



CANADIAN  
MASTERS  
ATHLETICS



MAÎTRES  
CANADIENS  
ATHLÉTISME



# 14<sup>th</sup> Canadian Masters Athletics Indoor Track & Field Championships

**LOCATION** – James Daly Field House, Max Bell Centre,  
University of Manitoba, Winnipeg, Manitoba, Canada

**DATES** – Saturday, March 1 and Sunday, March 2, 2025

**WELCOME** – Winnipeg Optimist Athletics Club, Athletics Manitoba, and Canadian Masters Athletics would like to welcome all masters athletes to the 14<sup>th</sup> Canadian Masters Athletics Indoor Championships, being held in conjunction with the Manitoba Indoor Track & Field Championships for age groups. We welcome both Canadian and Non-Canadian athletes to the competition. Please see the competition details below.

## HOSTING

- Hosted by Winnipeg Optimist Athletics
- Sanctioned by Athletics Manitoba (AthMB) and Canadian Masters Athletics (CMA).
- Meet Chairperson – Melanie Gregg
- Meet Director – Matt Blewett
- CMA Liaison – Greg Athayde

## ATHLETE ELIGIBILITY

- All participating athletes who are Canadian residents, must be current Masters members of an Athletics Canada provincial branch (Athletics Manitoba, etc.).
- Residents outside Canada must be members of CMA, USATF or another WMA National Affiliate.
- All athletes must be 30 years of age or older, as of March 1, 2025.

## AGE GROUPS

- All competitions are in 5-year age groups, beginning with ages 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 Championship, March 1, 2025.

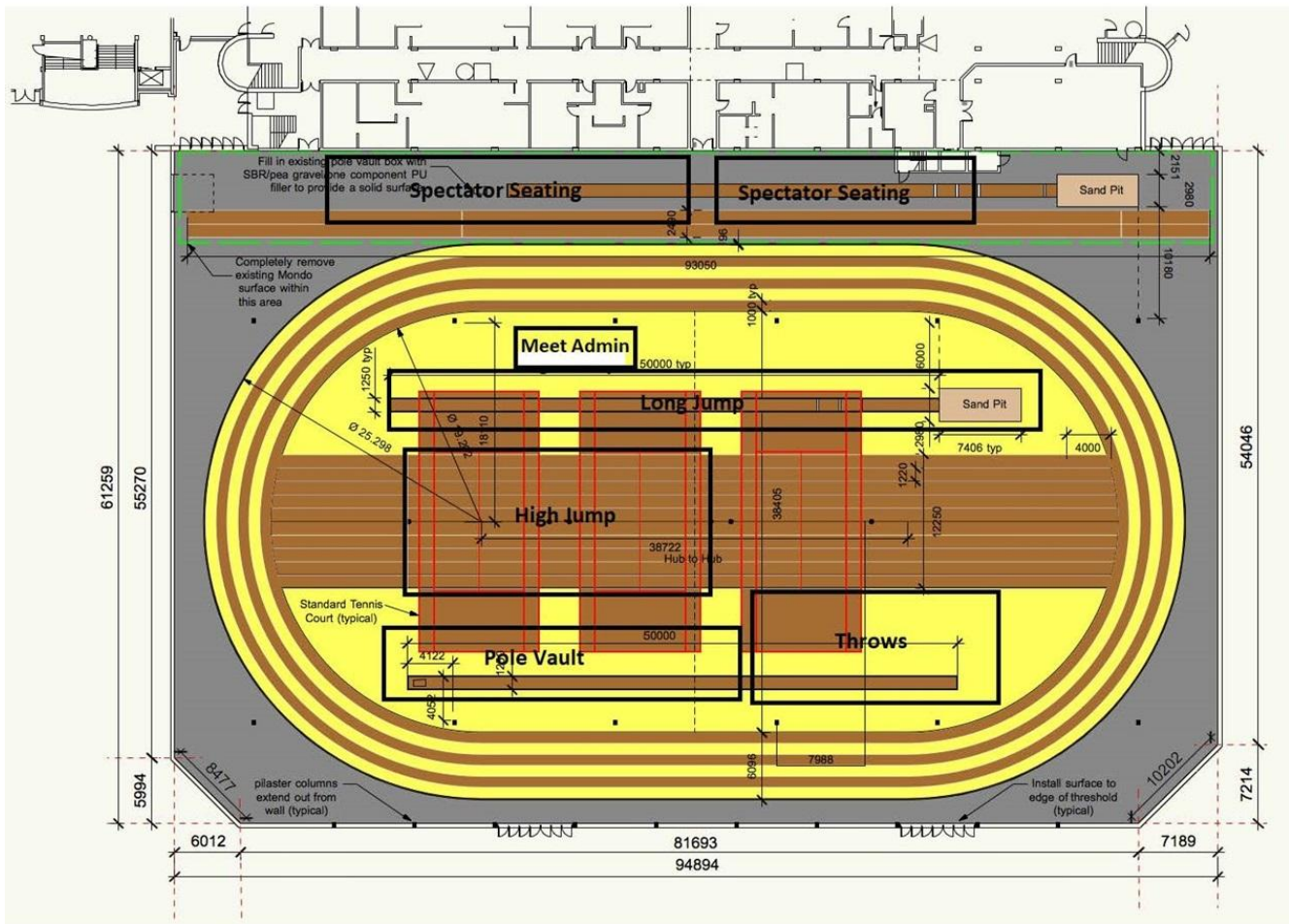
## ENTRY INFORMATION

- All entries must be made via Trackierreg – <https://www.trackie.com/event/canadian-masters-athletics-indoor-championship-2025/1017552/>
- Athletes without Canadian citizenship but who qualify as Canadians, must register as Canadian citizens, and indicate their Athletics Canada membership number.
- Other non-Canadian athletes must indicate “Foreign” on the registration form where it asks for “membership #”, and reply “No” to the question “Are you a Canadian citizen?”
- Please provide a performance estimate (“seed”) for each event when registering.
- Entry fees to **February 17, 2025, at Noon (CST) - \$30 for the first event, plus \$20 for each additional event, Pentathlon - \$40.00.**
- Late entries will be accepted until Noon on February 24, 2025 – \$60 for the first event plus \$30 for each additional event.

- Relay team entries - \$50 per team, may be registered via Trackie OR Entries may be made onsite in cash no less than 60 minutes in advance of the scheduled relay time. Team members must be declared in advance of the scheduled relay time on a relay declaration sheet.
- Individual athletes may register their interest in taking part in one or more relays by entering their name, age group and seed time in the space provided on Trackie.

## FACILITIES

- The Championships will take place in the James Daly Field House, in the Max Bell Centre on the University of Manitoba Campus located at 109 Sidney Smith Street, Winnipeg, MB R3T 2M6. The facility contains a 200m track with a 6-lane oval and an 8-lane sprint straight.
- On-site jumps pits and throws cage, with limited bleacher seating near the jump pits.
- All spikes will be limited to a 7mm length, no pin spikes allowed.
- Change and shower rooms with limited lockers will be available. You must bring your own lock and remove it at the end of the meet.
- There is spectator seating on the 2<sup>nd</sup> Floor above track level and limited seating near each of the Jump pits.



## EQUIPMENT

- All throwing Implements will be provided, but athletes may bring their own.
- All outside implements must be weighed and entered prior to the competition and will then remain at the event site until released by the officials.

- Pole vault poles are available with a \$50.00 rental from Winnipeg Optimist Athletics. Contact Wayne McMahon to confirm the poles that you require: email [gwaynemcmahon@gmail.com](mailto:gwaynemcmahon@gmail.com) or Cell 204-918-6167. Payment on site.
- There are 8 full lanes of 27-inch hurdles to accommodate all necessary heights.

### **TECHNICAL SPECIFICATIONS**

- Link to Canadian Masters Athletics Specifications  
<https://canadianmasters.ca/resources/technical-specs/>

### **CHAMPIONSHIP RULES**

- World Athletics Rules, as varied by World Masters Athletics.
- All Track events will be run oldest to youngest, with women competing first in each age group.
- Please direct any appeals to the competition technical delegate and not to the officials.
- Canadian age group records set in the Championships will be accepted by the CMA without requiring a completed application form. However, WMA application documents are required for World age group records.
- If an athlete has simultaneous events, the track event takes precedence over the field event, Athletes must inform officials of the conflicting events. Officials will not hold up events to accommodate individual athletes, but athletes may rejoin a field event, as long as doing so doesn't interfere with its progress.
- Unless competitor numbers in the 60m, 60m Hurdles or the 200m require a semi-final, all events will be timed finals. If the numbers in an event fall below numbers requiring heats, then the Final will be run at the time of the heats.
- For all events, age groups and genders may be combined, when competitor numbers make it convenient to do so.
- Relay Teams may be club teams, from different clubs or unattached. They may be a combination of age groups but not genders (except for the mixed relay) and must compete in the age group of their youngest member.
- The mixed 4 X 200m Relay consists of two females and two males, running in any order.

### **ATHLETE UNIFORMS**

- Athletes may compete in Club, Provincial or National uniforms, or other non-offensive athletic clothing.
- Bib numbers must be worn on the front for most events, with the exceptions listed below.
- Competitors in the High Jump, Pole Vault and Throws may wear bibs on the front or back.
- Racewalk competitors must wear bib numbers on both the front and back and will be provided with a second bib.
- Competitors in the 1500m and 3000m, and the 1500m and 3000m Racewalks, will also be provided age group numbers for their backs.

### **PACKAGE PICKUP**

- Competition packages will be available for pickup at the field house on Friday from 9:00 AM to 7:00 pm, Saturday from 8:00 am until 4:30 pm and Sunday from 8:00 am until 1:30 pm. Athletes are encouraged to pick up their packages as early as possible.
- On Thursday evening, the facility will be available for training and practice. The Manitoba Age Class Championship will be running all day Friday and there will be limited training space.

### **AWARDS**

- CMA medals will be awarded to the first, second and third Canadian finishers in each gender and age group in each event. Non-Canadians finishing in the top three will also receive duplicate non-championship medals.

- The members of the first-place relay team in each gender and age group will also receive CMA medals.
- These awards will be presented at the podium approximately 40 minutes after the event results for each event have been posted, or may be picked up later by the athlete, a coach, or a team-mate, but unclaimed awards will not be mailed out.
- The Karla Del Grande Trophy will be presented at the conclusion of the meet to the listed Canadian Club which receives the highest number of points in the Championship, based on the following number of points for Canadian members of the club placing in each event, age group and gender, excluding relays: 1st – 7 points; 2nd – 6 points; 3rd – 5 points; 4th – 4 points; 5th – 3 points; 6th – 2 points; and 7th – 1 point.

### **Marshalling**

- Heats and Sections will be pre-drawn and posted online. Track Events will be marshalled 15 minutes prior to the event at the marshals' cart close to the event starting line. Field Events will marshal at the event area 45 minutes prior to the event (60 minutes for the Pole Vault).

### **RESULTS**

- Start lists, heats and results will be posted as available at the James Daly Field House and online. Full results will be posted on the following web sites after the meet.
  - Athletics Manitoba – <https://athleticsmanitoba.com/>
  - Canadian Masters – [www.CanadianMasters.ca](http://www.CanadianMasters.ca)

### **HOTELS/ACCOMMODATION**

- The Max Bell Centre at the University of Manitoba is about 40 minutes by cab or car service from the James Richardson Airport in Winnipeg.
- Many hotels are available less than a 15-minute drive by car or taxi from the Max Bell Centre. Please contact the hotels for room prices. The Best Western Plus Pembina Inn and Suites, 1714 Pembina Highway, Winnipeg, Manitoba R3T 2G2, may offer a special rate for Masters competitors. [https://www.bestwestern.com/en\\_US/book/hotels-in-winnipeg/best-western-plus-pembina-inn-suites/propertyCode.63012.html](https://www.bestwestern.com/en_US/book/hotels-in-winnipeg/best-western-plus-pembina-inn-suites/propertyCode.63012.html)

### **CMA RECEPTION AND ANNUAL MEETING**

- To celebrate the holding of the CMA Indoor Championships and Annual Meeting in Winnipeg, the CMA is inviting all interested persons to a free reception on Saturday, March 1, 2025 following the Masters Championship events that day, location to be announced. All members of the CMA and others interested in athletics are cordially invited to attend this informal reception prior to the CMA Annual Meeting.
- The Annual Meeting of the members of Canadian Masters Athletics will be held following the reception, at approximately 7:00 pm on Saturday, March 1, at the same location. All reception attendees are encouraged to remain for this short business meeting, as we review the activities of the CMA for the past year.

### **Tentative Schedule**

- All events will be held on the same day as indicated on the following **Tentative Schedule**, but times may change after registrations have closed, and a detailed schedule will be posted at that time. The championships are being held in conjunction with the Athletics Manitoba Indoor Track & Field Championships. The schedule below includes the age group competition events, not open to master competitors. The schedule will be adjusted based on entries. The organizers will not be responsible for any costs incurred as a result of changes made to the schedule.

<b>2025 Canadian Masters Championships &amp; Manitoba Indoor Championships</b>		
<b>Tentative Schedule – Times subject to change</b>		
<b>Track Events</b>	<b>Saturday, March 1, morning session</b>	
9:00 AM	<b>60m Hurdle Heats OR Finals</b>	<b>Masters Women / Men</b>
	<b>60m Heats OR Finals</b>	<b>Masters Women / Men</b>
	<b>1500m Timed Finals</b>	<b>Masters Women / Men</b>
	150m Timed Finals	U12/U14 W then M
	200m Heats	U16 W then M
	800m Timed Finals	U14 W then M
	<b>60m Hurdle Finals – If necessary</b>	<b>Masters Women / Men</b>
	<b>60m Finals – If necessary</b>	<b>Masters Women / Men</b>
	<b>1500m RW Timed Finals</b>	<b>Masters Women / Men</b>
	800m Timed Finals	U16 W then M
	1000m Final	U12/U14 W then M
	150m Finals	U14 W then M
	<b>400m Timed Finals</b>	<b>Masters Women / Men</b>
	200m Finals – if necessary	U16 W then M
	200m Timed Finals	Spec O W then M
<b>Field Events</b>	<b>Saturday, March 1, morning session</b>	
9:00 AM	<b>Long Jump</b>	<b>Masters Men Group 1</b>
	<b>Shot Put</b>	<b>Masters Men Group 1 South</b>
	Shot Put	U14 Men Circle North
	High Jump	U16 Women
	Shot Put	U16 Women Circle North
	High Jump	U18 U20 Open Women
	<b>Shot Put</b>	<b>Masters Women</b>
	<b>Long Jump</b>	<b>Masters Men Group 2</b>
	Shot Put	U14 Women - Circle North
	<b>Long Jump</b>	<b>Masters Women</b>
	High Jump	U14 Men
	<b>Shot Put</b>	<b>Masters Men Group 2 South</b>
	Shot Put	U16 Men - Circle North
1:00 PM	<b>Official Opening Ceremonies</b>	
<b>Track Events</b>	<b>Saturday, March 1, afternoon session</b>	
2:00 PM	200m Heats	U18/U20 W Then M
	200m Heats If needed	Open W then M
	<b>4 x 200m Relay Timed Final</b>	<b>Masters Women / Men</b>
	4 x 200m Timed Final	U14/U16 W then M
	800m Timed Final	U18/U20 W Then M
	800m Timed Final	Open W then M
	800m Special Olympic	Spec O W then M
	<b>4 x 800m Relay Timed Final</b>	<b>Masters Women / Men</b>
	2000m Final	U16 W then M
	3000m Final	U18/U20 W
5:00 PM	3000m Timed Final	U18 M
<b>Field Events</b>	<b>Saturday, March 1, afternoon session</b>	
2:00 PM	<b>High Jump</b>	<b>Masters Men</b>
	Shot Put	U18 Women Circle S
	Shot Put	U20 + Open Men
	Triple Jump	U16 Men
	<b>Pole Vault</b>	<b>Masters Women</b>
	High Jump	U14 Women
	Shot Put	U20/Open Women

<b>Track Events</b>	<b>Sunday, March 2, morning session</b>	
9:00 AM	<b>60m Hurdle Pentathlon</b>	<b>Masters Men</b>
	60m Hurdle Pentathlon	Age Group Men
	<b>60m Hurdle Pentathlon</b>	<b>Masters Women</b>
	60m Hurdle Pentathlon	Age Group Women
	<b>200m Heats or Timed Finals</b>	<b>Masters Women / Men</b>
	<b>3000m RaceWalk</b>	<b>Masters Women</b>
	<b>3000m RaceWalk</b>	<b>Masters Men</b>
	<b>3000m Timed Finals</b>	<b>Masters Men</b>
	<b>3000m Timed Finals</b>	<b>Masters Women</b>
	<b>200m Final – If necessary</b>	<b>Masters Women / Men</b>
<b>Field Events</b>	<b>Sunday, March 2, morning/afternoon session</b>	
9:00 AM	<b>Weight Throw</b>	<b>Masters Men</b>
	<b>Triple Jump</b>	<b>Masters Women</b>
	<b>Long Jump Pentathlon</b>	<b>Masters Men</b>
	<b>High Jump Pentathlon</b>	<b>Masters Women</b>
	<b>Pole Vault</b>	<b>Masters Men</b>
	Long Jump Pentathlon	Age Group Men
	High Jump Pentathlon	Age Group Women
	<b>Shot Put Pentathlon</b>	<b>Masters Men</b>
	<b>Shot Put Pentathlon</b>	<b>Masters Women</b>
	Shot Put Pentathlon	Age Group Men
	Shot Put Pentathlon	Age Group Women
	<b>High Jump Pentathlon</b>	<b>Masters Men</b>
	<b>Long Jump Pentathlon</b>	<b>Masters Women</b>
	Long Jump Pentathlon	Age Group Women
	<b>Weight Throw</b>	<b>Masters Women</b>
	<b>High Jump</b>	<b>Masters Women</b>
	<b>Triple Jump</b>	<b>Masters Men</b>
	High Jump Pentathlon	Age Group Men
<b>Track Events</b>	<b>Sunday, March 2, afternoon session</b>	
1:00 PM	<b>800m Timed Finals</b>	<b>Masters Women / Men</b>
	<b>1000m Pentathlon</b>	<b>Masters Men</b>
	<b>800m Pentathlon</b>	<b>Masters Women</b>
	<b>4 x 200m Mixed Relay Timed Finals</b>	<b>Masters Mixed</b>
	1000m Pentathlon	Age Group Men
	800m Pentathlon	Age Group Women
3:00 PM	<b>4 x 400m Relay Timed Finals</b>	<b>Masters Men</b>
3:45 PM	<b>4 x 400m Relay Timed Finals</b>	<b>Masters Women</b>