34th

INTERNATIONAL YOUTH MEET OF CHAMPIONS 2025 INFORMATION PACKAGE

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| **Date** | December 6 and 7th, 2025 |
| **Sanctioned by** | Athletics Ontario and Minor Track Association |
| **Hosted by** | Project Athletics Track and Field Program  |
| **Location** | Toronto Track and Field Centre York University, Toronto |
| **Facility** | Chevron surface on 5-lane 200m banked oval and 8-lane sprint straight and on all field approaches. Concrete throwing circle. Change room facilities and showers are available – bring own lock and towel.**Maximum spike length - 5 mm (9mm for High Jump)** |
| **Meet Director****Entries** | Nathan Sternn.stern7@gmail.comOn TRACKIE - Payment to be made online.Trackie accepts VISA, MasterCard, American Express, Discover, PayPal and Interac. No telephone entries. NO REFUNDS.Coaches Passes- Free |
| **Age categories** |  **U8** → Born **2018–2019** **U10** → Born **2016–2017** **U12** → Born **2014–2015** **U14** → Born **2012–2013** **U16** → Born **2010–2011** **U18** → Born **2008–2009** **U20** → Born **2006–2007** |
| **Entry deadline****Late deadline****Note** | **Sunday, November 30th , 2025, 11:59pm**Fees: $20.00 per individual event$30.00 per relay team**Tuesday, December 2nd, 2025, 12 noon**Fees: $30.00 per individual event$40.00 per relay teamThere is a $5.00 insurance coverage surcharge per athlete for non-MTA registered athletes.There is a $5.00 insurance coverage surcharge per athlete for non-AO registered athletes.(Provides all-day coverage at Track Meet venue.)**NO ENTRIES WILL BE ACCEPTED AFTER 12 NOON ON DECEMBER 2nd , 2025** |

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| **Waiver** | Each participant is required to sign the waiver form attached. For athletes under the age of 18, a parent or guardian’s signature must appear on the waiver. The waiver forms must be submitted at the registration desk the day of the competition. You will find the waivers at the end of this document. |
| **Eligibility** | USATF or AC membership is not mandatory to compete.However national records may only be set by registered members.In events that are run as timed sections, all entries without a valid seed time will be put into the slow section.Athletes may compete in different age categories in different events. For example, a Midget may enter the Midget long jump and Youth triple jump but not the Midget long jump and Youth long jump. |
| **Entry errors** | If an athlete has been entered in the wrong event or age group and a club’s representative wishes to have the athlete switched to another event, or age category, they must make the request a minimum of two hours prior to the listed starting time of the event.If an athlete has been entered in an age category for which they are too old, the Meet Director reserves the right to move the athlete to the correct age category without notification to the club. |
| **Standards** | There are no official standards for this meet.However, coaches are asked not to embarrass their athletes by submitting false information.Mixing of age groups will not be accepted – an athlete must compete in only his/her age category.However, an athlete may move up an age group if the event is not offered at his/her age category. |
| **Lane/Heat/Section assignments** | Lanes, heats and sections will be assigned according to the rules of the WA/AO/MTA. |
| **Scratches** | All coaches or club administrators are asked to make initial scratches at the results table upon their arrival. Additional scratches will be accepted throughout the competition. It is to the benefit of all athletes for all scratches to be reported at least 45 minutes prior to the event. This will allow for full and competitive sections, saving time and allowing athletes the opportunity to compete in full events. |
| **Sweat suit rule** | Due to the anticipated number of entries and the desire to stay on schedule, all athletes will be expected to be ready to start when they are called onto the track – i.e. all sweat suits and tights must be off when called. Athletes who are not prepared to start will be charged with a false start. Please convey this information to the athletes. |
| **Awards and Scoring** | Scoring shall be 10 points for 1st, 8 pts for 2nd, 6 pts for 3rd, 4 pts for 4th, 2 pts for 5th and 1 point for 6th.The most outstanding top club will receive a trophy. The Top Club / Minor Division will also receive a trophy.INTERNATIONAL YOUTH MEET medals (Gold, Silver, Bronze) will also be presented to the first 3 finishers in individual events and relays. |
| **Starting Blocks** | Official blocks will be supplied by meet management. However, any starting block complying with WA rules may be used. |

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| **Implements****Off Limits****Sportsmanship****Protests** | Athletes are requested to bring their own implementsImplements will be weighed prior to the eventIn the case of a record broken, implements will be subject to further inspection..NO street shoes on track surface.The track and field areas are off limits to all non-competitors at all times. Only coaches, officials and meet volunteers will be permitted into the field house. All others must go to the spectator viewing area. Meet organizers will provide passes for coaches of athletes entered in the meet.Proper conduct extends to all athletes on and off the field during the meet and to parents, friends and coaches especially at the meet site.All protests must be made as outlined in IAAF rule 146. In all cases, protests or appeals shall be filed within 30 minutes of the official announcement or release of the results. If no protest or appeal is received within 30 minutes of the official announcement or release of the results, the result as released will stand. If a protest or appeal changes a result, 30 minutes will be allowed following the announcement or release of the decision for further appeals to be brought forward. The Jury of Appeal is the final authority on all issues.Cost: $25.00 to be returned only if the protest is upheld. |
| **Concessions** | There is food service on site. |
| **Registration/Check-In** | At the track center itself: Saturday - 7:30 a.m. Sunday - 8:00 a.m.  |
| **Special meet rules****Accommodations****Parking** | 1. In all running events, girls will precede boys, from youngest to oldest age division
2. For events run in sections on a time basis – 200m and longer – the fastest section shall run last..
3. Shot put, long jump and triple jump: all competitors will have 3 attempts with the top 8 receiving 3 additional attempts. All 6 attempts will count in the final outcome of the event.
4. The metric system will be used for all measurements.

Suggestions:HOLIDAY INN EXPRESS Monte Carlo Inn-Vaughan Suites30 Norfinch Drive 705 Applewood Cres416-665-3500 905-761-7170COMFORT INN HOLIDAY INN EXPRESS & SUITES66 Norfinch Drive VAUGHAN-SOUTHWEST416-736-4700 6100 Highway 7905-851-15101. Follow Highway 401 to Highway 400 North.
2. Follow Highway 400 North to the Steeles Avenue exit.
3. Go East (left) on Steeles, past Jane Street
4. Turn right on Founders Road
5. Take immediate first left entrance to parking lot. Follow the pathway to the main doors of the Track Centre.
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| **EVENTS** |  |

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|  | **U8** | **U10** | **U12** | **U14** | **U16** | **U18** | **U20** |
| **60m** | X | X | X | X | X | X |  X |
| **150m** | X | X | X | X |  |  |  |
| **200m** |  |  |  |  | X | X |  X |
| **300m** |  | X | X | X |  |  |  |
| **400m** |  |  |  |  | X | X |  X |
| **800m** |  | X | X | X | X | X | X |
| **1200m** |  | X | X | X |  X |  |  |
| **1500m** |  |  |  |  |  | X |   X |
| **60mH** |  |  |  | X | X | X |  X |
| **High Jump** |  | X | X | X | X | X |  X |
| **Long Jump** | X | X | X | X | X | X |  X  |
| **Triple Jump** |  |  |  | X | X | X |  X |
| **Shot Put** |  | X | X | X | X | X |  X |
| **Weight Throw** |  |  |  |  | X | X |  X |
| **4x200 Relay** | X | X | X | X | X | X | X |
| **Sprint Medley****Relay** |  |  |  | X | X | X | X |
| **4X400** |  |  |  | X | X | X | X |

**Saturday December 6th, 2025**

**Track Events**

| **TIME** | **TRACK EVENT** | **AGE GROUP** | **GENDER** |
| --- | --- | --- | --- |
| 8:45am | *1200m/1500m Finals*U10/U12 GirlsU10/U12 Boys U10/U12 Girls U14 BoysU14 GirlsU16 BoysU16 GirlsU18 Girls U18/U20 Boys  | ALL | Male &Female  |
| 9:25am | 60M Dash (Heats) | ALL  | Female |
| 10:15 am | 60M Dash (Heats) | ALL | Male |
|  | LUNCH BREAK  |  |  |
| 12:00 pm | 300M | ALL | Female |
| 12:30pm | 300M | ALL | Male |
| 12:55pm | 400M | U16, U18, U20 | Female |
| 1:20pm | 400M  | U16, U18, U20 | Male |
| 1:45pm | 60M Dash (A +B Finals)\*B Finals will be dependent on entries\*\*The Medalist can come from either the A or B Final Race Order: Youngest to Oldest  | ALL | Female |
| 2:20pm | 60M Dash (A +B Finals)\*B Finals will be dependent on entries\*\*The Medalist can come from either the A or B Final Race Order: Youngest to Oldest | ALL | Male |
| 3:00PM | 4 X 200M Relay Finals **Race Order: Youngest to Oldest**  | ALL | Female  |
| 3:35 PM | 4 X 200M Relay Finals**Race Order: Oldest to Youngest**  | ALL | Male  |

**Saturday December 6th, 2024**

**Field Events**

| **TIME** | **FIELD EVENT** | **AGE GROUP** | **GENDER** |
| --- | --- | --- | --- |
| 8:30am | Shot Put  | U10/U12 | Male &Female  |
| 9:00am | High Jump  | U10/U12 | Female |
| 9:00am | Long Jump (Pit 1) | U18/20 | Male |
| 9:00am | Long Jump (Pit 2)  | U14  | Female |
| 10:00am | High Jump | U16/U18/U20 | Female |
| 10:00am | Shot Put  | U14 | Male and Female |
| 11:00am | High Jump | U16, U18, U20 | Male |
| 11:00am | Long Jump (Pit 1) | U16 | Girls |
| 11:00am | Long Jump (Pit 2) | U18 | Girls |
| 11:00am | Shot Put  | U16 | Male and Female |
| 12:00pm | Long Jump (Pit 1)  | U14 | Boys |
| 12:00pm | Long Jump (Pit 2)  | U16 | Boys |
| 12:15pm | Shot Put  | U20 | Male and Female |
| 1:00PM | High Jump | U10/U12/14 | Male |
| 1:40pm | Weight Throw  | All | Female  |
| 2:30PM | High Jump | U14 | Girls |
| 3:20pm | Long Jump (Pit 1)  | U8/U10 | Boys |
| 3:20pm | Long Jump (Pit 2)  | U12 | Boys |
| 3:20pm | Shot Put  | U18 | Male and Female |
| 4:30pm | Weight Throw | ALL | Male  |

**Sunday December 7th, 2024**

**Track Events**

| **TIME** | **TRACK EVENT** | **AGE GROUP** | **GENDER** |
| --- | --- | --- | --- |
| 9:15am | 60M Hurdles (Prelims)U14 GirlsU14 BoysU16 Girls U18 GirlsU16 BoysU18 BoysU20 Boys | ALL | Boys &Girls  |
| 10:30am | 800M  | ALL  | Girls |
| 10:50am | 800M  | ALL | Boys |
| 11:15am | 60M Hurdles (Finals) U20 Boys U18 BoysU16 BoysU18 Girls U16 GirlsU14 BoysU14 Girls | ALL | Boys &Girls |
|  | LUNCH BREAK |  |  |
| 1:00pm | Sprint Medley Relay Finals Girls then Boys  | ALL | Boys & Girls |
| 1:45pm | 150M Run  | U8/U10/U12/U14 | Girls |
| 2:15PM | 150M Run  | U8/U10/U12/U14 | Boys |
| 2:40PM | 200M Time Finals Fastest to Slowest  | ALL | Girls |
| 3:15PM | 200M Time Finals Fastest to Slowest  | ALL | Boys |
| 4:10PM | 4 X 400M  | ALL | ALL |

**Sunday, December 7th, 2024**

**Field Events**

| **TIME** | **FIELD EVENT** | **AGE GROUP** | **GENDER** |
| --- | --- | --- | --- |
| 9:00am  | Long Jump (Pit 1) | U8/10 | Girls  |
| 9:00am | Triple Jump (Pit 2) | U14/U16 | Girls  |
| 10:30am | Long Jump (Pit 1) | U12 | Girls |
| 10:30am | Long Jump (Pit 2)  | U12 | Girls |
|  | LUNCH BREAK |  |  |
| 1:00pm | Triple Jump (Pit 1) | U18 | Girls  |
| 1:00pm | Triple Jump (Pit 2) | U20 | Girls |
| 2:30pm | Triple Jump | U14/U16 | Boys |
| 3:30pm | Triple Jump | U18/U20 | Boys |