



FLYING ANGELS
INTERNATIONAL TRACK & FIELD CHAMPIONSHIPS
TECHNICAL PACKAGE - REVISED

(Revised June 16, 2024)

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

Website www.flyingangels.ca

Enquiries Earl Letford
track@flyingangels.ca

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

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

Entry Deadline **Tuesday, July 2, 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, 200m Hurdles (scissors) Long Jump, Shot Put 4x100, Sprint Medley Relay (400m-200m-200m-800m)
U11 (born 2014 & 2015)	100m, 200m, 400m, 800m, 1200m, 200m Hurdles (scissors) Long Jump, Shot Put, High Jump 4x100, Mixed 4x400
U13 (born 2012 & 2013)	100m, 200m, 400m, 800m, 1500m, 2000m, 200m Hurdles (scissors) Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin 4x100, Sprint Medley Relay (400m-200m-200m-800m)
U15 (born 2010 & 2011)	100m, 200m, 400m, 800m, 1500m, 3000m, 200m Hurdles Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin 4x100, Mixed 4x400
U16 (born 2009)	100m, 200m, 400m, 800m, 1500m, 3000m, 200m Hurdles Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer 4x100, Sprint Medley Relay (400m-200m-200m-800m)
U18 (born 2007 & 2008)	100m, 200m, 400m, 800m, 1500m, 3000m, 100m/110m Hurdles, 400m Hurdles Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer 4x100, Mixed 4x400
U20 (born 2005 & 2006)	100m, 200m, 400m, 800m, 1500m, 5000m, 100m/110m Hurdles, 400m Hurdles Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer 4x100, Sprint Medley Relay (400m-200m-200m-800m)
Open (born 2004 & older)	100m, 200m, 400m, 800m, 1500m, 5000m, 100m/110m Hurdles, 400m Hurdles Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer 4x100, Mixed 4x400
Parents & Coaches (born 1994 & older)	100m, Mixed 4x100

Event Notes Athletes may compete in an event in an older division

Sprint Medley Relay runs 400m-200m-200m-800m

Mixed 4x400 must have at least two females

Results Will be posted at flyingangels.ca and trackie.com

Relay-Only Athletes The names of all 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 Indoor track is available for athlete warm-ups The indoor track has an oval and 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. Spectators must view the competition from the stands and the awards ceremony from the viewing gallery.</p> <p>Spectators may access the Spectator Gallery upstairs in the fieldhouse to view the awards ceremony.</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	Coaches must pick up their team packet from the Registration Tent outside the stadium's southwest entrance.
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 at the stadium entrance. 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	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 4, 2024.
Warm Up Area	<p>The indoor track is available for athletes to warm up. Only athletes and coaches are allowed in the warm-up area Access the indoor track through the doors at the stadium's southwest end. No warm-up is allowed on the competition track or the infield. 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 The entrance to the indoor track is located at the southwest end of the stadium Athletes must check in at the Athlete Control Centre for all events when the event is called Athletes will be escorted to their events by the Marshall</p>
Scoring	The top three finishers in each event will score points for their teams as follows: 1 st place (3 points), 2 nd place (2 points), 3 rd place (1 point)
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> <ul style="list-style-type: none"> ● The Top 8 finishers in each event final receive an award ● The team with the most accumulated points overall receives a trophy ● The team with the most accumulated points in each division receives a trophy ● The Male and Female athlete who scores the most points in each division receives a trophy ● The Male and Female athlete who is voted the Most Outstanding Performer by our awards panel receives trophy
Implements	<p>Throwing implements are provided by Meet Management.</p> <p>Personal implements are allowed and once checked in, are entered into the competition equipment pool.</p>
False Start Rule	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.

Advancement to Finals	<p>The athletes with the eight fastest times after the heats in the 100m, 200m (U16 & older) and Sprint Hurdles will qualify for the finals.</p> <p>All events except the 100m, 200m (U16 & older) and Sprint Hurdles will be run as Timed Finals. If there are 8 or fewer athletes <u>checked in</u> for a division in the heats of the 100m, 200m (U16 & older) or sprint hurdles event, then that race will be run as a Final.</p>
Simultaneous Events	<p>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.</p> <p>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.</p>
Late Arrival to an Event	<p>It is the athlete's responsibility to review the schedule and check in to their event on time</p> <p>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.</p> <p>Athletes arriving 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.</p>
Parents & Coaches Race	<p>There will be a Parents and Coaches Women 100m, Men 100m, and Mixed 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.</p>
Protest	<p>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.</p> <p>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 Referee's decision may be appealed to the Jury of Appeal whose decision is final.</p> <p>The protest fee of \$100 will be returned if the protest is upheld.</p>
Directions	<p>DIRECTION TO TORONTO TRACK AND FIELD CENTRE</p> <ul style="list-style-type: none"> ● 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 ● Take the immediate first left entrance to the parking lot. ● Follow the sidewalk west to the front of the Track and Field Centre.
Parking	<p>There is parking available on the east and west sides of the stadium. Parking is a flat rate of \$5/day at the parking lot on the weekends.</p>
Hotels	<p>Residence Inn Toronto Vaughan Hotel 11 Interchange Way Vaughan, Ontario L4K 5W3 (905) 695-4002</p> <p>Many hotels are within a 15-minute drive of York University. Google "York University" to see the list of nearby hotels or visit the meet website for more options.</p>

IMPLEMENT SPECIFICATIONS

DIVISION	SHOT PUT	DISCUS THROW	JAVELIN THROW
U9 Girls & U9 Boys	2.73 kg	N/A	N/A
U11 Girls & U11 Boys	2.73 kg	N/A	N/A
U13 Girls & U13 Boys	3.00 kg	0.75 kg	400g
U15 Girls & U15 Boys	3.00 kg	0.75 kg	400g
U16 Girls	3.00 kg	1.00 kg	500g
U16 Boys	4.00 kg	1.00 kg	600g
U18 Girls	3.00 kg	1.00 kg	500g
U18 Boys	5.00 kg	1.50 kg	700g
U20 Girls	4.00 kg	1.00 kg	600g
U20 Boys	6.00 kg	1.75 kg	800g
Open Women	4.00 kg	1.00 kg	600g
Open Men	7.26 kg	2.00 kg	800g

HURDLES SPECIFICATIONS - SPRINT HURDLES

Division	Distance	# of Hurdles	Height	Dist. to 1st Hurdle	Dist. between Hurdles
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 Women	100m	10	0.840m	13.00m	8.50m
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 Men	110m	10	1.067	13.72m	9.14m

HURDLES SPECIFICATIONS - INTERMEDIATE HURDLES

U9 Girls & U9 Boys	200m	5	0.300m	20.00m	35.00m
U11 Girls & U11 Boys	200m	5	0.450m	20.00m	35.00m
U13 Girls & U13 Boys	200m	5	0.600m	20.00m	35.00m
U15 Girls & Boys	200m	5	0.762m	20.00m	35.00m
U16 Girls & Boys	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 Women	400m	10	0.762m	45.00m	35.00m
U18 Boys	400m	10	0.840m	45.00m	35.00m
U20 Boys	400m	10	0.914m	45.00m	35.00m
Open Men	400m	10	0.914m	45.00m	35.00m

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS
TENTATIVE SCHEDULE

(Revised 6/16/2024)

Track	2024 Flying Angels International Championships Schedule Friday, July 5, 2024		
Time	Event	Round	Age Group
6:00	400m Hurdles	Timed Final	U18 Girls / U20 Girls / Open Women
6:15	400m Hurdles	Timed Final	U18 Boys / U20 Boys / Open Men
6:30	2000m	Final	U13 Girls
6:45	2000m	Final	U13 Boys
7:00	3000m	Final	U15 Girls, U16 Girls, U18 Girls /
7:20	3000m	Final	U15 Boys, U16 Boys, U18 Boys /
8:00	5000m	Final	U20 Women / Open Women
8:20	5000m	Final	U20 Men / Open Men

Field	2024 Flying Angels International Championships Schedule Friday, July 5, 2024					
Field	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2	
4:00					U16 / U18 / U20 / Open Girls Hammer Throw	
4:15						
4:30						
4:45						
5:00					U16 / U18 / U20 / Open Boys Hammer Throw	
5:15						
5:30						
5:45						
6:00		U20 & Open Women Triple Jump		U20 & Open Men Shot Put		
6:15	U20 & Open Women High Jump					U20 & Open Men Javelin
6:30						
6:45						
7:00				U20 & Open Women Shot Put		
7:15	U20 & Open Men High Jump				U20 & Open Women Javelin	
7:30		U20 & Open Men Triple Jump				
7:45						
8:00						
8:15						
8:30						
8:45						

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS
TENTATIVE SCHEDULE

(Revised 6/16/2024)

Track	2024 Flying Angels International Championships Schedule Saturday, July 6, 2024		
Time	Event	Round	Age Group
9:00	1200m	Timed Finals	U11 Girls
9:10	1200m	Timed Finals	U11 Boys
9:20	400m	Timed Finals	U9 Girls / U9 Boys
9:23	400m	Timed Finals	U11 Girls / U11 Boys
9:35	400m	Timed Finals	U13 Girls / U13 Boys
9:45	400m	Timed Finals	U15 Girls / U15 Boys
9:55	400m	Timed Finals	U16 Girls / U16 Boys
10:05	400m	Timed Finals	U18 Girls / U18 Boys
10:20	400m	Timed Finals	U20 Women & Open Women
10:25	400m	Timed Finals	U20 Men & Open Men
	80m Hurdles	Heats or Finals	U15 Girls / U16 Girls
10:45	100m Hurdles	Heats or Finals	U18 Girls / U15 Boys / U16 Boys / U20 Women / Open Women
10:55	110m Hurdles	Heats or Finals	U18 Boys / U20 Men / Open Men
11:15	1500m	Timed Finals	U13 Girls
11:25	1500m	Timed Finals	U13 Boys
11:35	1500m	Timed Finals	U15 Girls
11:45	1500m	Timed Finals	U15 Boys
12:15	OPENING CEREMONIES		
12:30	80m Hurdles	Heats or Finals	U15 Girls / U16 Girls
12:40	100m Hurdles	Finals (if necessary)	U18 Girls / U15 Boys / U16 Boys / U20 Women / Open Women
12:50	110m Hurdles	Finals (if necessary)	U18 Boys / U20 Men & Open Men
1:00	100m	Prelims	U9 Girls / U9 Boys
1:15	100m	Prelims	U11 Girls / U11 Boys
1:30	100m	Prelims	U13 Girls / U13 Boys
1:45	100m	Prelims	U15 Girls / U15 Boys
2:00	100m	Prelims	U16 Girls / U16 Boys
2:15	100m	Prelims	U18 Girls / U18 Boys
2:30	100m	Prelims	U20 Women & U20 Men
2:45	100m	Prelims	Open Women & Open Men
3:00	1500m	Timed Finals	U16 Girls / U18 Girls / U20 Women / Open Women
3:20	100m	Finals	Parents & Coaches Women / Men
3:25	100m	Finals	U9 Girls / U9 Boys
3:30	100m	Finals	U11 Girls / U11 Boys
3:35	100m	Finals	U13 Girls / U13 Boys
3:40	100m	Finals	U15 Girls / U15 Boys
3:45	100m	Finals	U16 Girls / U16 Boys
3:50	100m	Finals	U18 Girls / U18 Boys
3:55	100m	Finals	U20 Women & U20 Men
4:00	100m	Finals	Open Women & Open Men
4:15	1500m	Timed Finals	U16 Boys / U18 Boys / U20 Men / Open Men
4:45	4x100 Relay	Timed Finals	U9, U11, U13, U15, U16, U18, U20, Open Girls
4:55	4x100 Relay	Timed Finals	U9, U11, U13, U15, U16, U18, U20, Open Boys

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS
TENTATIVE SCHEDULE

(Revised 6/16/2024)

Field	2024 Flying Angels International Championships Schedule Saturday, July 6, 2024				
Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2
9:00	U11 & U13 Girls High Jump	U20 & Open Men Long Jump	U15 Boys Long Jump	U9 Girls & Boys Shot Put	U16 & U18 Girls Discus Throw
9:15					
9:30					
9:45					
10:00	U15 / U16 / U18 Girls High Jump	U16 & U18 Boys Long Jump	U13 Boys Long Jump	U15 & U16 Boys Shot Put	U20 & Open Women Discus Throw
10:15					
10:30					
10:45					
11:00	U15 / U16 / U18 Boys High Jump	U20 & Open Women Long Jump	U11 Boys Long Jump	U18 Boys Shot Put	U20 & Open Men Discus Throw
11:15					
11:30					
11:45					
12:00					
12:15					
12:30					
12:45					
1:00	U11 & U13 Boys High Jump	U16 & U18 Girls Long Jump	U11 Girls Long Jump	U15 Girls Shot Put	U13 / U15 / U16 / U18 Girls Javelin
1:15					
1:30					
1:45					
2:00				U13 Girls Shot Put	U13 / U15 / U16 / U18 Boys Javelin
2:15					
2:30					
2:45					
3:00		U15 Girls Long Jump	U13 Girls Long Jump	U11 Girls Shot Put	
3:15					
3:30					
3:45					
4:00					
4:15					

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS
TENTATIVE SCHEDULE

(Revised 6/16/2024)

Track	2024 Flying Angels International Championships Schedule Sunday, July 7, 2024		
Time	Event	Round	Age Group
9:00	200m Hurdles (scissor hurdles)	Timed Finals	U9 Girls / U9 Boys
9:05	200m Hurdles (scissor hurdles)	Timed Finals	U11 Girls / U11 Boys
9:10	200m Hurdles (scissor hurdles)	Timed Finals	U13 Girls / U13 Boys
9:15	200m Hurdles	Timed Finals	U15 Girls / U15 Boys
9:20	200m Hurdles	Timed Finals	U16 Girls / U16 Boys
9:40	800m	Timed Finals	U9 Girls / U11 Girls
9:50	800m	Timed Finals	U13 Girls / U15 Girls
10:00	800m	Timed Finals	U16 Girls / U18 Girls
10:10	800m	Timed Finals	U20 Women & Open Women
10:25	200m	Timed Finals	U9 Girls / U9 Boys
10:40	200m	Timed Finals	U11 Girls / U11 Boys
10:55	200m	Timed Finals	U13 Girls / U13 Boys
11:10	200m	Timed Finals	U15 Girls / U15 Boys
11:25	200m	Heats	U16 Girls / U16 Boys
11:40	200m	Heats	U18 Girls / U18 Boys
11:55	200m	Heats	U20 Women & Open Women
12:10	200m	Heats	U20 Men & Open Men
12:30	800m	Timed Finals	U9 Boys / U11 Boys
12:40	800m	Timed Finals	U13 Boys / U15 Boys
12:50	800m	Timed Finals	U16 Boys / U18 Boys
1:00	800m	Timed Finals	U20 Men & Open Men
1:15	200m	Finals	U16 Girls / U16 Boys
1:25	200m	Finals	U18 Girls / U18 Boys
1:35	200m	Finals	U20 Women & U20 Men
1:45	200m	Finals	Open Women & Open Men
2:00	4x100 Relay	Finals	Parents & Coaches Mixed
2:30	Sprint Medley Relay	Finals	U9 / U13 / U16 / U20 Girls
2:40	Sprint Medley Relay	Finals	U9 / U13 / U16 / U20 Boys
2:50	Mixed 4x400 Relay	Finals	U11 / U15 / U18 / Open
3:30	Team Awards Ceremony		

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS
TENTATIVE SCHEDULE

(Revised 6/16/2024)

Field	2024 Flying Angels International Championships Schedule Sunday, July 7, 2024					
Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2	
9:00		U16 & U18 Boys Triple Jump		U11 Boys Shot Put		
9:15						
9:30						
9:45						
10:00	U16 / U18 / U20 / Open Girls Pole Vault	U16 & U18 Girls Triple Jump		U13 Boys Shot Put		
10:15						
10:30						
10:45						
11:00				U16 & U18 Girls Shot Put		
11:15						
11:30						
11:45						
12:00		U13 & U15 Boys Triple Jump				
12:15						
12:30					U13 / U15 Girls Discus Throw	
12:45						
1:00	U16 / U18 / U20 / Open Boys Pole Vault	U13 & U15 Girls Triple Jump			U16 / U18 Boys Discus Throw	
1:15						
1:30						
1:45						
2:00					U13 / U15 Boys Discus Throw	
2:15						
2:30						
2:45						
3:00		U9 Girls & Boys Long Jump				
3:15						
3:30						
3:45						
4:00						
4:15						