



2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

July 5-6, 2025

Location	Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9
Sanctioning bodies	World Athletics and Athletics Ontario
Hosted by	Flying Angels Track Club
Facility	Outdoor 8-lane track used for competition Indoor track is available for athlete warm-ups The indoor track has an oval and straightaway and access to two long jump and triple jump pits
Entry Information	Online Registration is through trackie.com using the following link: www.Trackie.com/Event/2025FlyingAngelsInternational
Entry Deadline	Monday, June 30, 2025 @ 11:59 pm \$20 per individual event; \$25 per relay
Late Entry Deadline	Wednesday, July 2, 2025 @ 11:59 pm \$35 per individual event; \$40 per relay No entries are allowed after the late entry deadline.
Enquiries	track@flyingangels.ca
Athlete Eligibility	Athletes may represent their country, association, club, school, or community at this meet Athletes may also participate as an unattached athlete
Age Divisions & Events	U8 (Born 2018 & Younger) 100m, 200m, Long Jump U10 (born 2016 & 2017) 100m, 200m, 400m, 800m, 1200m, 4x100 Long Jump, Shot Put U12 (born 2014 & 2015) 100m, 200m, 400m, 800m, 1500m, 4x100 Long Jump, High Jump, Shot Put U14 (born 2012 & 2013) 100m, 200m, 400m, 800m, 1500m, 2000m, 80m Hurdles, 200m Hurdles, 4x100 Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin U16 (born 2010 & 2011) 100m, 200m, 400m, 800m, 1500m, 3000m, 80m/100m Hurdles, 200m Hurdles, 4x100 Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin U18 (born 2008 & 2009) 100m, 200m, 400m, 800m, 1500m, 3000m, 100m/110m Hurdles, 400m Hurdles, 4x100 Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin U20 (born 2006 & 2007) 100m, 200m, 400m, 800m, 1500m, 3000m, 100m/110m Hurdles, 400m Hurdles, 4x100 Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin Open (born 2005 & older) 100m, 200m, 400m, 800m, 1500m, 3000m, 100m/110m Hurdles, 400m Hurdles, 4x100, Mixed 4x400 Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin Masters 35+ (born 1990 & older) 100m Parents & Coaches (born 1994 & older) 100m, Mixed 4x100
Age Group Note	The athlete's age on December 31, 2025 , determines his/her division.
Event Notes	Athletes may compete in an event in an older division. Mixed 4x400 must have at least two females

Packet Pickup	Coaches must pick up their team packet in the Hospitality room upstairs in the main building. Athlete and coach wristbands will be in the team packages.
Facility Rules	<p>Only coaches, and competitors warming up or attending the awards ceremony are permitted into the Indoor Field House.</p> <p>All competition areas are off-limits to non-competitors at all times.</p> <p>Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length. No pin-style spikes are allowed on the track. Only pyramid spikes will be allowed.</p>
Meet Admission	Entry to the stadium is by wristband only. Wristbands for athletes and coaches are included in the team's packet. Each team is allotted one coach wristband for every eight registered athletes.
Spectators	<p>All spectators must watch the meet from the bleachers.</p> <p>Spectators may access the Spectator Gallery upstairs in the fieldhouse to view the awards ceremony.</p> <p>General Admission Spectator passes are \$10 each day. A 2-day weekend pass is on sale for \$15. Children 6 years old and under are free.</p> <p>Wristbands for spectators are sold at the stadium entrance.</p>
Schedule	A copy of the <u>Tentative</u> schedule is attached. Event times are approximate. The <u>Final</u> schedule will be posted online at www.flyingangels.ca and www.trackie.com and emailed to coaches on Thursday, July 3, 2025.
Warm Up Area	<p>The indoor track is available for athletes to warm up.</p> <p>Only athletes and coaches are allowed in the warm-up area</p> <p>Access the indoor track through the doors at the stadium's southwest end.</p> <p>No warm-up is allowed on the competition track or the infield.</p> <p>Athletes and teams are not allowed to camp out or loiter in the warm-up track</p>
ACC & Check-In Procedure	<p>The Athlete Control Centre (ACC) is located at the indoor track</p> <p>The entrance to the indoor track is located at the southwest end of the stadium</p> <p>Athletes must check in at the Athlete Control Centre for all track events when the event is called</p> <p>Athletes will be escorted to their events by the Marshall</p> <p>Athletes should check in for the field events at the event area when the event is called</p>
Results	<p>Live results will be available at athletic.net</p> <p>Meet results will be posted at flyingangels.ca and trackie.com after the meet</p>
Awards	<p>The Awards Ceremony will take place in the Fieldhouse.</p> <p>There will be a medal presentation ceremony after each event.</p> <p>The top eight finishers in each event final must make their way to the awards ceremony following the conclusion of their event.</p> <ul style="list-style-type: none"> • The Top eight finishers in each event final receive a medal • The team with the most accumulated points overall receives a trophy • The Male and Female athlete who scores the most points in each division receives a trophy • The Male and Female athlete who is voted the Most Outstanding Performer by the awards panel receives a trophy
Scoring	The top three finishers in each event will score points for their teams as follows: 1 st place (3 points), 2 nd place (2 points), 3 rd place (1 point)
False Start Rule	The false start rule follows those of the IAAF, with the following exception: in events staged for U8, U10, U12, and U14 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	<p>The athletes with the eight fastest times after the heats in the 100m, 200m, and Sprint Hurdles will qualify for the finals.</p> <p>If eight or fewer athletes are present for a division in the heats of the 100m, 200m, or sprint hurdles event, then that race will be run for lane draws in the Finals. Athletes must run in the heats to be eligible for the finals.</p>
Simultaneous Events	Athletes do not get any attempts to make up for the rounds they missed while competing in a simultaneous event. Athletes must join the event at the round being contested upon their return.

Late Arrival to an Event	Athletes arriving late for their field event may join the event in progress. However, they must start at the round being contested. Latecomers will not get a chance to warm up or "find their mark". They do not get any attempts to make up for the rounds they missed.
Long Jump Take-Off Board	The take off board for the U8 and U10 division will be one meter away from the pit. 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".
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.
Parents & Coaches Race	There will be a Parents and Coaches 100m and Mixed 4x100 relay. Coaches & parents must be 30 years old or older to participate. There must be at least two females on each 4x100 relay team. These events are not scored and no points will count toward the total team points.
Protest	All protests must be filed within 10 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit, the result as released will stand. If a protest changes the result, 10 minutes will be allowed following the announcement or release of the decision for an appeal to be brought forward. The Referee's decision may be appealed to the Jury of Appeal whose decision is final. The protest fee of \$100 will be returned if the protest is upheld.
Parking	There is parking available on the east and west sides of the stadium. Parking is a flat rate of \$5/day at the parking lot on the weekends.
Hotels	Many hotels are within a 15-minute drive of York University. Google "York University" to see the list of nearby hotels or visit the meet website for more options.

IMPLEMENT SPECIFICATIONS

DIVISION	SHOT PUT	DISCUS THROW	JAVELIN THROW
U10 Girls	2.00 kg	N/A	N/A
U12 Girls	2.73 kg	N/A	N/A
U14 Girls	3.00 kg	0.75 kg	400g
U16 Girls	3.00 kg	1.00 kg	500g
U18 Girls	3.00 kg	1.00 kg	500g
U20 Women	4.00 kg	1.00 kg	600g
Open Women	4.00 kg	1.00 kg	600g
U10 Boys	2.00 kg	N/A	N/A
U12 Boys	2.73 kg	N/A	N/A
U14 Boys	3.00 kg	0.75 kg	400g
U16 Boys	4.00 kg	1.00 kg	600g
U18 Boys	5.00 kg	1.50 kg	700g
U20 Men	6.00 kg	1.75 kg	800g
Open Men	7.26 kg	2.00 kg	800g

HURDLES SPECIFICATIONS

Division	Distance	# of Hurdles	Height	Dist. to 1st Hurdle	Dist. between Hurdles
U14 Girls	80m	8	0.762m (30")	12.00m	7.50m
U16 Girls	80m	8	0.762m (30")	12.00m	8.00m
U18 Girls	100m	10	0.762m (30")	13.00m	8.50m
U20 Women	100m	10	0.840m (33")	13.00m	8.50m
Open Women	100m	10	0.840m (33")	13.00m	8.50m
U14 Boys	80m	8	0.762m (30")	12.00m	7.50m
U16 Boys	100m	10	0.840m (33")	13.00m	8.50m
U18 Boys	110m	10	0.914m (36")	13.72m	9.14m
U20 Men	110m	10	0.990m (39")	13.72m	9.14m
Open Men	110m	10	1.067m (42")	13.72m	9.14m

INTERMEDIATE HURDLES

U14 Girls	200m	5	0.762m (30")	20.00m	35.00m
U16 Girls	200m	5	0.762m (30")	20.00m	35.00m
U18 Girls	400m	10	0.762m (30")	45.00m	35.00m
U20 Women	400m	10	0.762m (30")	45.00m	35.00m
Open Women	400m	10	0.762m (30")	45.00m	35.00m
U14 Boys	200m	5	0.762m (30")	20.00m	35.00m
U16 Boys	200m	5	0.762m (30")	20.00m	35.00m
U18 Boys	400m	10	0.840m (33")	45.00m	35.00m
U20 Men	400m	10	0.914m (36")	45.00m	35.00m
Open Men	400m	10	0.914m (36")	45.00m	35.00m



Tentative Competition Schedule

2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

Saturday, July 5, 2025

Time	Event	Round	Age Group
9:00	1200m	Timed Finals	U12 Girls, U12 Boys
9:20	1500m	Timed Finals	U14 Girls, U14 Boys
9:50	400m	Timed Finals	U10 Girls, U10 Boys
10:05	400m	Timed Finals	U12 Girls, U12 Boys, U14 Girls, U14 Boys
10:30	400m	Timed Finals	U16 Girls, U16 Boys, U18 Girls, U18 Boys
10:55	400m	Timed Finals	U20 Women, U20 Men, Open Women, Open Men
11:15	110m Hurdles (42")	Heats	Open Men
11:20	110m Hurdles (39")	Heats	U20 Men
11:25	110m Hurdles (36")	Heats	U18 Boys
11:35	100m Hurdles (33')	Heats	U20 Women, Open Women, U16 Boys
11:45	100m Hurdles (30")	Heats	U18 Girls
11:55	80m Hurdles (30")	Heats	U16 Girls
12:05	80m Hurdles (30")	Heats	U14 Girls, U14 Boys
12:15	OPENING CEREMONIES		
12:45	80m Hurdles (30")	Finals	U14 Girls, U14 Boys
12:50	80m Hurdles (30")	Finals	U16 Girls
12:55	100m Hurdles (30")	Finals	U18 Girls
1:00	100m Hurdles (33')	Finals	U20 Women, Open Women, U16 Boys
1:10	110m Hurdles (36")	Finals	U18 Boys
1:15	110m Hurdles (39")	Finals	U20 Men
1:20	110m Hurdles (42")	Finals	Open Men
1:30	1500m	Timed Finals	U16 Girls, U16 Boys
2:00	100m	Heats	U8 Girls, U8 Boys, U10 Girls, U10 Boys
2:25	100m	Heats	U12 Girls, U12 Boys, U14 Girls, U14 Boys
2:50	100m	Heats	U16 Girls, U16 Boys, U18 Girls, U18 Boys
3:15	100m	Heats	U20 Women, U20 Men, Open Women, Open Men
3:30	1500m	Timed Finals	U18 Girls, U18 Boys
4:00	100m	Finals	U8 Girls, U8 Boys, U10 Girls, U10 Boys
4:10	100m	Finals	U12 Girls, U12 Boys, U14 Girls, U14 Boys
4:20	100m	Finals	U16 Girls, U16 Boys, U18 Girls, U18 Boys
4:30	100m	Finals	U20 Women, U20 Men, Open Women, Open Men
4:40	100m	Timed Finals	Masters Women, Masters Men
4:45	1500m	Timed Finals	U20 Women, Open Women
5:00	100m	Timed Finals	Parents & Coaches Women, Parents & Coaches Men
5:10	1500m	Timed Finals	U20 Men, Open Men
5:30	4x100 Relay	Timed Finals	U10 Girls, U10 Boys
5:40	4x100 Relay	Timed Finals	U12 Girls, U12 Boys, U14 Girls, U14 Boys
5:50	4x100 Relay	Timed Finals	U16 Girls, U16 Boys, U18 Girls, U18 Boys
6:00	4x100 Relay	Timed Finals	U20 Women, U20 Men, Open Women, Open Men



Tentative Competition Schedule

2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

Saturday, July 5, 2025

Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2
8:15	Warm up	Warm up	Warm up	Warm up	Warm up
9:00	High Jump U12 Girls 9:00	Long Jump U16 Girls 9:00	Long Jump U10 Boys 9:00	Shot Put 4.00kg U16 Boys 9:00	Javelin 400g U14 Girls & U14 Boys 9:00
9:15					
9:30					
9:45	Warm up			Warm up	Warm up
10:00	High Jump U14 Girls 10:00	Warm up	Warm up	Shot Put 4.00kg U14 Boys 10:00	Javelin 500g U16 & U18 Girls 10:00
10:15					
10:30					
10:30		Long Jump U20 Women & Open Women 10:30	Long Jump U12 Boys 10:30	Warm up	Warm up
10:45					
11:00					
11:00	High Jump U18 Girls 11:00			Shot Put 5.00kg U18 Boys 11:00	Javelin 600g U16 Boys 11:00
11:15					
11:30					
11:45	Warm up	Warm up	Warm up	Warm up	Warm up
12:00	High Jump U16 Girls 12:00	Long Jump U16 Boys 12:00	Long Jump U14 Boys 12:00	Shot Put 6.00kg U20 Men 12:00	Javelin 600g U20 & Open Women 12:00
12:15					
12:30					
12:45	Warm up			Warm up	Warm up
1:00	High Jump U20 & Open Women 1:00	Warm up	Warm up	Shot Put 7.26kg Open Men 1:00	Javelin 700g U18 Boys 1:00
1:15					
1:30					
1:45	Warm up	Long Jump U18 Girls 1:30	Long Jump U10 Girls 1:30	Warm up	Warm up
2:00					
2:15					
2:15	High Jump U12 Boys 2:00			Shot Put 3.00kg U14 Girls 2:00	Javelin 800g U20 & Open Men 2:00
2:30					
2:45					
2:45	Warm up	Warm up	Warm up	Warm up	
3:00	High Jump U14 Boys 3:00	Long Jump U18 Boys 3:00	Long Jump U12 Girls 3:00	Shot Put 3.00kg U16 Girls 3:00	
3:15					
3:30					
3:45	Warm up			Warm up	
4:00	High Jump U16 Boys 4:00	Warm up	Warm up	Shot Put 3.00kg U18 Girls 4:00	
4:15					
4:30					
4:45	Warm up	Long Jump U20 Men & Open Men 4:30	Long Jump U14 Girls 4:30	Warm up	
5:00					
5:15					
5:15	High Jump U18 Boys 5:00			Shot Put 3.00kg U20 & Open Women 5:00	
5:30					
5:45					
5:45	Warm up				
6:00	High Jump U20 & Open Men 6:00				
6:15					



Tentative Competition Schedule

2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

Sunday, July 6, 2025

Time	Event	Round	Divisions
9:00	2000m	Final	U14 Girls, U14 Boys
9:20	200m Hurdles (30")	Timed Finals	U14 Girls, U14 Boys, U16 Girls, U16 Boys
9:35	400m Hurdles (30")	Timed Final	U18 Girls, U20 Women, Open Women
9:50	400m Hurdles (33")	Timed Final	U18 Boys
9:55	400m Hurdles (36")	Timed Final	U20 Men, Open Men
10:45	3000m	Final	U16 Girls, U18 Girls, U20 Women, Open Women
11:15	3000m	Final	U16 Boys, U18 Boys, U20 Men, Open Men
11:45	200m	Heats	U8 Girls, U8 Boys, U10 Girls, U10 Boys
12:10	200m	Heats	U12 Girls, U12 Boys, U14 Girls, U14 Boys
12:35	200m	Heats	U16 Girls, U16 Boys, U18 Girls, U18 Boys
1:00	200m	Heats	U20 Women, U20 Men, Open Women, Open Men
1:15	800m	Timed Finals	U10 Girls, U10 Boys
1:25	800m	Timed Finals	U12 Girls, U12 Boys, U14 Girls, U14 Boys
1:50	200m	Finals	U8 Girls, U8 Boys, U10 Girls, U10 Boys
2:00	200m	Finals	U12 Girls, U12 Boys, U14 Girls, U14 Boys
2:10	200m	Finals	U16 Girls, U16 Boys, U18 Girls, U18 Boys
2:20	200m	Finals	U20 Women, U20 Men, Open Women, Open Men
2:30	800m	Timed Finals	U16 Girls, U16 Boys, U18 Girls, U18 Boys
2:55	800m	Timed Finals	U20 Women, U20 Men, Open Women, Open Men
3:05	Mixed 4x100 Relay	Finals	Parents & Coaches
3:15	Mixed 4x400 Relay	Finals	Open
3:30	Team Awards Ceremony		



2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS
 Sunday, July 6, 2025

Tentative Competition Schedule

Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2
8:45	Warm up	Warm up	Warm up	Warm up	Warm up
9:00	Pole Vault U16 Girls 9:00	Triple Jump U20 & Open Men 9:00	Triple Jump U20 & Open Women 9:00	Shot Put 2.00kg U10 Boys 9:00	Discus Throw 0.75kg U14 Girls & U14 Boys 9:00
9:15				Warm up	Warm up
9:30				Warm up	Warm up
9:45				Warm up	Warm up
10:00	Warm up	Triple Jump U18 Boys 10:30	Triple Jump U18 Girls 10:30	Shot Put 2.00kg U10 Girls 10:00	Discus Throw 1.00kg U16 & U18 Girls 10:00
10:15	Warm up			Warm up	
10:30	Warm up			Warm up	
10:45	Warm up			Warm up	
11:00	Pole Vault U18 Girls 10:15	Triple Jump U14 Boys 12:00	Triple Jump U14 Girls 12:00	Shot Put 2.72kg U12 Girls 11:00	Discus Throw 1.00kg U20 & Open Women 11:00
11:15				Warm up	Warm up
11:30				Warm up	Warm up
11:45				Warm up	Warm up
12:00	Pole Vault U20 & Open Women 11:30	Triple Jump U16 Boys 1:30	Triple Jump U16 Girls 1:30	Shot Put 2.72kg U12 Boys 12:00	Discus Throw 2.00kg Open Men 12:00
12:15				Warm up	Warm up
12:30				Warm up	Warm up
12:45				Warm up	Warm up
1:00	Pole Vault U16 Boys 12:45	Triple Jump U8 Boys 3:00	Long Jump U8 Girls 3:00		Discus Throw 1.75kg U20 Men 1:00
1:15				Warm up	Warm up
1:30				Warm up	Warm up
1:45				Warm up	Warm up
2:00	Pole Vault U18, U20 & Open Men 2:00	Long Jump U8 Boys 3:00	Long Jump U8 Girls 3:00		Discus Throw 1.50kg U18 Boys 2:00
2:15				Warm up	Warm up
2:30				Warm up	Warm up
2:45				Warm up	Warm up
3:00				Warm up	Warm up
3:15				Warm up	Warm up
3:30	Warm up	Warm up			
3:45	Warm up	Warm up	Warm up		
4:00	Warm up	Warm up	Warm up		