

**FLYING ANGELS WINTER SHOWCASE**  
**A POLARIS-ORION CUP SERIES QUALIFIER MEET #2**  
**Sunday, January 19, 2025**

<b>Location</b>	Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9
<b>Sanctioned by</b>	Athletics Ontario
<b>Hosted by</b>	Flying Angels Track Club
<b>In Partnership with</b>	International Youth Track & Field
<b>Facility</b>	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.
<b>Registration Form</b>	Online Registration is through trackiereg.com using the following link: <b><a href="http://www.Trackie.com/Event/PolarisOrionCupQualifier2">www.Trackie.com/Event/PolarisOrionCupQualifier2</a></b>
<b>Regular Entry Deadline</b>	Monday, January 13, 2025 @ 11:59 pm \$15 per individual event; \$20 per relay
<b>Late Entry Deadline</b>	Wednesday, January 15, 2025 @ 11:59 pm \$20 per individual event; \$25 per relay
<b>Enquiries</b>	track@flyingangels.ca
<b>Athlete Eligibility</b>	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
<b>Polaris Cup Age Divisions &amp; Events</b>	<b>U7 (Born 2019 &amp; 2020)</b> 60m, Long Jump  <b>U8 (Born 2018)</b> 60m, 200m, 400m, 800m, 60m Hurdles, Long Jump, Shot Put, 4x200  <b>U9 (Born 2017)</b> 60m, 200m, 400m, 800m, 60m Hurdles, Long Jump, Shot Put, 4x200  <b>U10 (Born 2016)</b> 60m, 200m, 400m, 800m, 1200m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200  <b>U11 (Born 2015)</b> 60m, 200m, 400m, 800m, 1200m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200  <b>U12 (Born 2014)</b> 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200  <b>U13 (Born 2013)</b> 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200  <b>U14 (Born 2012)</b> 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200  <b>U15 (Born 2011)</b> 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200
<b>Orion Cup Age Divisions &amp; Events</b>	<b>U16 (Born 2010)</b> 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200  <b>U17 (Born 2009)</b> 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200  <b>U18 (Born 2008)</b> 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200  <b>U20 (Born 2006 &amp; 2007)</b> 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200
<b>Age Group Note</b>	The athlete's age on <b>December 31, 2025</b> , determines his/her division.
<b>Relay-Only Athletes</b>	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
U16 Girls	0.762	12.00m	8.00m
U17 Girls	0.762	13.00m	8.50m
U18 Girls	0.762	13.00m	8.50m
U20 Girls	0.840	13.00m	8.50m
U16 Boys	0.840	13.00m	8.50m
U17 Boys	0.914	13.72m	9.14m
U18 Boys	0.914	13.72m	9.14m
U20 Boys	0.990m	13.72m	9.14m

## Shot Put Specifications

Division	Weight	Division	Weight
U8 Girls	1.50 kg	U8 Boys	1.50 kg
U9 Girls	1.50 kg	U9 Boys	1.50 kg
U10 Girls	2.00 kg	U10 Boys	2.00 kg
U11 Girls	2.00 kg	U11 Boys	2.00 kg
U12 Girls	2.73 kg	U12 Boys	2.73 kg
U13 Girls	2.73 kg	U13 Boys	2.73 kg
U14 Girls	3.00 kg	U14 Boys	3.00 kg
U15 Girls	3.00 kg	U15 Boys	3.00 kg
U16 Girls	3.00kg	U16 Boys	4.00kg
U17 Girls	3.00kg	U17 Boys	5.00kg
U18 Girls	3.00kg	U18 Boys	5.00kg
U20 Girls	4.00kg	U20 Boys	6.00kg

## 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-Orion Cup Series Qualifier Meets

Sunday, December 22 - Qualifier Meet #1

Sunday, January 19 - Qualifier Meet #2

Sunday, February 16 - Qualifier Meet #3

Saturday, February 22 - Qualifier Meet #4

## **Cup Series Championships**

Saturday, March 29

## **Cup Series Awards Ceremonies**

Saturday, April 12 - Location TBA

<b>Packet Pickup</b>	Coaches must pick up their team packet in the Hospitality room upstairs. Coach wristbands will be in the team packages.
<b>Facility Rules</b>	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.
<b>Meet Admission</b>	Entry to the Field House is by wristband only. Wristbands for athletes and coaches are included in the team's packet.
<b>Schedule</b>	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.
<b>Results</b>	Results will be posted at <a href="http://www.trackie.com">www.trackie.com</a> and <a href="http://www.athletic.net">www.athletic.net</a> after the meet
<b>Scoring</b>	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)
<b>Qualifier Meet Awards</b>	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 ( <i>tie-breaker rules apply</i> )
<b>Series Championships</b>	The Cup Series Championships will take place on March 29, 2025 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
<b>Series Championships Qualification Procedure</b>	<b>Automatic Qualifiers</b> Athletes who win an event at one of the qualifier meets will automatically qualify to compete in that event at the championships.  <b>Non-Automatic Qualifiers</b> The top four non-automatic qualifiers with the most points accumulated in an event during the qualifier meets will qualify for the championships.  The top four non-automatic qualifiers who achieved the best times/marks during the qualifier meets, who were not selected based on points will be invited to participate in the Championships.  <b>Wild Card Qualifiers</b> Athletes will be invited to participate in the Championships as wildcard qualifiers to fill out the 12-athlete starting list for each event. The series organizers will determine the number of wildcard qualifier spots available. Wildcard qualifiers are selected based on a combination of points scored and performance rankings in the event.
<b>Series Awards Reception</b>	There will be an awards reception at the end of the indoor season to honour the athletes who participated in the Championships. Individual and team awards will be presented. See below for a list of awards that will be given at the ceremony.
<b>False Start Rule</b>	In the U15 and younger age groups, the first false start will be charged to the field and any subsequent false start will result in that athlete's disqualification.  The U16 and older age groups will follow the World Athletics rules regarding false starts. A false start will result in the disqualification of the athlete making the false start.
<b>Advancement to Finals</b>	The top 8 times from the qualifying round of the 60m Dash will advance to the Finals.
<b>Simultaneous Events</b>	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 six rounds in the Long Jump and Shot Put events. All competitors will participate in the first three rounds, and the top eight jumpers/throwers will get three additional jumps/throws after round three.

**POLARIS-ORION CUP QUALIFIER MEET #2**  
**SCHEDULE OF EVENTS**  
**Sunday, January 19, 2025**

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

**TRACK EVENTS**

<b>9:00 A.M. Morning Session</b>			
1200m	Timed sections	Girls	U10, U11
1200m	Timed sections	Boys	U10, U11
1500m	Timed sections	Girls	U12, U13, U14, U15, U16, U17, U18, U20
1500m	Timed sections	Boys	U12, U13, U14, U15, U16, U17, U18, U20
60m	Heats (or Finals)	Girls	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20
60m	Heats (or Finals)	Boys	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20
60m Hurdles	Timed Final	Girls	U8, U9
60m Hurdles	Timed Final	Boys	U8, U9
60m Hurdles	Timed Final	Girls	U10, U11
60m Hurdles	Timed Final	Boys	U10, U11
60m Hurdles	Timed Final	Girls	U12, U13
60m Hurdles	Timed Final	Boys	U12, U13
60m Hurdles	Timed Final	Girls	U14, U15
60m Hurdles	Timed Final	Boys	U14, U15
60m Hurdles	Timed Final	Girls	U16
60m Hurdles	Timed Final	Girls	U17 & U18
60m Hurdles	Timed Final	Girls	U20
60m Hurdles	Timed Final	Boys	U16
60m Hurdles	Timed Final	Boys	U17 & U18
60m Hurdles	Timed Final	Boys	U20
<b>LUNCH BREAK</b>			
<b>1:00 P.M. Afternoon Session</b>			
400m	Timed Final	Girls	U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20
400m	Timed Final	Boys	U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20
60m	Finals (if necessary)	Girls	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20
60m	Finals (if necessary)	Boys	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20
2000m	Sections	Girls	U14, U15, U16, U17, U18, U20
2000m	Sections	Boys	U14, U15, U16, U17, U18, U20
200m	Timed Final	Girls	U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20
200m	Timed Final	Boys	U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20
800m	Timed Final	Girls	U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20
800m	Timed Final	Boys	U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20
4x200m	Timed Final	Girls	U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20
4x200m	Timed Final	Boys	U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20

**POLARIS-ORION CUP QUALIFIER MEET #2**  
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*(Rolling Schedule. Each event will start after the previous event)*

**FIELD EVENTS**

<b>9:00 A.M. - Morning Session</b>			
<b>Vertical Jump</b>	<b>Horizontal Jumps (Pit 1)</b>	<b>Horizontal Jumps (Pit 2)</b>	<b>Throws</b>
Boys U10 / U11 / U12 / U13 High Jump	Girls U18 & U20 Long Jump	Boys U18 & U20 Long Jump	Girls U8 & U9 Shot Put
Boys U14 / U15 / U16 High Jump	Girls U16 & U17 Long Jump	Boys U16 & U17 Long Jump	Girls U10 & U11 Shot Put
Boys U17 / U18 / U20 High Jump	Girls U14 & U15 Long Jump	Boys U14 & U15 Long Jump	Girls U12 & U13 Shot Put
	Girls U12 & U13 Long Jump	Boys U12 & U13 Long Jump	Girls U14 / U15 / U16 Shot Put
<b>LUNCH BREAK</b>			Girls U17 / U18 / U20 Shot Put
Girls U10 / U11 / U12 / U13 High Jump	Girls U10 & U11 Long Jump	Boys U10 & U11 Long Jump	<b>LUNCH BREAK</b>
Girls U14 / U15 / U16 High Jump	Girls U7 / U8 / U9 Long Jump	Boys U7 / U8 / U9 Long Jump	Boys U8 & U9 Shot Put
Girls U17 / U18 / U20 High Jump	Girls U16 / U17 / U18 / U20 Triple Jump	Boys U16 / U17 / U18 / U20 Triple Jump	Boys U10 & U11 Shot Put
	Girls U12 / U13 / U14 / U15 Triple Jump	Boys U12 / U13 / U14 / U15 Triple Jump	Boys U12 & U13 Shot Put
			Boys U14 / U15 / U16 Shot Put
			Boys U17 / U18 / U20 Shot Put

**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 sprint events at the Cup Series Championships	Plaque and/or banner
Distance Club of the Year	The team with the most cumulative points in the distance 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 top male and female athletes in the U15 and younger divisions 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 athletes in the U16 and older divisions 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 Championships	Individual trophy
Champions Row	All event winners at the Championships	Individual certificate