



# WINDSOR INDOOR OPEN

Dennis Fairall Fieldhouse, Toldo Lancer Centre  
Sunday, January 19, 2025



- Events:** 60m, 60mH, 200m, 400m, 800m, 1500m,  
Long Jump, Triple Jump, High Jump, Shot Put, Pole Vault
- Package Pickup:** Envelopes with final competition information will be available at Scorers Table upon arrival
- Location:** Toldo Lancer Centre, 2555 College Ave, Windsor, ON
- Eligibility:** Competition is open to all club athletes registered with the Athletics Canada and/or USATF  
Non-competitive or Unregistered athletes will pay an extra \$10.00 insurance fee.
- Entry Deadline:** Thursday, January 16, 2025.
- Meet Registration:** All entries will be processed online: [www.trackie.com/event/2025 Windsor Indoor Open](http://www.trackie.com/event/2025_Windsor_Indoor_Open)
- Entry Fee:** \$20.00 per event, payable online.
- Post Entries:** Post Entries will be accepted up to one hour before the start of the event at a cost of **\$30.00/event**
- Age Groupings:** There will be **one** age group (**Open**) for the meet. Athletes will be grouped according to ability level and for this purpose it is imperative that you use **Accurate Seed Times**.
- Facility:** Newly resurfaced (Mondo - July 2017) flat 200 metre six lane, with a 7 lane 60m sprint straightaway. Track and jumping surfaces are Mondo; shot circle is concrete.
- Spikes:** Indoor cone shaped spikes no longer than 6mm (1/4"). Shoes will be checked and offenders withdrawn from competition.



- Throwing Implements:** Athletes are encouraged to bring their own, weigh-ins will occur at event site, implements must be shared.
- Starting Heights:** The starting heights for the vertical jumps will be as follows:
- |                    |       |
|--------------------|-------|
| Men's High Jump    | 1.51m |
| Women's High Jump  | 1.28m |
| Men's Pole Vault   | 3.00m |
| Women's Pole Vault | 2.00m |
- Results:** Provided by Windsor Timing ([www.windsortiming.com](http://www.windsortiming.com))
- Age Class Specifications:** The following age class specifications will be accommodated at this meet:

Shot Put - Men @ 4kg, 5kg, 6kg, & 7.26kg; Women @ 4kg & 3kg  
Weight Throw – Men @16lbs, 20lbs, 25lbs, & 35lbs; Women @12lbs, 16lbs, 20lbs  
Hurdles Men - 110mH spacing @ 33", 36", 39", 42"  
Hurdles Women - 80mH spacing @ 30" & 100mH spacing @ 30", 33"

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## Track & Field Meet

Sunday, January 19, 2025

<u>Track</u>	<u>Field</u>
	10:00am Weight Throw (M&W)
	11:30am Men's Long Jump
12:00pm 800m Timed Finals	12:00pm Women's Pole Vault Men's Shot Put
60m Heats	
60mH Heats	1:00pm Women's Shot Put Women's Long Jump
200m Timed Finals	2:00pm Men's Pole Vault Men's High Jump
60mH Finals	
60m Finals	2:30pm Women's Triple Jump
400m Timed Finals	3:30pm Men's Triple Jump Women's High Jump
1500m Timed Finals	

Note:

- 1) All events are women followed by men unless stated otherwise.
- 2) All timed finals will run slowest to fastest.

