

**INTERNATIONAL YOUTH TRACK & FIELD CUP CHALLENGE**

**POLARIS CUP SERIES QUALIFIER MEET #3**

**Saturday, February 22, 2025**

- Location** Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9
- Hosted by** Flying Angels Track Club
- Facility** Banked 5-lane, 200m Conica (Sportica M) Surface  
Separate 8-lane, 60m sprint strip outside the oval track.  
Long Jump and Pole Vault surfaces are Sportica M.
- Registration Form** Online Registration is through trackiereg.com using the following link:  
**[www.Trackie.com/Event/PolarisCupQualifier3](http://www.Trackie.com/Event/PolarisCupQualifier3)**
- Regular Entry Deadline** Monday, February 17, 2025 @ 11:59 pm  
\$15 per individual event; \$20 per relay
- Late Entry Deadline** Wednesday, February 19, 2025 @ 11:59 pm  
\$20 per individual event; \$25 per relay
- Enquiries** track@flyingangels.ca
- Athlete Eligibility** Athletes don't need to be a member of an association or a club to participate in this meet  
Athletes may represent their club, school, or community  
Athletes may also participate as an unattached athlete
- Polaris Cup Series Age Divisions & Events**
- U7 (Born 2019 & 2020)**  
60m, Long Jump
- U8 (Born 2018)**  
60m, 200m, 400m, 800m, 60m Hurdles, Long Jump, Shot Put, 4x200
- U9 (Born 2017)**  
60m, 200m, 400m, 800m, 60m Hurdles, Long Jump, Shot Put, 4x200
- U10 (Born 2016)**  
60m, 200m, 400m, 800m, 1200m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200
- U11 (Born 2015)**  
60m, 200m, 400m, 800m, 1200m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200
- U12 (Born 2014)**  
60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200
- U13 (Born 2013)**  
60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200
- U14 (Born 2012)**  
60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200
- U15 (Born 2011)**  
60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200
- Age Group Note** The athlete's age on **December 31, 2025**, determines his/her division.
- Relay-Only Athletes** 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.

60m Hurdles Specifications	Division	Height	Start to 1st Hurdle	Dist. between Hurdles
	U8 / U9 Girls & Boys	12"	11.50m	7.00m
	U10 / U11 Girls & Boys	18"	11.50m	7.00m
	U12 / U13 Girls & Boys	24"	11.50m	7.00m
	U14 / U15 Girls & Boys	27"	11.50m	7.50m

Shot Put Specifications				
	Division	Weight	Division	Weight
	U8 Girls & Boys	1.50 kg	U12 Girls & Boys	2.73 kg
	U9 Girls & Boys	1.50 kg	U13 Girls & Boys	2.73 kg
	U10 Girls & Boys	2.00 kg	U14 Girls & Boys	3.00 kg
	U11 Girls & Boys	2.00 kg	U15 Girls & Boys	3.00 kg

**IYTF Cup Challenge Series** International Youth Track & Field (IYTF) has two series during the 2025 indoor season.

**Polaris Cup Series** for athletes in the U7 through U15 divisions

**Orion Cup Series** for athletes in the U16 through U20 divisions

**Cup Challenge Series  
Key Dates**

**Polaris Cup Series Qualifier Meets**

Sunday, December 22 - Polaris Cup Qualifier Meet #1

Sunday, January 19 - Polaris Cup Qualifier Meet #2

Saturday, February 22 - Polaris Cup Qualifier Meet #3

**Orion Cup Series Qualifier Meets**

Saturday, December 21 - Orion Cup Qualifier Meet #1

Saturday, January 18 - Orion Cup Qualifier Meet #2

Sunday, February 16 - Orion Cup Qualifier Meet #3

**IYTF Cup Challenge Series Championships**

Saturday, March 29

**IYTF Cup Challenge Awards Ceremonies**

Saturday, April 12 - Location TBA

**Packet Pickup**

Coaches must pick up their team packet in the Hospitality room upstairs.  
Coach wristbands will be in the team packages.

**Facility Rules**

Only officials, volunteers, coaches, and competitors are permitted into the Field House. Parents and supporters must view the track meet from the spectator gallery upstairs.

Street shoes or boots are not allowed into the Field House.

**Meet Admission**

Entry to the Field House is by wristband only. Wristbands for athletes and coaches are included in the team's packet.

**Schedule**

A copy of the schedule is attached. The track meet will operate on a rolling schedule. Each event will start after the completion of the previous one.

**Results**

Results will be posted at [www.trackie.com](http://www.trackie.com) and [www.athletic.net](http://www.athletic.net) after the meet

**Scoring**

This is a scoring meet

The first five finishers in each event will score points individually and for their team

The scoring is 1st (10 pts), 2nd (7 pts), 3rd (5 pts), 4th (3 pts), 5th (1 pt)

**Qualifier Meet Awards**

Medals are presented to the first eight finishers in each event.

Divisional Stars awards are presented to the male and female athlete with the most points in each division  
(*tie-breaker rules apply*)

The meet champion award is presented to the team with the most cumulative points at the end of the meet.

**Polaris Cup Series Championships**

The Polaris Cup Series Championships will take place on March 29, 2024  
The Series Championships will crown the individual and team champions  
Admittance to the Series Championships is by qualification only  
A maximum of 12 athletes will participate in each event in the Championships

**Cup Series Championships Qualification Procedure****Automatic Qualifiers**

Athletes who win an event at one of the Cup Series Qualifier meets will automatically qualify to compete in that event at the championships.

**Non-Automatic Qualifiers**

The top four non-automatic qualifiers with the most points accumulated in an event during the season will qualify for the championships.

The top four non-automatic qualifiers who achieved the best times/marks, who were not selected based on points will be invited to participate in the Cup Series Championships.

**Wild Card Qualifiers**

Athletes will be invited to participate in the Cup Series Championships as wild card qualifiers to fill out the 12-athlete starting list for each event.

The series organizers will determine the number of wild card qualifier spots available.

Wild card qualifiers are selected based on a combination of points scored and performance rankings in the event.

**Series Awards Reception**

IYTF will host an awards reception at the end of the indoor season to honour the athletes who participated in the Cup Series Championships.

Individual and team awards will be presented.

See below for a list of awards that will be given at the ceremony.

**False Start Rule**

In the Polaris Cup Series, the first false start will be charged to the field and any subsequent false start will result in that athlete's disqualification.

The Orion Cup Series will follow the World Athletics rules regarding false starts. A false start will result in the disqualification of the athlete making the false start.

**Advancement to Finals**

The top 8 times from the qualifying round of the 60m Dash will advance to the Finals.

**Simultaneous Events**

Athletes competing in two or more events must check in to each event at the start and inform the officials that they are competing in two or more events simultaneously.

Athletes should complete their jumps/throws during the allotted time for the event. Athletes will not get to complete their attempts after the event is finished for the age group.

Athletes in the high jump must complete their attempt where the bar is at the time of the event. The bar doesn't get lowered for an athlete who missed the round while competing in another event.

**Long Jump Take-Off Board**

A 1-meter jump zone is used for athletes in the U7, U8, U9, U10 and U11 age groups. The athlete may take off anywhere in this zone and their performance will be marked from where they take off during their jump.

The U12 and older athletes will use the regular takeoff board during the event. Successful attempts are measured from the furthest end of the take-off board. Athletes who step over the board during their attempt will be charged with a "fault".

**Long Jump / Shot Put Attempts**

There are four rounds in the Long Jump and Shot Put events. All competitors will participate in the first two rounds, and the top eight jumpers/throwers will get two additional jumps/throws after round two.

**POLARIS CUP SERIES QUALIFIER MEET #1**

**SCHEDULE OF EVENTS**

**Sunday, December 22, 2024**

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

<b>9:00 A.M. Morning Session</b>				
<b>TRACK EVENTS</b>	60m Hurdles	Timed Final	Girls & Boys	U8, U9, U10, U11, U12, U13, U14, U15
	1200m	Timed sections	Girls	U10, U11
	1200m	Timed sections	Boys	U10, U11
	1500m	Timed sections	Girls & Boys	U12, U13, U14, U15
	60m	Heats	Girls & Boys	U7, U8, U9, U10, U11, U12, U13, U14, U15
<b>1:00 P.M. Afternoon Session</b>				
	400m	Timed Final	Girls & Boys	U8, U9, U10, U11, U12, U13, U14, U15
	60m	Finals	Girls & Boys	U7, U8, U9, U10, U11, U12, U13, U14, U15
	2000m	Sections	Girls	U14, U15
	2000m	Sections	Boys	U14, U15
	200m	Timed Final	Girls & Boys	U8, U9, U10, U11, U12, U13, U14, U15
	800m	Timed Final	Girls & Boys	U8, U9, U10, U11, U12, U13, U14, U15
	4x200m	Timed Final	Girls & Boys	U8, U9, U10, U11, U12, U13, U14, U15

<b>9:00 A.M. - Morning Session</b>				
<b>FIELD EVENTS</b>	<b>High Jump</b>	<b>Long Jump Pit 1</b>	<b>Long Jump Pit 2</b>	<b>Shot Put</b>
	U10 Girls	U15 Girls	U15 Boys	U8 Girls
	U11 Girls	U14 Girls	U14 Boys	U9 Girls
	U12 Girls	U13 Girls	U13 Boys	U10 Girls
	U13 Girls	U12 Girls	U12 Boys	U11 Girls
	U14 Girls	U11 Girls	U11 Boys	U12 Girls
	U15 Girls	U7 Girls	U7 Boys	U13 Girls
			U14 Girls	
			U15 Girls	
<b>1:00 P.M. - Afternoon Session</b>				
	<b>High Jump</b>	<b>Long Jump Pit 1</b>	<b>Long Jump Pit 2</b>	<b>Shot Put</b>
	U10 Boys	U10 Girls	U10 Boys	U8 Boys
	U11 Boys	U9 Girls	U9 Boys	U9 Boys
	U12 Boys	U8 Girls	U8 Boys	U10 Boys
	U13 Boys	<b>Triple Jump Pit 1</b>	<b>Triple Jump Pit 2</b>	U11 Boys
	U14 Boys	U12 & U13 Girls	U12 & U13 Boys	U12 Boys
	U15 Boys	U14 & U15 Girls	U14 & U15 Boys	U13 Boys
			U14 Boys	
			U15 Boys	

**AWARDS PRESENTED AT THE END-OF-SEASON AWARDS CEREMONY**

AWARD	PRESENTED TO	ITEM
<b>TEAM AWARDS</b>		
International Youth Track & Field Indoor Team of the Year	The team with the most cumulative points in all the divisions at the Cup Series Championships	Team name on IYTF annual trophy
Polaris Cup Series Overall Team Champions	Team with the most combined male and female points in the Polaris Cup divisions during the Cup Series Championships	<b>Trophy to each team member</b> in the Polaris Cup division who participated in the Cup Series Championships  Team name on the Polaris Cup annual trophy
Orion Cup Series Overall Team Champions	Team with the most combined male and female points in the Orion Cup divisions during the Cup Series Championships	<b>Trophy to each team member</b> in the Orion Cup division who participated in the Cup Series Championships  Team name on the Orion Cup annual trophy
Team Division Champions	The teams with the most cumulative points in each male and female division at the Cup Series Championships	Team trophy and/or pennant
Sprints Club of the Year	The team with the most cumulative points in the sprints events at the Cup Series Championships	Plaque and/or banner
Distance Club of the Year	The team with the most cumulative points in the sprints events at the Cup Series Championships	Plaque and/or banner
Hurdles Club of the Year	The team with the most cumulative points in the hurdles events at the Cup Series Championships	Plaque and/or banner
Jumps Club of the Year	The team with the most cumulative points in the jumps events at the Cup Series Championships	Plaque and/or banner
Throws Club of the Year	The team with the most cumulative points in the throws events at the Cup Series Championships	Plaque and/or banner
<b>INDIVIDUAL AWARDS</b>		
Polaris Cup Series Most Outstanding Male & Female Performer	The male and female athlete as voted by the series organizers	Individual trophy + <b>Additional sponsor prizes</b>
Orion Cup Series Most Outstanding Male & Female Performer	The male and female athlete as voted by the series organizers	Individual trophy + <b>Additional sponsor prizes</b>
Male & Female Divisional All-Stars	Male and female athletes with the most cumulative points in each division at the Cup Series Championships	Individual trophy
Champions Row	Event winners at the Cup Series Championships	Individual certificate