

GTA TRACK & FIELD LEAGUE CHAMPIONSHIPS

Date: Sunday, August 14, 2016
Time: 10:00 a.m.
Venue: Etobicoke Centennial Stadium
56 Centennial Park Road
Etobicoke, Ontario, M9C 5N3
Hosted by: Flying Angels Track & Field Club
Sanctioned by: Athletics Ontario
Meet Director: Earl Letford 416-562-0898
track@flyingangels.ca

ENTRY INFORMATION AND INSTRUCTIONS

Entries must be completed Online at www.trackiereg.com
Click "Register" and follow the steps to complete your entries.

Relay-Only Athletes

The names of all possible runners on all relay teams 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. However, the names of the four runners on each team and the running order need not be provided until the day of the meet.

Entry Deadline Wednesday, August 10, 2016 @ 11:59 pm
Entry Fees \$10.00 per individual event
\$20.00 per relay
Late entries are not accepted
Make cheque or money order payable to **Flying Angels Track & Field**

AGE DIVISIONS & EVENTS OFFERED

The athlete's year of birth shall determine the age division in which he/she will compete for individual events:

DIVISION	CODE	BIRTH YEAR	EVENTS OFFERED
8 & Under	8 G/B	2008-2010	100m, 200m, 400m, 800m, LJ, SP (1.5 kg), 4x100
9 & 10	9-10 G/B	2006-2007	100m, 200m, 400m, 800m, 1200m, LJ, HJ, SP (2 kg), 4x100
11 & 12	11-12 G/B	2004-2005	100m, 200m, 400m, 800m, 1500m, LJ, HJ, SP (2.73 kg), 4x100
13 & 14	13-14 G/B	2002-2003	100m, 200m, 400m, 800m, 1500m, LJ, HJ, SP (3 kg), 4x100
Open	OW / OM	2001 & Older	100m, 200m, 400m, 800m, 1500m, LJ, HJ, SP (4 kg/7.26 kg), 4x100

FACILITY

All-weather polytan surface on 8-lane track.
Washroom facilities are available.

AWARDS

Medals will be presented to the first three finishers in each event
This is a scoring meet. Athletes will score points for their team.
Scoring will be: 1st – 10 points, 2nd – 8 points, 3rd – 6 points, 4th – 4 points, 5th – 2 points, 6th – 1 point
Individual trophies will be presented to the team that accumulates the most points

IMPLEMENTS AND WEIGH-IN

Throwing implements will be provided by the meet management.
Personal implements will be allowed and once checked-in, will be entered into the equipment pool.

WARM UP AREA

Athletes may warm up on the grassy area on the west side of the stadium.
Absolutely no warm up is allowed on the track or the infield.
The infield is off limits for coaches, athletes, and spectators at all times.

ATHLETE CHECK-IN

All athletes must go directly to their event when called.

ATHLETE ADVANCEMENT TO FINALS

In the 100m events, the top 8 times from the qualifying round will advance to the Finals. If there are 8 or fewer athletes that run in the first round, then that round will be run as a Final.

FALSE START RULE

False start rules follow those of the IAAF, with the following exception: in events staged for 8U, 9-10, 11-12, and 13-14 divisions, one false start will be allowed to the field per race without disqualification of an athlete. Any further false starts shall result in the disqualification of the athlete making a false start.

PACKET PICKUP

Coaches should pick up their team's meet packet at the registration tent located at the west side of the stadium beginning at 8:30 am.

EVENT SCHEDULE

A tentative schedule is enclosed.
The schedule is a rolling schedule with the morning session commencing at 10:00 am
Events will begin immediately at the conclusion of the previous event.
In all track events, all girls divisions will run first, followed by all boys divisions.

HEAT SHEETS & RESULTS

Performance lists will be posted on the flyingangels.ca website beginning Thursday, August 11, 2016.
Heat Sheets and results will be posted on the west wall outside the stadium.

FIELD EVENTS

All athletes in the Long Jump and Shot Put events get only three attempts.
All athletes in the long jump must use the take-off board.

**GTA TRACK & FIELD LEAGUE
SUNDAY, JULY 31, 2016**

SCHEDULE OF EVENTS

TRACK EVENTS

10:00 AM	1500 Metres	Finals
	100 Metres	Heats or Finals
	400 Metres	Timed Finals

30 minute Track Break

100 Metres	Finals (If necessary)
800 Metres	Timed Finals
200 Metres	Timed Finals
4x100 Relay	Timed Finals

FIELD EVENTS

START TIME	EVENT	ORDER OF PARTICIPATION
10:00 AM	Long Jump	OM, 13-14B, 11-12B, 9-10B, 8B
10:00 AM	High Jump	9-10G, 11-12G, 13-14G, OW
10:00 AM	Shot Put	OW, 13-14G, 11-12G, 9-10G, 8G

30 minute Field Event Break

Long Jump	OW, 13-14G, 11-12G, 9-10G, 8G
High Jump	9-10B, 11-12B, 13-14B, OM
Shot Put	OM, 13-14B, 11-12B, 9-10B, 8B



SANCTIONED AND REQUIRED BY:

ATHLETICS ONTARIO

RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

GTA Track & Field League Championships

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

Athletics Ontario
Flying Angels Youth Organization
City of Toronto
Earl Letford

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of those arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

Date

Print Name

Signature
(If under 18, parent or guardian or
Power of Attorney to sign below.)

Date

Print Name

Signature of Legal Guardian