

# 7<sup>th</sup> ANNUAL FLYING ANGELS INTERNATIONAL CLASSIC

Toronto Track & Field Centre  
231 Ian MacDonald  
Toronto, Ontario, Canada, M3J 3L9  
July 15-16, 2017

**REVISED – July 1, 2017**

**Hosted by:** Flying Angels Track & Field Academy

**Sanctioned by:** Athletics Ontario & Minor Track Association of Ontario

**Website:** [www.flyingangels.ca](http://www.flyingangels.ca)

**Meet Director:** Earl Letford  
(416) 562-0898  
[track@flyingangels.ca](mailto:track@flyingangels.ca)

## ENTRY INFORMATION AND INSTRUCTIONS

Entries must be completed Online at [www.trackiereg.com](http://www.trackiereg.com)  
Select "Find Event" and enter "Flying Angels" in the Filter by Event box  
You will then see the Flying Angels International Classic  
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 and wristband to enter the stadium. 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, July 12, 2017 @ 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 Academy**

## AGE DIVISIONS

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

<b>AGE GROUPS</b>	<b>CLASSIFICATION</b>	<b>YEAR OF BIRTH</b>
6 & Under	6G / 6B	2011 & younger
7 & 8 Year Olds	7-8G / 7-8B	2009-2010
9 & 10 Year Olds	9-10G / 9-10B	2007-2008
11 & 12 Year Olds	11-12G / 11-12B	2005-2006
13 & 14 Year Olds	13-14G / 13-14B	2003-2004
15-17 Year Olds	16-17G / 16-17B	2000-2002
Invitational	IW / IM	1999 & Older

## EVENTS OFFERED

6 & Under	100m, 200m
7 & 8 Year Olds	100m, 200m, 400m, 800m, 60m Hurdles, Long Jump, Shot Put, 4x100
9 & 10 Year Olds	100m, 200m, 400m, 800m, 1200m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x100
11 & 12 Year Olds	100m, 200m, 400m, 800m, 1500m, 60m Hurdles, 200m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, 4x100, 4x400
13 & 14 Year Olds	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, 200m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, 4x100, 4x400
15-17 Year Olds	100m, 200m, 400m, 800m, 1500m, 100m/110m Hurdles, 400m Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, 4x100, 4x400
Invitational	100m, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, High Jump, 4x100

## THROWING IMPLEMENT SPECIFICATIONS

### SHOT PUT

7-8 G/B	- 1.50 kg
9-10 G/B	- 2.00 kg
11-12 G/B	- 2.73 kg
13-14 G/B	- 3.00 kg
15-17 G	- 3.00 kg
15-17 B	- 5.00 kg

### DISCUS THROW

13-14 G/B	- 0.75 kg
15-17 G	- 1.00 kg
15-17 B	- 1.50 kg

## HURDLE SPECIFICATIONS

DIVISION	Distance	HT	# Hurdles	Dist. To 1 <sup>st</sup> hurdle	Dist. b/w Hurdles
7-8 G/B	60m	12"	5	11.50m	7.00m
9-10 G/B	60m	18"	5	11.50m	7.00m
11-12 G/B	60m	24"	5	11.50m	7.00m
13-14 G/B	80m	27"	8	11.50m	7.50m
15-17 G	100m	30"	10	13.00m	8.50m
15-17 B	110m	36"	10	13.72m	9.14m
11-12 G/B	200m	24"	5	15.00m	35.00m
13-14 G/B	200m	30"	5	15.00m	35.00m
15-17 G	400m	30"	10	45.00m	35.00m
15-17 B	400m	33"	10	45.00m	35.00m

## **FACILITY**

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

## **FACILITY RULES**

Only officials are permitted onto the competition areas. All others must go to the spectator viewing area.

## **PACKET PICKUP**

Coaches must pick up their team packet at the Registration Tent located at the entrance to the stadium. The coach picking up the packet must pay for and take the entire packet. Coaches must pay for ALL entries submitted.

## **MEET ADMISSION**

Entry to the stadium will be by wrist bands only. Wrist bands for athletes and coaches will be included in the team's packet. Each team will be allotted 1 coach wrist band for every 10 athletes registered. Wristbands for spectators and additional coaches will be sold at the tent located at the entrance to the stadium.

**General Admission Spectator passes are \$5 each day.** Children aged 12 and under are free

## **SCHEDULE**

A copy of the tentative schedule is attached. Event times are approximate. A revised schedule will be in your packet and will be posted online at [www.flyingangels.ca](http://www.flyingangels.ca) on Friday, July 14, 2017. Events may be delayed or advance by one hour.

## **PERFORMANCE LIST & RESULTS**

Performance lists and meet results will be posted online at [www.flyingangels.ca](http://www.flyingangels.ca).

## **ATHLETE CONTROL CENTRE / CHECK-IN PROCEDURE**

The Athlete Control Centre (ACC) is located at the indoor track

Athletes competing in the track events must check in at the Athlete Control Centre when the event is called.

Athletes will be escorted to their events.

Athletes competing in the field events should check in directly to the event when called.

## **AWARDS**

An Overall Team trophy will be presented to the team with the most combined points

Medals will be presented to the first three finishers in each event

Plaques will be presented to athletes who break a meet record

## **SCORING**

The top 6 athletes in each event and category will earn points for their teams as follows: 1<sup>st</sup> – 10 points, 2<sup>nd</sup> – 8 points, 3<sup>rd</sup> – 6 points, 4<sup>th</sup> – 4 points, 5<sup>th</sup> – 2 points, 6<sup>th</sup> – 1 point

## **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 competition equipment pool.

## **WARM UP AREA**

The indoor track is open for athletes warm up.

Absolutely no warm up is allowed on the track or the infield.

## **ATHLETE ADVANCEMENT TO FINALS**

In the 100m & 200m events, the top 8 times from the qualifying round will advance to the Finals. If there are 8 or fewer athletes running 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 6&U, 7-8, 9-10, 11-12, and 13-14 divisions, one false start will be allowed per athlete, per race without disqualification of an athlete. Any further false starts shall result in the disqualification of the athlete making a false start.

## **PROTEST**

All protest must be filed within 15 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 a result, 15 minutes will be allowed following the announcement or release of the decision for appeal to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The protest fee of \$50.00 will be returned if the protest is upheld.

## **DIRECTION TO TORONTO TRACK AND FIELD CENTRE**

- Follow Highway 400 north to the Steeles Avenue exit.
- Go East (left) on Steeles, past Jane Street to the third set of lights.
- Turn right on Founders Road
- Take immediate first left entrance to parking lot.
- Follow the sidewalk west to the front of the Track and Field Centre.

## **PARKING**

There is parking available just off of Founders Rd. Parking is a flat rate of \$5/day on weekends.

## **MEET HOTEL**

### **Holiday Inn Express North York**

30 Norfinch Drive

North York, Ontario, M3N 1X1

Phone: 416-665-3500

Price: \$129 / room

Includes breakfast

Ask for: **Flying Angels Track & Field**

## **FURTHER INFORMATION**

For further information, contact Earl Letford at **(416) 562-0898**

**2017 FLYING ANGELS INTERNATIONAL CLASSIC  
SCHEDULE OF EVENTS – DAY 1**

**TRACK EVENTS**

10:00 AM	1200m Finals	9-10G, 9-10B
10:15 AM	1500m Finals	11-12G, 13-14G, 15-17G / IW, 11-12B, 13-14B, 15-17B / IM
11:00 AM	100m Heats	6G, 7-8G, 9-10G, 11-12G, 13-14G, 15-17G, IW, 6B, 7-8B, 9-10B, 11-12B, 13-14B, 15-17B, IM

**12:30 PM**

**OPENING CEREMONIES**

1:15 PM	60m Hurdles	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B
	80m Hurdles	13-14G, 13-14B
	100m Hurdles Timed Finals	15-17G
	110m Hurdles Timed Finals	15-17B
1:45 PM	400m Timed Finals	7-8G, 9-10G, 11-12G, 13-14G, 15-17G / IW, 7-8B, 9-10B, 11-12B, 13-14B, 15-17B / IM
3:00 PM	100m Finals	6G, 7-8G, 9-10G, 11-12G, 13-14G, 15-17G, IW, 6B, 7-8B, 9-10B, 11-12B, 13-14B, 15-17B, IM
3:45 PM	4 x 100m Relay Finals	7-8G, 9-10G, 11-12G, 13-14G, 15-17G / IW, 7-8B, 9-10B, 11-12B, 13-14B, 15-17B / IM

**FIELD EVENTS**

10:00 AM	Long Jump (Pit 1)	15-17B / IM
	Long Jump (Pit 2)	15-17G / IW
	Shot Put (Pit 1)	7-8G
	Shot Put (Pit 2)	7-8B
	High Jump	9-10G / 11-12G
11:00 AM	Shot Put (Pit 1)	9-10G
	Shot Put (Pit 2)	9-10B
	High Jump	9-10B / 11-12B
11:30 AM	Long Jump (Pit 1)	13-14B
	Long Jump (Pit 2)	13-14G
12:00 PM	Shot Put (Pit 1)	11-12G
	Shot Put (Pit 2)	11-12B
	High Jump	13-14G / 15-17G / IW
1:30 PM	Long Jump (Pit 1)	11-12B
	Long Jump (Pit 2)	11-12G
	Shot Put (Pit 1)	13-14G
	Shot Put (Pit 2)	13-14B
	High Jump	13-14B / 15-17B / IM
2:30 PM	Shot Put (Pit 1)	15-17B
	Shot Put (Pit 2)	15-17G
3:00 PM	Long Jump (Pit 1)	9-10G
	Long Jump (Pit 2)	9-10B

## 2017 FLYING ANGELS INTERNATIONAL CLASSIC

### SCHEDULE OF EVENTS – DAY 2

#### TRACK EVENTS

10:00 AM 200m Hurdles Timed Sections 11-12G, 11-12B, 13-14G, 13-14B

400m Hurdles Timed Sections 15-17G, 15-17B

10:30 AM 200m Heats 6G, 7-8G, 9-10G, 11-12G, 13-14G, 15-17G, IW, 6B, 7-8B, 9-10B, 11-12B, 13-14B, 15-17B, IM

11:45 PM 800m Finals 7-8G, 9-10G, 11-12G, 13-14G, 15-17G / IW, 7-8B, 9-10B, 11-12B, 13-14B, 15-17B / IM

1:00 PM 200m Finals 6G, 7-8G, 9-10G, 11-12G, 13-14G, 15-17G, IW, 6B, 7-8B, 9-10B, 11-12B, 13-14B, 15-17B, IM

1:45 PM 4 x 400m Relay Finals 11-12G, 13-14G, 15-17G, 11-12B, 13-14B, 15-17B

#### FIELD EVENTS

10:00 AM Long Jump (pit 1) 7-8B  
Long Jump (pit 2) 7-8G  
Discus Throw 13-14G / 15-17G

11:00 AM Discus Throw 13-14B / 15-17B

11:30 AM Triple Jump (pit 1) 11-12B / 13-14B / 15-17B / IM  
Triple Jump (pit 2) 11-12G / 13-14G / 15-17G / IW