



**ATHLÉTISME  
LAVAL**

**2024**

**49th Canadian Masters Athletics  
Outdoor Championship**

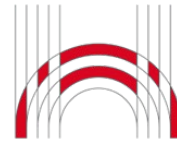
**August 2 to 4, 2024**

**Claude-Ferragne Athletic Park**

4630 Cyrille-Delage  
Laval, Québec H7K 2S4



**INVITATION  
PACKAGE**



**CHAMPIONNAT  
CANADIEN  
DES MAÎTRES**  
CANADIAN MASTERS CHAMPIONSHIP  
**LAVAL 2024-2025**



This competition is organised by Club d'Athlétisme Laval in collaboration with Ville de Laval, Canadian Masters Athletics and Athlétisme Québec.

## GENERAL INFORMATION

**Dates : Friday to Sunday, August 2 to 4, 2024**

**Venue : Claude-Ferragne Athletic Park - 4630 Cyrille-Delage, Laval, Québec, H7K 2S4 (Behind Odysée-des-jeunes School)**



## FACILITIES :

- 400 meter track: eight lanes oval, synthetic with water jump
- 100 meter track: ten lanes straight, synthetic
- Warm-up track: four lanes
- Field: Synthetic competition surfaces
- Jump approach areas: synthetic surface
- Throws: Appropriate cages, concrete throwing surfaces, and grass landing areas
- Sand pits: four available
- Hurdles: 27" will be available
- Pole vault poles provided, but choice will be limited
- Spike length: track and long jump maximum 7mm, high jump and javelin 9mm
- Electronic timing using FinishLynx, with scoreboard
- Bathrooms: four dry toilets outside and many available inside Odysée-des-Jeunes School, using door 16 at the back of the school
- Showers and changing rooms: available inside Odysée-des-Jeunes School using door 16. Bring your own lock
- Stands: capacity for 1,000 people
- Entry fees for the stands:
  - Friday, \$5.00/ Saturday and Sunday, \$15.00 a day /or \$25.00 for three days per person
- Parking: free at Odysée-des-Jeunes School and on neighbouring streets

## WELCOME

Athlétisme Laval would like to welcome all masters athletes to the 49th Canadian Masters Outdoor Track and Field Championships. This competition is open to both Canadian and non-Canadian athletes.

## ELIGIBLE ATHLETES

- All Canadian resident masters athletes who are 2024 competitive members of their provincial or territorial branch of Athletics Canada.
- Masters athletes from outside Canada who are members of Athletics Canada or their National Affiliate.
- All athletes must be 30 years of age or older on August 2, 2024.
- There are no performance standards required for entry into the Championships.

## AGE GROUPS

- All competition is in 5-year age groups, beginning with 30 to 34, 35 to 39, etc., and progressing to the age of the oldest competitor.
- Age is calculated as of the first day of the Championships, August 2, 2024.

## ENTRY INFORMATION

- Use [Trackie.com](https://trackie.com)
- Athletes without Canadian citizenship but who qualify as Canadians, register as Canadian citizens and indicate Athletics Canada number.
- Other non-Canadian athletes, indicate « Foreign » when the registration asks for « membership # », and reply « No » to the question « Are you a Canadian citizen? »
- The entry [website](#) is now OPEN.
- Entry period: From April 29, 2024 to **July 19, 2024, 11:59 pm.**
- When you register, it is mandatory to enter your estimated performance, so the schedule can be arranged accordingly.

**No late entries will be accepted, and no entries on site.**

Only athletes with a competitive membership can participate in this competition. New memberships need to be completed at least 5 days before the entry deadline.

## ENTRY FEES

- First event \$45.00.
- Second and third events \$35.00.
- Subsequent event(s) \$25.00 per event.
- Combined events (Throws Pentathlon and Outdoor Pentathlon) \$60.00 each.
- Pentathlon athletes in either event will be charged \$35.00 for their second event and \$25.00 for each additional event.
- Relays \$60.00 per team.

## RELAY TEAMS

Relay teams may be club teams, from different clubs or unattached. Teams may be a combination of different age groups but not gender mixed, and must compete in the age group of the youngest competitor.

Relay teams may be registered in the following ways:

- Teams may be registered and paid for through the Trackie registration system, and two spare runners may be registered per team.
- Individual athletes may register their interest in taking part in one or more relays, also through the Trackie registration system.
- To encourage online registrations, relay team registrations will not be closed on the regular registration deadline of July 19, but will continue to be accepted until the day of the relay.
- Teams may be organized by individuals from among athletes who are registered for any event in the Championship.
- In all cases, the deadline to finalize and register teams is one hour before the event on the day of the relay, and the form which will be provided must be completed at the event for all teams, giving the final order for running. If not already paid, payment will be by cash only.

**No refunds will be given unless the event is cancelled by the organizers.**

## ATHLETE UNIFORMS



- Athletes may compete in club, provincial or national uniforms, or other appropriate athletic clothing
- Competition bib numbers must be worn on the front, except as indicated below.
- For jumping and throwing events, numbers may be worn on either the front or the back.
- Race walk competitors must wear numbers on both the front and the back, and will be provided with a second bib.
- Competitors in the 1500m, 5000m, 10000m, steeplechase and race walks will also be provided age group numbers, to be worn on their backs.

## PACKAGE PICKUP

Competition packages with competitors' numbers may be picked up at Claude Ferragne track starting at:

- 11:00 am, on Friday, August 2
- 8:00 am, on Saturday, August 3
- 8:00 am, on Sunday, August 4

## PERSONAL EQUIPMENT

All throwing equipment will be provided, but athletes may bring their own. Athletes who wish to use their own throwing equipment must have their implements approved. All approved personal implements become part of the equipment pool for that event and may be used by all competitors in that event. Personal equipment must be surrendered for approval by officials by the following times for events each day:

- Friday, August 2, by 12:00 pm (noon)
- Saturday, August 3, by 8:00 am
- Sunday, August 4, by 8:00am

## TECHNICAL SPECIFICATIONS

All events will follow World Athletics rules, except where modified by World Masters Athletics.

Hurdle heights, steeplechase heights and implement weights can be found on the Canadian Masters Athletics (CMA) [website](#)

[canadianmasters.ca/resources/technical-specs/](http://canadianmasters.ca/resources/technical-specs/)

### ➤ Track events



- All running events except the 100m will be run as finals. Semi-finals will be run in the 100m if more than 10 competitors are in an age group.
- Age group will be combined to maximize use of lanes, but no athlete will be separated from his/her age group.
- Women will compete first, oldest to youngest, followed by men, oldest to youngest.

### ➤ Field events

- Athletes will be given practice time as time permits.
- All individual throwing and horizontal jump events will be allowed 6 trials.
- Pentathlon athletes will be allowed only 3 jumps or throws.

### ➤ Call room



**For all track events** and for the first event of each combined event, competitors must check in 20 minutes prior to the start of the event. The call room tent will be located near the garage at Claude-Ferragne track.

**For field events**, there will be no call room. The competitors must check in at the individual field event area 30 minutes prior to the start of the event, **except** for pole vault (45 minutes before the event).

## Protests and appeals

Protests must be made immediately to the relevant track or field referee. The referee's decision may be appealed in writing to the Jury of Appeal, accompanied by a \$50.00 fee. An appeal must be received within 30 minutes after the final results are posted. If the appeal is successful, the fee will be returned, otherwise it will be forfeited.

All Jury of Appeal decisions will be final.



## Awards

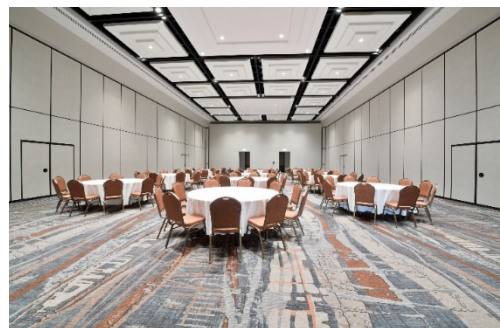
- CMA medals will be awarded to the first, second and third Canadian finishers in each gender and age group in each event.
- Non-Canadian athletes finishing in the top three will receive duplicate CMA medals.
- The members of the first-place relay team in each gender and age group will also receive CMA medals.
- Medals will be presented at the end of each session, a schedule will be available on site. Medals can also be picked up later by the athlete, a coach or a team-mate, next to the garage. Unclaimed medals will not be mailed.
- The Harold Morioka Trophy will be awarded at the conclusion of the championship to the listed Canadian club receiving the highest number of points in the championship, based on the number of points for Canadian members of the club placing as follows in each age group and gender, except for relays:
  - 1<sup>st</sup> place : 7 points
  - 2<sup>nd</sup> place : 6 points
  - 3<sup>rd</sup> place : 5 points
  - 4<sup>th</sup> place : 4 points
  - 5<sup>th</sup> place : 3 points
  - 6<sup>th</sup> place : 2 points
  - 7<sup>th</sup> place : 1 point

## Records

- For Canadian Masters records, completed application forms are not required. A proof of age must, however, be on file with the CMA.
- For World Masters records, a WMA record application form must be completed, and all other required documentation must be provided.
- For Quebec records, a form needs to be completed and given to Athletisme Quebec. Forms will be available on site.

## CMA annual awards dinner

- The CMA invites all athletes and guests to attend its annual Awards Dinner.
- After the dinner, the CMA will recognize its 2023 CMA athletes of the year and its 2024 inductees into the CMA Hall of Fame. A maximum of 100 attendees can be accommodated.
- Date : Saturday August 3, social at 6:00 pm, dinner at 7:00 pm
- Cost : \$70,00 plus tax per person
- Location : Sheraton Hotel (15 minutes from the track)  
2440 Autoroute des Laurentides, Laval, Québec, Canada H7T 1X5  
Phone : 450 687-2440
- [The tickets need to be purchased on line, when registering, by July 19, 2024.](#)





## OTHER INFORMATION

### ➤ First aid

First aid services will be offered during the competition at the physiotherapy kiosk near the garage.



### ➤ Physiotherapists

A physiotherapist and two physio technicians will be on site to help with minor injuries and first aid. During the competition, taping will be offered for free to the athletes.



Link : [Clinique de Physiothérapie à Laval \(1110, Vanier\)](#)

### ➤ Massages

A team will be on site to offer 15 minute treatments. For \$5.00, athletes will have access to a treatment, the organization will take care of the rest. Cash only.

### ➤ Photographs

A photographer will be on site to take pictures and after the event (72 hours) a link will be available to see them online. This will be free of charge.

### ➤ Clothing for sale

For sale on site and on the [registration site](#) in small quantities only



Competition T-shirt

- \$60.00 plus tax on the registration site
- \$65.00 plus tax on site

## MEALS-SNACKS

Food will be available to purchase on site.

## ACCOMMODATION

Here is the hotel reserved for the Canadian Masters Championship and the fees were negotiated for thursday, August 1 to Saturday, August 3, 2024.

### Hôtel Sheraton

2440 Autoroute des Laurentides,  
Laval, Québec H7T 1X5  
Phone : 450 687-2440  
(15 minutes from the track by car)



- **\$219.00 + taxes** per standard room with 2 queen beds per night, single or double occupancy + access to the pool. Regular price 315.00\$
- **\$20.00 fee** per extra person per night for triple or quadruple occupancy.
- **\$30.00 fee** per night for a folding bed.
- **Applicable taxes**
  - Accommodation tax : 3.5%
  - Goods and services tax : 5%
  - Quebec sales tax : 9.975%
- **Cancellation Policy:** Please cancel your reservation 30 days prior to arrival. Otherwise, the full stay room/tax will be charged.

### **Reservations : important to mention, « Athletisme Laval»**

- From Canada and USA  
450 687-2440 Local 0  
[daurica@sheraton-laval.com](mailto:daurica@sheraton-laval.com)

Prices are available until June 14, at 11:59 pm at 450 687-2440.

## EVENT PROGRAM

Track/field	Outdoor Pentathlon	Throws Pentathlon		
<b>Track</b>	100m	200m	400m	800m
	1500m	1500m walk	2000m steeple	3000m steeple
	5000m	5000m walk	10000m	
<b>Hurdles-Short</b>	80m	100m	110m	
<b>Hurdles-Long</b>	200m	300m	400m	
<b>Relays</b>	4 x 100m	4 x 400m	4 x 800m	
<b>Jumps</b>	Pole vault	Long jump	High jump	Triple jump
<b>Throws</b>	Shot put	Hammer	Weight	Javelin
	Discus			

## PROVISIONAL SCHEDULE

**Important: This is a provisional schedule only. The schedule will be adjusted based on the number of participants and the availability of the officials. It can be adjusted due to registration or the weather. Changes are possible within the day between the provisional and final schedules. The organizers will not be responsible for any costs incurred as a result of changes made in the schedule.**

### Friday, August 2 – SESSION 1

Track			
Hours	Event	M/W	Round
1:00 pm	Short hurdles (Start of Outdoor Pentathlon)	W	finals
1:30 pm	10000m	M/W	finals
	200m pentathlon	M	finals
	800m pentathlon	W	finals
	1500m pentathlon	M	finals
5:30 pm	Awards Presentations		
End of session 1 (Track)			

Field			
Hours	Event	W/M	Round
1:30 pm	Hammer (Start of Throws Pentathlon, followed by Shot, Discus, Javelin and Weight)	W/M	finals
1:30 pm	Long jump (Start of Outdoor pentathlon)	M	finals
	High Jump (Pentathlon)	W	finals
	Javelin (Pentathlon)	M	finals
	Shot Put (Pentathlon)	W	finals
	Discus (Pentathlon)	M	finals
	Long Jump (Pentathlon)	W	finals
5:30 pm	Awards Presentations		
End of session 1 (Field)			

## Saturday, August 3 – SESSION 2

Track			
Hours	Event	M/W	round
<b>9:00 am</b>	1500m Race Walk	M/W	finals
	1500m	M/W	finals
	Short hurdles	M/W	Finals/ prelim
	100m (Finals, if necessary, to follow)	M/W	finals
	400m	M/W	finals
	Steeplechase 2000m/ 3000m	M/W	finals
	4 x 100m Relays	M/W	finals
	4 x 800m Relays	M/W	finals
<b>4:30 pm</b>	Awards Presentations		
End of session 2 (Track)			

Field			
Hours	Event	M/W	Round
<b>9:00 am</b>	Hammer	M	finals
	Shot put	W	finals
	Long jump	W	finals
	Hammer	W	finals
	Shot put	M	finals
	Pole vault	M/W	finals
	Discus	W	finals
	Long jump	M	finals
	Discus	M	finals
<b>4:30 pm</b>	Awards Presentations		
End of session 2 (Field)			

## Sunday, August 4 – SESSION 3

Track			
Hours	Event	M/W	Round
<b>9:00 am</b>	5000m Race Walk	M/W	finals
	5000m	M/W	finals
	Long hurdles	M/W	finals
	800m	M/W	finals
	200m	M/W	finals
	4 x 400m Relays	M/W	finals
<b>4:00 pm</b>	Awards Presentations		
End of session 3 (Track)			

Field			
Hours	Event	M/W	Round
<b>9:00 am</b>	Javelin	W	finals
	Javelin	M	finals
	Triple jump	W	finals
	High jump	M	finals
	Weight throw	W	finals
	High jump	W	finals
	Weight throw	M	finals
	Triple jump	M	finals
<b>4:00 pm</b>	Awards Presentations		
End of session 3 (Field)			

## SPONSORS



Mise à jour : 12-05-2024