

## 2024 DAVID MCKENDRICK MINOR TRACK ASSOCIATION

### PROVINCIAL INDOOR CHAMPIONSHIPS

April 6-7, 2024 Updated: March 15, 2024

<b>Presented by</b>	United Tamil Sports Club and Flying Angels Track & Field Academy
<b>Location</b>	Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9
<b>Eligibility</b>	<p>This is a closed event for MTA clubs and their members only. Only athletes registered with an MTA-registered club may compete.</p> <p>All member clubs must have their athletes registered and the annual administration fee paid before the meet entry deadline.</p>
<b>Facility</b>	<p>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.</p>
<b>Meet Directors</b>	<p>Earl Letford track@flyingangels.ca</p> <p>Siva Kandiah skanpung@gmail.com</p>
<b>Registration Form</b>	<p>Online Registration is through trackie.com using the following link: <b><a href="http://www.Trackie.com/events/2024MTAIndoorChamps">www.Trackie.com/events/2024MTAIndoorChamps</a></b></p>
<b>Regular Entry Deadline</b>	<p>Tuesday, April 2, 2024 @ 11:59 pm</p> <p><u>Regular Entry Fee</u> \$15 per individual event and \$1.00 MTA fee per athlete \$20 per relay</p>
<b>Late Entry Deadline</b>	<p>Thursday, April 4, 2024 @ 10:00 am</p> <p><u>Late Entry Fee</u> \$20 per individual event and \$1.00 MTA fee per athlete \$25 per relay</p> <p><b>No entries will be accepted after the Late Entry deadline</b></p>
<b>Entries Enquiries</b>	<p>Thanuja Balasingham bthanujah@yahoo.com</p> <p>Earl Letford track@flyingangels.ca</p>

<b>Events Offered</b>	<p><b>Pee Wee (Born 2018 - 2019)</b> 60m, Long Jump (3 attempts only)</p> <p><b>Mite (Born 2016-2017)</b> 60m, 200m, 400m, 800m, 60m Hurdles (12"/30cm), Long Jump, Shot Put (1.50kg), 4x200 Relay</p> <p><b>Tyke (2014-2015)</b> 60m, 200m, 400m, 800m, 1200m, 60m Hurdles (18"/45cm), Long Jump, High Jump, Shot Put (2 kg), 4x200 Relay, Medley Relay (400-200-200-800)</p>
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	<p><b>Atom (Born 2012-2013)</b> 60m, 200m, 400m, 800m, 800m RW, 1500m, 60m Hurdles (24"/60cm), Long Jump, Triple Jump, High Jump, Shot Put (2.73 kg), 4x200 Relay, Medley Relay (400-200-200-800)</p> <p><b>Senior (Born 2010-2011)</b> 60m, 200m, 400m, 800m, 800m RW, 1500m, 2000m, 60m Hurdles (27"/68cm), Long Jump, Triple Jump, High Jump, Shot Put (3 kg), 4x200 Relay, Medley Relay (400-200-200-800)</p> <p><b>Intermediate (Born 2008-2009)</b> 60m, 200m, 400m, 800m, 800m RW, 1500m, 3000m, 60m Hurdles (27"/68cm), Long Jump, Triple Jump, High Jump, Shot Put (3 kg / 4 kg), 4x200 Relay, Medley Relay (400-200-200-800)</p> <p><b>Youth (Born 2007)</b> 60m, 200m, 400m, 800m, 800m RW, 1500m, 3000m, 60m Hurdles (27"/68cm), Long Jump, Triple Jump, High Jump, Shot Put (4 kg / 5 kg), 4x200 Relay, Medley Relay (200m x 200m x 400m x 800m)</p>			
<b>Hurdles Specifications</b>	<b>Division</b>	<b>Height</b>	<b>Distance to 1st Hurdle</b>	<b>Distance Between Hurdles</b>
	Mite Girls & Boys	0.30m	11.50m	7.00m
	Tyke Girls & Boys	0.45m	11.50m	7.00m
	Atom Girls & Boys	0.60m	11.50m	7.00m
	Senior Girls & Boys	0.68m	11.50m	7.50m
	Intermediate Girls	0.762m	12.00m	8.00m
	Intermediate Boys	0.840m	13.00m	8.50m
	Youth Girls	0.762m	13.00m	8.50m
	Youth Boys	0.914m	13.72m	9.14m
<b>Shot Put Events</b>	The Shot Put event will be contested with the following weights:			
	Mite Boys & Girls Tyke Boys & Girls Atom Boys & Girls Senior Boys & Girls Intermediate Girls Intermediate Boys Youth Girls Youth Boys	1.5 kg 2.0 kg 2.73 kg 3.0 kg 3.0 kg 4.0 kg 3.0 kg 5.0 kg		
<b>Results</b>	Will be posted at <a href="http://www.trackie.com">www.trackie.com</a> and <a href="http://www.minortrack.org">www.minortrack.org</a> at the completion of 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 meet from the spectator gallery upstairs.</p> <p>Street shoes or boots are not allowed into the Field House.</p>
<b>Packet Pickup</b>	Coaches must pick up their team packet at the Hospitality Room upstairs. No individual bibs will be handed out.
<b>Coaches pass</b>	A wristband for each coach will be in the team packages. Only MTA-registered coaches will receive a coach's wristband.

<b>Meet Admission</b>	Entry to the Field House is by wristband only. Wristbands for athletes and coaches are included in the team's packet.
<b>Coaches Entry</b>	To receive a wristband, coaches must be registered and/or approved by MTA before the entry deadline.
<b>Schedule</b>	A copy of the schedule is attached. The meet will operate on a rolling schedule. Each event will start at the conclusion of the previous event.
<b>Spectators</b>	Spectators must watch the meet from the upstairs viewing gallery. No parents are allowed to spectate from inside the fieldhouse. <b>There is a \$5 daily charge for all spectators ages 12 years old &amp; up</b>
<b>Awards</b>	Medals are presented to the first three finishers in each event. 4th-6th place finishers receive a ribbon.  The top three finishers should make their way to the awards podium after the conclusion of their event. The 4th-6th place finishers should pick up their ribbon at the awards desk.  An MTA team championship trophy will be awarded to the club with the highest accumulated team points at the end of the meet.
<b>False Start Rule</b>	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.
<b>Advancement to Finals</b>	<u>Six (6) or fewer heats</u> - The top 8 times from the qualifying round will move to a single final  <u>Seven (7) or more heats</u> - The top 16 times from the qualifying round will move to a two-section final. Awards will be given to the top times between the two sections.
<b>Simultaneous Events</b>	Athletes who are 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 at the same time. The athletes will get a chance to warm up and/or find their mark during the warm-up period allotted to all participants before they leave for the simultaneous event. They will not get any additional time to warm up or "find their mark" upon returning to the event.  <u>Long Jump and Shot Put</u>  Athletes in the <b>Mite, Tyke, Atom, &amp; Senior</b> divisions will receive all their preliminary attempts if they return to the event before the end of the preliminary rounds. 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 final 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.  Athletes in the <b>Intermediate &amp; Youth</b> 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.  <u>High Jump</u>  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.
<b>Horizontal Jumps</b>	Pee Wee, Mite, Tyke, and Atom athletes will jump from a 1m jump zone for the long jump. The jump zone may be marked powder if allowed by the facility.  Senior, Intermediate and Youth athletes must jump from the designated board. All Triple Jump competitors must jump from the designated board.

	All competitors in throws or jumps will receive 3 preliminary trials then top 8 will get 2 more trials each.
<b>High Jump</b>	<u>Less than 16 participants</u> Each competitor gets 3 trials at each height  <u>16 or more participants</u> Each competitor gets 2 trials at each height When there are only 6 participants remaining then all 6 get 3 trials at each height until they are eliminated.  Starting height will be the lowest height requested by any competitor Height will increase by 5 cm increments until there are 3 jumpers left Height will then increase by 2 cm increments unless ALL jumpers agree to a larger increase.
<b>Throws</b>	All competitors in throws or jumps will receive 3 preliminary trials then top 8 will get 2 more trials each.

## 2024 MTA INDOOR PROVINCIAL CHAMPIONSHIPS SCHEDULE OF EVENTS - DAY 1

**APRIL 6, 2024**

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

<b>Morning Session</b>				
09:00 AM	1200m	Timed Final	Female	Tyke
09:15 AM	1200m	Timed Final	Male	Tyke
09:30 AM	1500m	Timed Final	Female	Atom - Senior - Intermediate - Youth
10:20 AM	1500m	Timed Final	Male	Atom - Senior - Intermediate - Youth
11:10 AM	60m	Timed Final	Female	Pee Wee
11:15 AM	60m	Timed Final	Male	Pee Wee
11:20 AM	60m	Heats	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
12:15 AM	60m	Heats	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth
<b>Afternoon Session</b>				
01:30 PM	400m	Timed Final	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
0:2:15 PM	400m	Timed Final	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth
0:3:00 PM	60m	Finals	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
0:3:20 PM	60m	Finals	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth
0:3:45 PM	800m Race Walk	Finals	Female	All Females
0:4:00 PM	800m Race Walk	Finals	Male	All Males
04:15 PM	Sprint Medley Relay	Finals	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
04:30 PM	Sprint Medley Relay	Finals	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth

### FIELD EVENTS

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

**2024 MTA INDOOR PROVINCIAL CHAMPIONSHIPS**  
**SCHEDULE OF EVENTS - DAY 2**  
**APRIL 7, 2024**

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

<b>Morning Session</b>				
09:00 AM	2000m	Final	Female	Senior
09:15 AM	2000m	Final	Male	Senior
09:30 AM	3000m	Timed Final	Female	Intermediate - Youth
10:00 AM	3000m	Timed Final	Male	Intermediate - Youth
10:15 AM	200m	Timed Final	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
11:00 AM	200m	Timed Final	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth
11:30 AM	60m Hurdles	Heats	Female & Male	Mite - Tyke - Atom
12:00 PM	60m Hurdles	Heats	Female & Male	Senior - Intermediate - Youth
<b>Afternoon Session</b>				
01:30 PM	800m	Timed Final	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
02:15 PM	800m	Timed Final	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth
03:00 PM	60m Hurdles	Finals	Female & Male	Mite - Tyke - Atom
03:20 PM	60m Hurdles	Finals	Female & Male	Senior - Intermediate - Youth
03:40 PM	4x200m	Timed Final	Female	Mite - Tyke - Atom - Senior - Intermediate - Youth
04:00 PM	4x200m	Timed Final	Male	Mite - Tyke - Atom - Senior - Intermediate - Youth

**FIELD EVENTS**

Time	Horizontal Jumps Pit 1	Horizontal Jumps Pit 2	Shot Put
09:00 AM	Mite Girls Long Jump	Mite Boys Long Jump	Senior Boys
09:30 AM			
10:00 AM	Atom Boys & Senior Boys Triple Jump	Atom Girls & Senior Girls Triple Jump	Intermediate Boys
10:30 AM			
11:00 AM			Youth Boys
11:30 AM	Intermediate Boys & Youth Boys Triple Jump	Intermediate Girls & Youth Girls Triple Jump	
12:00 PM			
12:30 PM			Senior Girls
01:00 PM			
01:30 PM			Intermediate Girls
02:00 PM			
02:30 PM			Youth Girls