race There will be a Parents and Coaches Women 100m, Men 100m, and Co-Ed 4x100 relay. Coaches & parents must be 30 years old or older to participate. There must be at least two females on each 4x100 relay team. These events are not scored and no points will count toward the total team points.

Protest All protests must be filed within 10 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit, the result as released will stand.

If a protest changes the result, 10 minutes will be allowed following the announcement or release of the decision for an appeal to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final.
The protest fee of \$100 will be returned if the protest is upheld.

Directions

DIRECTION TO TORONTO TRACK AND FIELD CENTRE

- Follow Highway 400 north to the Steeles Avenue exit.
- Go East (left) on Steeles, past Jane Street to the second set of lights.
- Turn right on Northwest Gates Road
- Take the immediate first left entrance to the parking lot.
- Follow the sidewalk west to the front of the Track and Field Centre.

Parking

- There is parking available just off Northwest Gates Rd.
- Parking is a flat rate of \$5/day at the parking lot on the weekends.

Hotels

Residence Inn Toronto Vaughan Hotel
11 Interchange Way
Vaughan, Ontario L4K 5W3
(905) 695-4002

There are many hotels within a 30-minute drive of York University. Google "York University" to see the list of nearby hotels or visit the meet website for more options.

IMPLEMENT SPECIFICATIONS

DIVISION	SHOT PUT	DISCUS	JAVELIN
U9 Girls & U9 Boys	2.00 kg	N/A	N/A
U11 Girls & U11 Boys	2.00 kg	N/A	N/A
U13 Girls & U13 Boys	3.00 kg	0.75kg	400g
U15 Girls & U15 Boys	3.00 kg	0.75 kg	400g
U16 Girls	3.00 kg	1.00 kg	500g
U18 Girls	3.00 kg	1.00 kg	500g
U20 Girls	4.00 kg	1.00 kg	600g
Open Showcase Women	4.00 kg	1.00 kg	600g
U16 Boys	4.00 kg	1.00 kg	600g
U18 Boys	5.00 kg	1.50 kg	700g
U20 Boys	6.00 kg	1.75 kg	800g
Open Showcase Men	7.26 kg	2.00kg	800g

HURDLES SPECIFICATIONS - SPRINT HURDLES

Division	Distance	# of Hurdles	Height	Dist. to 1 st Hurdle	Dist. between Hurdles
U13 Girls	80m	8	0.762m	12.00m	7.50m
U15 Girls	80m	8	0.762m	12.00m	8.00m
U16 Girls	80m	8	0.762m	12.00m	8.00m
U18 Girls	100m	10	0.762m	13.00m	8.50m
U20 Girls	100m	10	0.840m	13.00m	8.50m
Open Showcase Women	100m	10	0.840m	13.00m	8.50m
U13 Boys	80m	8	0.762m	12.00m	7.50m
U15 Boys	100m	10	0.840m	13.00m	8.50m
U16 Boys	100m	10	0.840m	13.00m	8.50m
U18 Boys	110m	10	0.914m	13.72m	9.14m
U20 Boys	110m	10	0.990m	13.72m	9.14m
Open Showcase Men	110m	10	1.067m	13.72m	9.14m

HURDLES SPECIFICATIONS - INTERMEDIATE HURDLES

U13 Girls	200m	5	0.762m	20.00m	35.00m
U15 Girls	200m	5	0.762m	20.00m	35.00m
U16 Girls	200m	5	0.762m	20.00m	35.00m
U18 Girls	400m	10	0.762m	45.00m	35.00m
U20 Girls	400m	10	0.762m	45.00m	35.00m
Open Showcase Women	400m	10	0.762m	45.00m	35.00m
U13 Boys	200m	5	0.762m	20.00m	35.00m
U15 Boys	200m	5	0.762m	20.00m	35.00m
U16 Boys	200m	5	0.762m	20.00m	35.00m
U18 Boys	400m	10	0.840m	45.00m	35.00m
U20 Boys	400m	10	0.914m	45.00m	35.00m
Open Showcase Men	400m	10	0.914m	45.00m	35.00m

FLYING ANGELS INTERNATIONAL CLASSIC
TENTATIVE SCHEDULE

2024 Flying Angels International Classic TRACK EVENTS SCHEDULE - FRIDAY, JULY 5, 2024			
Time	Event	Round	Age Group
04:30 PM	1500m Steeplechase	Finals	U16 Girls, U16 Boys
04:45 PM	2000m Steeplechase	Finals	U18 Girls, U18 Boys
05:15 PM	3000m Steeplechase	Finals	U20 Women, Open Showcase Women
05:30 PM	3000m Steeplechase	Finals	U20 Men, Open Showcase Men
05:45 PM	100m	Heats	U9 Girls, U9 Boys
06:00 PM	100m	Heats	U11 Girls, U11 Boys
06:15 PM	100m	Heats	U13 Girls, U13 Boys
06:35 PM	100m	Heats	U15 Girls, U15 Boys
06:55 PM	100m	Heats	U16 Girls, U16 Boys
07:15 PM	100m	Heats	U18 Girls, U18 Boys
07:35 PM	100m	Heats	U20 Girls, U20 Men
07:50 PM	100m	Heats	Open Showcase Women, Open Showcase Men
08:00 PM	Sprint Medley Relay	Timed Finals	U16 Girls, U18 Girls, U20 Girls, Open Showcase Women
08:15 PM	Sprint Medley Relay	Timed Finals	U16 Boys, U18 Boys, U20 Men, Open Showcase Men

2024 Flying Angels International Classic FIELD EVENTS SCHEDULE - FRIDAY, JULY 5, 2024		
Time	Event	Age Group
03:00 PM	Shot Put	U16 Girls
03:00 PM	Shot Put	U16 Boys
03:00 PM	Triple Jump	U18 Girls
03:00 PM	Triple Jump	U18 Boys
03:30 PM	Javelin	U18 Boys, U20 Girls, Open Women
04:00 PM	Shot Put	U18 Girls
04:00 PM	Shot Put	U18 Boys
05:00 PM	Shot Put	U20 Girls
05:00 PM	Shot Put	U20 Boys
05:00 PM	Triple Jump	U20 Girls
05:00 PM	Triple Jump	U20 Boys
06:00 PM	Shot Put	Open Women
06:00 PM	Shot Put	Open Men
06:00 PM	Javelin	U18 Boys, U20 Boys, Open Men
07:00 PM	Triple Jump	Open Women
07:00 PM	Triple Jump	Open Men

FLYING ANGELS INTERNATIONAL CLASSIC
TENTATIVE SCHEDULE

2024 Flying Angels International Classic TRACK EVENTS SCHEDULE - SATURDAY, JULY 6, 2024			
Time	Event	Round	Age Group
09:00 AM	1200m	Timed Finals	U11 Girls, U11 Boys
09:15 AM	80m Hurdles	Heats (or finals)	U13 Girls, U15 Girls, U16 Girls, U13 Boys
09:45 AM	100m Hurdles	Heats (or finals)	U18 Girls, U20 Women, Open Showcase Women, U15 Boys, U16 Boys
10:20 AM	110m Hurdles	Heats (or finals)	U18 Boys, U20 Men, Open Showcase Men
10:45 AM	1500m	Timed Finals	U13 Girls, U15 Girls
11:20 AM	Opening Ceremonies		
11:30 AM	400m	Timed Finals	U9 Girls, U9 Boys
11:50 AM	400m	Timed Finals	U11 Girls, U11 Boys
12:15 PM	400m	Timed Finals	U13 Girls, U13 Boys
12:40 PM	400m	Timed Finals	U15 Girls, U15 Boys
01:05 PM	400m	Timed Finals	U16 Girls, U16 Boys
01:30 PM	400m	Timed Finals	U18 Girls, U18 Boys
01:55 PM	400m	Timed Finals	U20 Girls, U20 Men
02:25 PM	400m	Timed Finals	Open Showcase Women, Open Showcase Men
02:40 PM	1500m	Timed Finals	U13 Boys, U15 Boys
03:15 PM	80m Hurdles	Finals (if necessary)	U13 Girls, U15 Girls, U16 Girls
03:30 PM	80m Hurdles	Finals (if necessary)	U13 Boys, U15 Boys
03:40 PM	100m Hurdles	Finals (if necessary)	U18 Girls, U20 Women, U20 Women, U16 Boys
04:00 PM	110m Hurdles	Finals (if necessary)	U18 Boys, U20 Men, Open Showcase Men
04:15 PM	1500m	Timed Finals	U16 Girls, U18 Girls, U20 Women, Open Showcase Women
05:20 PM	100m	Timed Finals	Parents & Coaches
05:30 PM	100m	Finals	U9 Girls, U9 Boys
05:40 PM	100m	Finals	U11 Girls, U11 Boys
05:50 PM	100m	Finals	U13 Girls, U13 Boys
06:00 PM	100m	Finals	U15 Girls, U15 Boys
06:10 PM	100m	Finals	U16 Girls, U16 Boys
06:20 PM	100m	Finals	U18 Girls, U18 Boys
06:30 PM	100m	Finals	U20 Girls, U20 Men
06:40 PM	100m	Finals	Open Showcase Women, Open Showcase Men
06:50 PM	1500m	Timed Finals	U16 Boys, U18 Boys, U20 Men, Open Showcase Men
07:35 PM	4x100	Timed Finals	U9 Girls, U13 Girls, U15 Girls, U16 Girls, U18 Girls, U20 Girls, Open Showcase Women
07:45 PM	4x100	Timed Finals	U9 Boys, U13 Boys, U15 Boys, U16 Boys, U18 Boys, U20 Men, Open Showcase Men

**2024 Flying Angels International Classic
FIELD EVENTS SCHEDULE - SATURDAY, JULY 6, 2024**

Time	Event	Age Group
09:00 AM	High Jump	U11 Girls
09:00 AM	High Jump	U11 Boys
09:00 AM	Discus Throw	U13 Girls
09:00 AM	Discus Throw	U20 Boys, Open Men
09:00 AM	Long Jump	U9 Girls
09:00 AM	Long Jump	U9 Boys
09:00 AM	Long Jump	U16 Girls
09:00 AM	Long Jump	U16 Boys
10:00 AM	High Jump	U13 Girls
10:00 AM	High Jump	U13 Boys
10:30 AM	Discus Throw	U15 Girls
10:30 AM	Discus Throw	U18 Boys
11:00 AM	Long Jump	U11 Girls
11:00 AM	Long Jump	U11 Boys
11:00 AM	Long Jump	U18 Girls
11:00 AM	Long Jump	U18 Boys
11:00 AM	High Jump	U15 Girls
11:00 AM	High Jump	U15 Boys
01:00 PM	Discus Throw	U16 Girls
01:00 PM	Discus Throw	U16 Boys
01:00 PM	High Jump	U16 Girls
01:00 PM	High Jump	U16 Boys
01:30 PM	Long Jump	U13 Girls
01:30 PM	Long Jump	U13 Boys
01:30 PM	Long Jump	U20 Girls
01:30 PM	Long Jump	U20 Boys
02:00 PM	High Jump	U18 Girls
02:00 PM	High Jump	U18 Boys
02:30 PM	Discus Throw	U18 Girls
02:30 PM	Discus Throw	U15 Boys
03:00 PM	High Jump	U20 Girls, Open Women
03:00 PM	High Jump	U20 Boys, Open Men
03:30 PM	Long Jump	U15 Girls
03:30 PM	Long Jump	U15 Boys
03:30 PM	Long Jump	Open Women
03:30 PM	Long Jump	Open Men
04:00 PM	Discus Throw	U20 Girls, Open Women
04:00 PM	Discus Throw	U13 Boys

FLYING ANGELS INTERNATIONAL CLASSIC
TENTATIVE SCHEDULE

Track	2024 Flying Angels International Classic TRACK EVENTS SCHEDULE - SUNDAY, JULY 7, 2024		
Time	Event	Round	Age Group
09:00 AM	2000m	Finals	U13 Girls, U15 Girls, U16 Girls
09:10 AM	2000m	Finals	U13 Boys, U15 Boys, U16 Boys
09:20 AM	3000m	Finals	U18 Girls, U20 Women
09:35 AM	3000m	Finals	U18 Boys, U20 Men
09:50 AM	5000m	Finals	Open Showcase Women
10:10 AM	5000m	Finals	Open Showcase Men
10:30 AM	200mH	Timed Finals	U13 Girls, U15 Girls, U16 Girls
10:40 AM	200mH	Timed Finals	U13 Boys, U15 Boys, U16 Boys
10:50 AM	400mH	Timed Finals	U18 Girls, U20 Girls, Open Showcase Women
11:00 AM	400mH	Timed Finals	U18 Boys, U20 Men, Open Showcase Men
11:15 AM	800m	Timed Finals	U9 Girls, U11 Girls, U13 Girls, U15 Girls, U16 Girls, U18 Girls, U20 Girls, Open Showcase Women
12:20 PM	200m	Heats	U9 Girls, U9 Boys
12:40 PM	200m	Heats	U11 Girls, U11 Boys
01:00 PM	200m	Heats	U13 Girls, U13 Boys
01:20 PM	200m	Heats	U15 Girls, U15 Boys
01:40 PM	200m	Heats	U16 Girls, U16 Boys
02:00 PM	200m	Heats	U18 Girls, U18 Boys
02:20 PM	200m	Heats	U20 Girls, U20 Men
02:40 PM	200m	Heats	Open Women Showcase, Open Men Showcase
02:50 PM	800m	Timed Finals	U9 Boys, U11 Boys, U13 Boys, U15 Boys, U16 Boys, U18 Boys, U20 Men, Open Showcase Men
03:35 PM	Mixed 4x100	Timed Finals	Parents & Coaches
03:40 PM	200m	Finals	U9 Girls, U9 Boys
03:50 PM	200m	Finals	U11 Girls, U11 Boys
04:00 PM	200m	Finals	U13 Girls, U13 Boys
04:10 PM	200m	Finals	U15 Girls, U15 Boys
04:20 PM	200m	Finals	U16 Girls, U16 Boys
04:20 PM	200m	Finals	U18 Girls, U18 Boys
04:30 PM	200m	Finals	U20 Girls, U20 Men
04:40 PM	Mixed 4x400	Finals	U9, U11, U13, U15, U16, U18, U20, Open
05:00 PM	Team Awards Ceremony		

**2024 Flying Angels International Classic
FIELD EVENTS SCHEDULE - SUNDAY, JULY 7, 2024**

Time	Event	Age Group
09:00 AM	Shot Put	U9 Girls
09:00 AM	Shot Put	U9 Boys
09:00 AM	Triple Jump	U13 Girls
09:00 AM	Triple Jump	U13 Boys
09:00 AM	Javelin	U13 Girls
09:00 AM	Pole Vault	U16 Girls
10:00 AM	Shot Put	U11 Girls
10:00 AM	Shot Put	U11 Boys
10:00 AM	Javelin	U15 Girls
10:00 AM	Pole Vault	U18 Girls
11:00 AM	Shot Put	U13 Girls
11:00 AM	Shot Put	U13 Boys
11:00 AM	Triple Jump	U15 Girls
11:00 AM	Triple Jump	U15 Boys
11:00 AM	Javelin	U16 Girls
11:00 AM	Pole Vault	U20 Girls, Open Women
01:00 PM	Shot Put	U15 Girls
01:00 PM	Shot Put	U15 Boys
01:00 PM	Triple Jump	U16 Girls
01:00 PM	Triple Jump	U16 Boys
01:00 PM	Javelin	U13 Boys
01:00 PM	Pole Vault	U16 Boys
02:00 PM	Javelin	U15 Boys
02:00 PM	Pole Vault	U18 Boys
03:00 PM	Javelin	U16 Boys
03:00 PM	Pole Vault	U20 Boys, Open Men