

Thorold Elite Track Club
&
Minor Track Association

Present

2025

DAVID McKENDRICK
MTA INDOOR TRACK & FIELD
CHAMPIONSHIPS



April 5-6, 2025

Toronto Track & Field Centre
231 Ian MacDonald Blvd
Toronto, ON

TECHNICAL PACKAGE

2025 MTA INDOOR TRACK & FIELD CHAMPIONSHIPS

April 5-6, 2025

Hosted by:	Thorold Elite Track Club	Minor Track Association
Sanctioned by:	Minor Track Association	Athletics Ontario
Meet Director:	Steven Fife	thoroldelitetc@gmail.com
Eligibility:	Athletes registered with Minor Track Association for 2025 This is a closed event for MEMBERS ONLY. All participants and their clubs must be affiliated with MTA for 2025. Unattached athletes are not permitted to participate in MTA Championships.	
Regular Deadline:	Monday March 31, 2025 @ 11:59 pm	
Late Deadline:	Thursday April 3, 2025 @ 12:00 pm No changes will be made after this deadline.	
Entry Fees:	First event: \$20.00	Subsequent events: \$15.00 Sprint Medley or 4x200 m Relay: \$20.00 <i>An additional \$5.00 processing fee applies to all late entries.</i>
Online Registration:	www.trackie.com/event/MTAIndoorChamps2025 All entries are to be completed online at Trackie	
Results:	Will be posted at www.trackie.com and www.minortrack.org at the conclusion of the meet	
Waiver:	Mandatory for all athletes and to be completed online	
Facility:	Banked 5-lane, 200 m Conica (Sportica M) surface Separate 8-lane, 60 m sprint strip outside of the oval track	
Facility Access:	Only officials, volunteers, registered coaches, and athletes competing are permitted into the Fieldhouse. Parents and supporters must watch the meet from the spectator gallery upstairs.	
Coach Passes:	Only coaches registered with MTA for 2025 will be issued a coaching pass to access the Fieldhouse. <u>No exceptions.</u>	

Events Offered:

Category	Birth Years	Events Offered
Peewee	Born 2019-2020	60 m, Long Jump (3 attempts only)
Mite	Born 2017-2018	60 m, 200 m, 400 m, 800 m, 60 m Hurdles (12") Long Jump, Shot put (1.5 kg) 4x 200 m Relay
Tyke	Born 2015-2016	60 m, 200 m, 400 m, 800 m, 1200 m, 60 m Hurdles (18") Long Jump, High Jump, Shot put (2 kg) 4x200 m Relay, Sprint Medley Relay (200-200-400-800)
Atom	Born 2013-2014	60 m, 200 m, 400 m, 800 m, 800 m RW, 1500 m, 60 m Hurdles (24") Long Jump, Triple Jump, High Jump, Shot put (2.73 kg) 4x200 m Relay, Sprint Medley Relay (200-200-400-800)
Senior	Born 2011-2012	60 m, 200 m, 400 m, 800 m, 800 m RW, 1500 m, 2000 m, 60 m Hurdles (27") Long Jump, Triple Jump, High Jump, Shot put (3 kg) 4x200 m Relay, Sprint Medley Relay (200-200-400-800)
Intermediate	Born 2009-2010	60 m, 200 m, 400 m, 800 m, 800 m RW, 1500 m, 3000 m, 60 m Hurdles (30" girls/ 33" boys) Long Jump, Triple Jump, High Jump, Shot put (3 kg girls/ 4 kg boys) 4x200 m Relay, Sprint Medley Relay (200-200-400-800)
Youth	Born 2007-2008	60 m, 200 m, 400 m, 800 m, 800 m RW, 1500 m, 3000 m, 60 m Hurdles (30" girls/ 36" boys) Long Jump, Triple Jump, High Jump, Shot put (3 kg girls/ 5 kg boys) 4x200 m Relay, Sprint Medley Relay (200-200-400-800)

Hurdle Specifications:

Category	Height	Distance to 1 st Hurdle	Distance Between Hurdles
Mite Girls & Boys	12"	11.50 m	7.00 m
Tyke Girls & Boys	18"	11.50 m	7.00 m
Atom Girls & Boys	24"	11.50 m	7.00 m
Senior Girls & Boys	27"	11.50 m	7.50 m
Intermediate Girls	30"	12.00 m	8.00 m
Intermediate Boys	33"	13.00 m	8.50 m
Youth Girls	30"	13.00 m	8.50 m
Youth Boys	36"	13.72 m	9.14 m

Shot Put Specifications:

Mite Girls & Boys	1.5 kg	Intermediate Girls	3 kg
Tyke Girls & Boys	2 kg	Intermediate Boys	4 kg
Atom Girls & Boys	2.73 kg	Youth Girls	3 kg
Senior Girls & Boys	3 kg	Youth Boys	5 kg

Facility Rules:

- Street shoes or boots are not allowed in the Fieldhouse;
- Food and drink are not allowed in the Fieldhouse;
- Entry to the Fieldhouse is by wrist band or bib number only;
- Spectators must watch the meet from the upstairs viewing gallery. No parents are allowed on the track level. Any unauthorized individuals in the Fieldhouse will be asked to leave; failure to do so will result in disqualification of your athlete(s).

Awards:

Medals will be presented to the Top Three finishers in each event. 4th-6th place finishers will receive a ribbon.

The Top Three finishers should make their way to the Awards podium after the conclusion of their event. Every effort will be made to do the medal presentation within 15 minutes after the event.

The 4th-6th place finishers can pick up their ribbon at the Awards desk once results have been received.

An MTA team Championship Trophy will be awarded to the club with the highest accumulated team points at the end of the meet.

False Start Rule:

The False Start Rule follows those of the IAAF, with the following exceptions: in events staged for Peewee, Mite, Tyke, Atom, and Senior divisions, one false start is charged to the field and all further false starts will result in the disqualification of the athlete making the false start.

Advancement to Finals: Finals will be held for the 60 m Sprint only.

Six (6) or fewer heats: The top 8 times from the qualifying round will move to a single final.

Seven (7) or more heats: The top 16 times from the qualifying round will move to a two-section final (ie. A final and B final). Awards will be given to the top times between the two finals.

Horizontal Jumps:

Peewee, Mite, Tyke, and Atom athletes will jump from a 1 m jump zone for the long jump. The jump zone may be marked with powder if allowed by the facility.

Senior, Intermediate, and Youth athletes must jump from the designated board.

All Triple Jump competitors must jump from the designated board(s).

High Jump:

Each competitor will receive three attempts at each height. The starting height will be the lowest height requested by any competitor.

Height will increase be 5 cm increments until there are 3 jumpers left, or as otherwise determined by the discretion of the high jump official(s).

Number of Attempts:

All competitors in throws or horizontal jumps will receive three preliminary attempts; the Top 8 will then receive 2 additional attempts each.

Simultaneous Events:

It is impossible to schedule a meet where there are no conflicts for athletes who are competing in multiple events.

In general, track events take precedence over field events; however there are some important points to be aware of.

Athletes who are competing in two or more events simultaneously must check in to each event at the start of the event and inform the officials that they are competing in two or more events at the same time. The athletes will get a chance to warm up and/or find their mark during the warm-up period allotted to all participants before they leave for the simultaneous event. They will not get any additional time to warm up or "find their mark" upon returning to the event.

Horizontal Jumps and Shot Put: Athletes in the **Mite, Tyke, Atom, and Senior** categories will receive all their preliminary attempts if they return to the event before the end of the preliminary rounds. They will receive two additional attempts if they qualify as one of the top eight finalists. The athlete must return before the end of the final round to receive the two additional attempts. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts.

Athletes in the **Intermediate and Youth** categories do not get any attempts to make up for the rounds they missed while competing in simultaneous events. Athletes must join the event at the round being contested upon their return.

High Jump: Athletes must join the High Jump event where the bar is at the time of their return. The bar will not be lowered for an athlete in any division who missed the round while competing in a simultaneous event. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts.

Volunteers:

We are in need of volunteers to assist officials with the efficient operation of this track and field meet. Possible jobs include raking, measuring, adjusting high jump standards, hurdle crew, etc.

Being a volunteer will allow parents to access the track level.

If you would like to volunteer please contact thoroldelitetc@gmail.com. Thank you.

2025 MTA INDOOR TRACK & FIELD CHAMPIONSHIPS

April 5-6, 2025

SATURDAY APRIL 5, 2025

(Rolling Schedule: Each event will start after the previous event)

Morning Track Session				
9:30 am	1200 m	Timed Final	Tyke	Girls
9:40 am	1200 m	Timed Final	Tyke	Boys
9:50 am	1500 m	Timed Final	Atom / Senior / Intermediate / Youth	Girls
10:20 am	1500 m	Timed Final	Atom / Senior / Intermediate / Youth	Boys
11:00 am	60 m	Timed Final	Peewee	Girls
11:05 am	60 m	Timed Final	Peewee	Boys
11:10 am	60 m	Heats	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
11:50 am	60 m	Heats	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
LUNCH BREAK (Approx 12:30-1:30 pm)				
Afternoon Track Session				
1:30 pm	400 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
2:15 pm	400 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
3:00 pm	60 m	Finals	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
3:20 pm	60 m	Finals	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
3:45 pm	800 m Racewalk	Timed Final	Atom / Senior / Intermediate / Youth	All Girls and Boys COMBINED
4:00 pm	Sprint Medley Relay	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
4:30 pm	Sprint Medley Relay	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys

Field Events				
Time	High Jump	Horizontal Jumps Pit 1	Horizontal Jumps Pit 2	Shot Put
9:00 am	Warm-ups open	Warm-ups open	Warm-ups open	Warm-ups open
9:30 am	Tyke Boys Atom Boys	Peewee Boys Long Jump	Peewee Girls Long Jump	Mite Girls
10:00 am				
10:30 am	Senior Boys Intermediate Boys Youth Boys	Mite Boys Long Jump	Mite Girls Long Jump	Tyke Girls
11:00 am				
11:30 am				Intermediate Girls Youth Girls
12:00 pm		Tyke Boys Long Jump	Tyke Girls Long Jump	
12:30 pm				Senior Girls
1:00 pm				
1:30 pm	Tyke Girls Atom Girls	Atom Boys Long Jump	Atom Boys Long Jump	Atom Girls
2:00 pm				
2:30 pm				
3:00 pm	Senior Girls Intermediate Girls Youth Girls	Senior Boys Long Jump	Intermediate Boys Youth Boys Long Jump	
3:30 pm				
4:00 pm				

2025 MTA INDOOR TRACK & FIELD CHAMPIONSHIPS

April 5-6, 2025

SUNDAY APRIL 6, 2025

(Rolling Schedule: Each event will start after the previous event)

Morning Track Session				
9:15 am	2000 m	Timed Final	Senior	Girls
9:30 am	2000 m	Timed Final	Senior	Boys
9:45 am	3000 m	Timed Final	Intermediate / Youth	Girls
10:00 am	3000 m	Timed Final	Intermediate / Youth	Boys
10:20 am	200 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
11:00 am	200 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
11:45 am	60 m Hurdles	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls Then Boys in Each Category (ie. Mite Girls, Mite Boys, Tyke Girls, Tyke Boys)
LUNCH BREAK (Approx 12:30-1:30 pm)				
Afternoon Track Session				
1:30 pm	800 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
2:15 pm	800 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
3:00 pm	4x 200 m Relay	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
3:45 pm	4x 200 m Relay	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys

Field Events			
Time	Horizontal Jumps Pit 1	Horizontal Jumps Pit 2	Shot Put
9:00 am	Warm-ups open	Warm-ups open	Warm-ups open
9:30 am	Atom Girls Long Jump	Atom Girls Long Jump	Mite Boys
10:00 am			
10:30 am			Tyke Boys
11:00 am	Senior Girls Long Jump	Senior Girls Long Jump	
11:30 am			Intermediate Boys Youth Boys
12:00 pm			
12:30 pm	Atom Girls Triple Jump	Atom Boys Triple Jump	Senior Boys
1:00 pm			
1:30 pm			Atom Boys
2:00 pm	Senior Girls Triple Jump	Senior Boys Triple Jump	
2:30 pm			
3:00 pm			
3:30 pm	Intermediate Girls Youth Girls Triple Jump	Intermediate Boys Youth Boys Triple Jump	
4:00 pm			

Note: Schedule is tentative / approximate / estimated based on expected number of entries and length of time required to run the event. An updated and final schedule WILL be communicated prior to the meet based on the actual entries and heats/flights required and may, in some cases, change significantly. Every effort will be made to keep events on the same days as indicated here. If there is need to change anything then we will provide as much notice as possible.