



2025 POLARIS CUP CHAMPIONSHIPS

Saturday, March 29, 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 trackiereg.com using the following link: www.Trackie.com/Event/PolarisCupChampionships
Regular Entry Deadline	Wednesday, March 26, 2025 @ 11:59 pm \$15 per individual event; \$20 per relay
Enquiries	track@flyingangels.ca
Athlete Eligibility	<p>Entry to this meet is by qualification only. The meet organizers may invite wild card entries to fill out the remaining unfilled spots. Email the meet organizers to be put on the waiting list as a wildcard entry.</p> <p>Athletes don't need to be a member of an association or a club to participate in this meet</p> <p>Athletes may represent their club, school, or community</p> <p>Athletes may also participate as an unattached athlete</p>
Polaris Cup Age Divisions & Events	<p>U7 (Born 2019 & 2020) 60m, Long Jump</p> <p>U8 (Born 2018) 60m, 200m, 400m, 800m, 1200m, Long Jump, 4x200</p> <p>U9 (Born 2017) 60m, 200m, 400m, 800m, 1200m, 60m Hurdles, Long Jump, Shot Put</p> <p>U10 (Born 2016) 60m, 200m, 400m, 800m, 1200m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200</p> <p>U11 (Born 2015) 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, High Jump, Shot Put</p> <p>U12 (Born 2014) 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200</p> <p>U13 (Born 2013) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put,</p> <p>U14 (Born 2012) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200</p> <p>U15 (Born 2011) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put</p> <p>U16 (Born 2010) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200</p> <p>U18 (Born 2008 & 2009) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200</p> <p>U20 (Born 2006 & 2007) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200</p> <p>Open (2005 & Older) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x200</p>
Age Group Note	The athlete's age on December 31, 2025 , determines his/her division.
Relay-Only Athletes	The names of all possible runners, including athletes who are only competing in relay events, must be included with the entries. 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.
Schedule	A copy of the tentative schedule is attached. The track meet will operate on a rolling schedule. Each event will start after the completion of the previous one. The times listed on the schedule is a guide.
Results	Results will be posted at www.trackie.com and 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)
Awards	Medals are presented to the first eight finishers in each event. Athletes should go to the awards presentation area immediately following the conclusion of their event. Additional trophies will be presented to the top teams in each division and outstanding performers at the season-ending Awards Ceremony on Saturday, April 12, 2025.
False Start Rule	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.
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 age groups. The athlete may take off anywhere in this zone and their performance will be marked from an estimate of where they take off during their jump. The U11 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 three rounds in the Long Jump and Shot Put events for athletes in the U12 and younger divisions. There are six rounds for all other divisions.

60m Hurdles Specifications

Division	Height	Start to 1st Hurdle	Dist. between Hurdles
U9 & U10 Girls (scissor)	0.457	12.00m	7.00m
U11 & U12 Girls (scissor)	0.610	12.00m	7.00m
U13 & U14 Girls	0.762	12.00m	7.50m
U15 & U16 Girls	0.762	12.00m	8.00m
U18 Girls	0.762	13.00m	8.50m
U20 Girls	0.840	13.00m	8.50m
Open Women	0.840	13.00m	8.50m
U9 & U10 Boys (scissor)	0.457	12.00m	7.00m
U11 & U12 Boys (scissor)	0.610	12.00m	7.00m
U13 & U14 Boys	0.762	12.00m	7.50m
U15 & 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	Division	Weight
U9 Girls & U10 Girls	2.00 kg	U9 Boys & U10 Boys	2.00 kg
U11 Girls & U12 Girls	2.72 kg	U11 Boys & U12 Boys	2.72 kg
U13 Girls & U14 Girls	3.00 kg	U13 Boys & U14 Boys	3.00 kg
U15 Girls & U16 Girls	3.00kg	U15 Boys & U16 Boys	4.00kg
U18 Girls	3.00kg	U18 Boys	5.00kg
U20 Girls	4.00kg	U20 Men	6.00kg
Open Women	4.00kg	Open Men	7.26 kg

Series Championships	<p>The Series Championships will crown the individual and team champions</p> <p>Admittance to the Series Championships is by qualification only</p> <p>A maximum of 12 athletes will participate in each event in the Championships</p>
Series Championships Qualification Procedure	<p>Automatic Qualifiers Athletes who win an event at one of the qualifiers will automatically qualify to compete in that event at the championships.</p> <p>Non-Automatic Qualifiers The top four non-automatic qualifiers with the most points accumulated in an event during the qualifier meets will qualify for the championships.</p> <p>The top four non-automatic qualifiers who achieved the best times/marks during the qualifiers, who were not selected based on points, will be invited to participate in the Championships.</p> <p>Wild Card Qualifiers Athletes will be invited to participate in the Championships as wildcard qualifiers to fill out the 12-athlete starting list for each event.</p> <p>The series organizers will determine the number of wildcard qualifier spots available.</p> <p>Wildcard qualifiers are selected based on a combination of points scored and performance rankings in the event.</p>
Series Awards Reception	<p>There will be an awards reception at the end of the indoor season to honour the athletes who participated in the Championships.</p> <p>Individual and team awards will be presented.</p> <p>See below for a list of awards that will be given at the ceremony.</p>

Tentative Competition Schedule



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Saturday, March 29, 2025

SCHEDULE OF EVENTS

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

TRACK EVENTS

TIME				
9:00 AM	1200m	Timed sections	Girls	U8, U9, U10
9:15 AM	1200m	Timed sections	Boys	U8, U9, U10
9:30 AM	1500m	Timed sections	Girls	U11, U12, U13, U14, U15, U16, U18, U20, Open
10:00 AM	1500m	Timed sections	Boys	U11, U12, U13, U14, U15, U16, U18, U20, Open
10:30 AM	400m	Timed Final	Girls	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
11:45 PM	400m	Timed Final	Boys	U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, U20, Open
1:00 PM	60m Hurdles	Timed Final	Girls	U9, U10
1:05 PM	60m Hurdles	Timed Final	Boys	U9, U10
1:10 PM	60m Hurdles	Timed Final	Girls	U11, U12
1:15 PM	60m Hurdles	Timed Final	Boys	U11, U12
1:20 PM	60m Hurdles	Timed Final	Girls	U13, U14
1:25 PM	60m Hurdles	Timed Final	Boys	U13, U14
1:30 PM	60m Hurdles	Timed Final	Girls	U15, U16
1:35 PM	60m Hurdles	Timed Final	Girls	U18
1:40 PM	60m Hurdles	Timed Final	Girls	U20
1:45 PM	60m Hurdles	Timed Final	Women	Open
1:50 PM	60m Hurdles	Timed Final	Boys	U15, U16
1:55 PM	60m Hurdles	Timed Final	Boys	U18
2:00 PM	60m Hurdles	Timed Final	Boys	U20
2:05 PM	60m Hurdles	Timed Final	Men	Open
2:15 PM	60m	Heats (or Finals)	Girls	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
3:05 PM	60m	Heats (or Finals)	Boys	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
3:55 PM	2000m	Sections	Girls	U13, U14, U15, U16, U18, U20, Open
4:15 PM	2000m	Sections	Boys	U13, U14, U15, U16, U18, U20, Open
4:25 PM	60m	Finals (if necessary)	Girls	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
4:55 PM	60m	Finals (if necessary)	Boys	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
5:25 PM	800m	Timed Final	Girls	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
5:45 PM	800m	Timed Final	Boys	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
6:05 PM	200m	Timed Final	Girls	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
6:35 PM	200m	Timed Final	Boys	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
7:00 PM	4x200m	Timed Final	Girls	U8, U10, U12, U14, U16, U18, U20, Open
7:15 PM	4x200m	Timed Final	Boys	U8, U10, U12, U14, U16, U18, U20, Open

Tentative Competition Schedule



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SCHEDULE OF EVENTS

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

FIELD EVENTS

TIME	Vertical Jump	Horizontal Jumps (Pit 1)	Horizontal Jumps (Pit 2)	Throws
8:45 AM	Warm Up	Warm Up	Warm Up	Warm Up
9:00 AM	High Jump U18 / U20 / Open Men 9:00 AM	Long Jump U20 & Open Women 9:00 AM	Long Jump U7 & U8 Girls & Boys 9:00 AM	Shot Put U9 & U10 Girls & Boys 9:00 AM
9:15 AM			Warm Up	Warm Up
9:30 AM			Long Jump U13 & U14 Girls 9:45 AM	Shot Put U11 & U12 Boys 9:45 AM
9:45 AM	Warm Up	Warm Up	Warm Up	Warm Up
10:00 AM	High Jump U15 & U16 Boys 10:00 AM	Long Jump U18 Girls 10:15 AM	Long Jump U13 & U14 Girls 9:45 AM	Shot Put U11 & U12 Boys 9:45 AM
10:15 AM			Warm Up	Warm Up
10:30 AM			Long Jump U11 & U12 Girls 10:45 AM	Shot Put U13 & U14 Boys 10:30 AM
10:45 AM	Warm Up	Warm Up	Warm Up	Warm Up
11:00 AM	High Jump U13 & U14 Boys 11:00 AM	Long Jump U15 & U16 Girls 11:30 PM	Long Jump U9 & U10 Girls 11:30 PM	Shot Put U15 & U16 Boys 11:15 AM
11:15 AM			Warm Up	Warm Up
11:30 AM			Long Jump U13 & U14 Boys 12:15 PM	Shot Put U20 & Open Men 12:45 PM
11:45 AM	Warm Up	Warm Up	Warm Up	Warm Up
12:00 PM	High Jump U10 / U11 / U12 Boys 12:00 PM	Long Jump U18 Boys 2:00 PM	Long Jump U9 & U10 Boys 2:00 PM	Shot Put U13 & U14 Girls 2:15 PM
12:15 PM			Warm Up	Warm Up
12:30 PM			Triple Jump U13 / U14 / U15 / U16 Girls 3:00 PM	Shot Put U15 & U16 Girls 3:00 PM
12:45 PM	Warm Up	Warm Up	Warm Up	Warm Up
1:00 PM	High Jump U18 / U20 / Open Women 1:00 PM	Triple Jump U18 / U20 / Open Girls 4:30 PM	Long Jump U11 & U12 Boys 1:15 PM	Shot Put U11 & U12 Girls 1:30 PM
1:15 PM			Warm Up	Warm Up
1:30 PM			Triple Jump U13 / U14 / U15 / U16 Boys 4:00 PM	Shot Put U20 & Open Women 4:30 PM
1:45 PM	Warm Up	Warm Up	Warm Up	Warm Up
2:00 PM	High Jump U15 & U16 Girls 2:00 PM	Triple Jump U18 / U20 / Open Boys 5:45 PM	Long Jump U9 & U10 Boys 2:00 PM	Shot Put U13 & U14 Girls 2:15 PM
2:15 PM			Warm Up	Warm Up
2:30 PM			Triple Jump U13 / U14 / U15 / U16 Girls 3:00 PM	Shot Put U15 & U16 Girls 3:00 PM
2:45 PM	Warm Up	Warm Up	Warm Up	Warm Up
3:00 PM	High Jump U13 & U14 Girls 3:00 PM	Triple Jump U18 / U20 / Open Boys 5:45 PM	Long Jump U15 & U16 Boys 3:15 PM	Shot Put U18 Girls 3:45 PM
3:15 PM			Warm Up	Warm Up
3:30 PM			Triple Jump U13 / U14 / U15 / U16 Boys 4:00 PM	Shot Put U20 & Open Women 4:30 PM
3:45 PM	Warm Up	Warm Up	Warm Up	Warm Up
4:00 PM	High Jump U10 / U11 / U12 Girls 4:00 PM	Triple Jump U18 / U20 / Open Boys 5:45 PM	Long Jump U15 & U16 Boys 3:15 PM	Shot Put U18 Girls 3:45 PM
4:15 PM			Warm Up	Warm Up
4:30 PM			Triple Jump U13 / U14 / U15 / U16 Girls 3:00 PM	Shot Put U15 & U16 Girls 3:00 PM
4:45 PM	Warm Up	Warm Up	Warm Up	Warm Up
5:00 PM	Warm Up	Warm Up	Warm Up	Warm Up
5:15 PM	Warm Up	Warm Up	Warm Up	Warm Up
5:30 PM	Warm Up	Warm Up	Warm Up	Warm Up
5:45 PM	Warm Up	Warm Up	Warm Up	Warm Up
6:00 PM	Warm Up	Warm Up	Warm Up	Warm Up
6:15 PM	Warm Up	Warm Up	Warm Up	Warm Up
6:30 PM	Warm Up	Warm Up	Warm Up	Warm Up

AWARDS PRESENTED AT THE END-OF-SEASON AWARDS CEREMONY

AWARD	PRESENTED TO	ITEM
TEAM AWARDS		
Polaris Cup Series Overall Team Champions	Team with the most combined male and female points in the Polaris Cup (U7-U15) divisions during the Cup Series Championships	Team Trophy 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 (U16-Open) divisions during the Cup Series Championships	Team Trophy Team name on the Orion Cup annual trophy
Team Divisional Champions	The teams with the most cumulative points in each male and female division at the Cup Series Championships	Individual trophy to each team member on the winning division team who participated in the Cup Series Championships
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
INDIVIDUAL AWARDS		
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 + Additional sponsor prizes
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 + Additional sponsor prizes
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