



FLYING ANGELS INDOOR CLASSIC

(An Orion Cup Series meet)

Sunday, February 16, 2025

Location	Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9
Sanctioned by	Athletics Ontario
Hosted by	Flying Angels Track Club
In Partnership with	International Youth Track & Field
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 trackie.com using the following link: www.Trackie.com/Event/2025FlyingAngelsIndoorClassic
Regular Entry Deadline	Monday, February 10, 2025 @ 11:59 pm \$15 per individual event; \$20 per relay
Late Entry Deadline	Wednesday, February 12, 2025 @ 11:59 pm \$30 per individual event; \$30 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
Age Divisions & Events	U16 (Born 2010 & 2011) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200 U18 (Born 2008 & 2009) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200 U20 (Born 2006 & 2007) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200 Open (Born 2005 & Older) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long 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.
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.
Spectators	All spectators must watch the meet from the upstairs viewing gallery. There is a \$5 daily charge for all spectators ages 12 years old & up
Schedule	A copy of the Tentative Schedule is attached. The final schedule will be posted after the entries have closed.
Results	Results will be posted at www.trackie.com and www.athletic.net after the meet
False Start Rule	The meet 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 and the 60m Hurdles will advance to the Finals.
- Simultaneous Events** Athletes competing in two or more events must check in to each field event before the start of the event and inform the official 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.
- Awards** Gold, silver, and bronze medals are presented to the first three finishers in each event. Athletes should go to the awards area immediately following the conclusion of their event for the awards presentation.
- Implements** All throwing implements will be provided by meet management. Personal implements will be allowed and once checked in, will be added to the competition equipment pool.

60m Hurdles Specifications	Division	Height	Start to 1st Hurdle	Dist. between Hurdles
	U16 Girls	0.762	12.00m	8.00m
	U18 Girls	0.762	13.00m	8.50m
	U20 Women	0.840	13.00m	8.50m
	Open Women	0.840	13.00m	8.50m
	U16 Boys	0.840	13.00m	8.50m
	U18 Boys	0.914m	13.72m	9.14m
	U20 Men	0.990m	13.72m	9.14m
	Open Men	1.067m	13.72m	9.14m

Shot Put Specifications	Division	Weight
	U16 Girls	3.00kg
	U18 Girls	3.00kg
	U20 Girls	4.00kg
	Open Women	4.00 kg
	U16 Boys	4.00kg
	U18 Boys	5.00kg
	U20 Boys	6.00kg
	Open Men	7.26 kg



Tentative Competition Schedule

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TRACK EVENTS

TIME	EVENT	ROUND	AGE GROUP
9:00	1500m	Timed sections	U16 Girls / U18 Girls / U20 Women / Open Women
9:30	1500m	Timed sections	U16 Boys / U18 Boys / U20 Men / Open Men
10:00	400m	Timed Final	U16 Girls / U16 Boys / U18 Girls / U18 Boys
10:40	400m	Timed Final	U20 Women / U20 Men / Open Women / Open Men
11:20	60m Hurdles	Heats	U16 Girls / U18 Girls / U20 Women / Open Women
11:40	60m Hurdles	Heats	U16 Boys / U18 Boys / U20 Men / Open Men
12:45	60m Hurdles	Finals	Open Men / U20 Men / U18 Boys / U16 Boys
1:00	60m Hurdles	Finals	Open Women / U20 Women / U18 Girls / U16 Girls
1:15	60m	Heats	U16 Girls / U16 Boys / U18 Girls / U18 Boys
1:45	60m	Heats	U20 Women / U20 Men / Open Women / Open Men
2:15	2000m	Finals	All Girls
2:35	2000m	Finals	All Boys
2:55	60m	Finals	U16 Girls / U16 Boys / U18 Girls / U18 Boys
3:05	60m	Finals	U20 Women / U20 Men / Open Women / Open Men
3:15	800m	Timed Final	U16 Girls / U18 Girls / U20 Women / Open Women
3:35	800m	Timed Final	U16 Boys / U18 Boys / U20 Men / Open Men
3:55	200m	Timed Final	U16 Girls / U16 Boys / U18 Girls / U18 Boys
4:25	200m	Timed Final	U20 Women / U20 Men / Open Women / Open Men
4:55	4x200m	Timed Final	All Girls
5:10	4x200m	Timed Final	All Boys

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FIELD EVENTS

TIME	VERTICAL JUMPS	HORIZONTAL JUMPS	THROWS
8:30			
8:45	Warmup	Warmup	Warmup
9:00	High Jump	Long Jump	Shot Put (3.00 kg)
9:15	U18 Boys	U20 Women & Open Women	U16 Girls
9:30	9:00	9:00	9:00
9:45	Warmup		Warmup
10:00		Warmup	Shot Put (3.00 kg)
10:15	High Jump		U18 Girls
10:30	U20 Men & Open Men		10:00
10:45	10:15	Long Jump	Warmup
11:00	Warmup	U18 Boys	
11:15		10:30	Shot Put (4.00 kg)
11:30	High Jump	Warmup	U20 Women & Open Women
11:45	U16 Boys		11:00
12:00	11:30		
12:15		Long Jump	Warmup
12:30		U16 Girls	
12:45	Warmup	12:00	Shot Put (4.00 kg)
1:00	High Jump	Warmup	U16 Boys
1:15	U18 Girls		12:30
1:30	1:00		Warmup
1:45	Warmup	Long Jump	Shot Put (5.00 kg)
2:00		U16 Boys	U18 Boys
2:15	High Jump	1:30	1:30
2:30	U16 Girls	Warmup	Warmup
2:45	2:15		Shot Put (6.00 kg)
3:00	Warmup		U20 Men
3:15		Long Jump	2:30
3:30	High Jump	U18 Girls	Warmup
3:45	U20 Women & Open Women	3:00	Shot Put (7.26 kg)
4:00	3:30	Warmup	Open Men
4:15			3:30
4:30			
4:45		Long Jump	
5:00		U20 Men & Open Men	
5:15		4:30	
5:30			
5:45			



END-OF-SEASON AWARDS

TEAM AWARDS

International Youth Track & Field
Indoor Team of the Year

Polaris Cup Series
Overall Team Champions

Orion Cup Series
Overall Team Champions

Team Division Champions

Sprints Club of the Year

Distance Club of the Year

Hurdles Club of the Year

Jumps Club of the Year

Throws Club of the Year

INDIVIDUAL AWARDS

Polaris Cup Series
Most Outstanding Male & Female Performers

Orion Cup Series
Most Outstanding Male & Female Performers

Male & Female Divisional All-Stars