

**44th Annual
Ontario Masters Athletics
Indoor Track & Field Championships
Toronto Track & Field Centre
York University, Toronto
Sunday, March 9th, 2014**

*Ontario Masters Athletics, Athletics Ontario, Athletics Canada, or USATF membership required
No Meet Day Entries - No qualifying standards for entry*

- Age Classes; Men and Women, five year age groups from 30-34 to 90+ (as of Mar 9th)
- Fees; \$30 for the first event. An additional \$5 for each extra events.
Entries must be received online. No race day entry.
- Awards; Ontario Masters Championship medals to the first three Ontario athletes in each age group.
Non-Ontario in the top-three will receive a duplicate medal.
- Facilities; 200m five lane banked rubberized track and jumping surfaces.
Small pins or flats only. Athletes and officials must not wear street shoes in the fieldhouse.
Change & Shower rooms with lockers.
- Hosted by; Ontario Masters Athletics
Americans and other visitors to Canada are most welcome and eligible for duplicate medals.

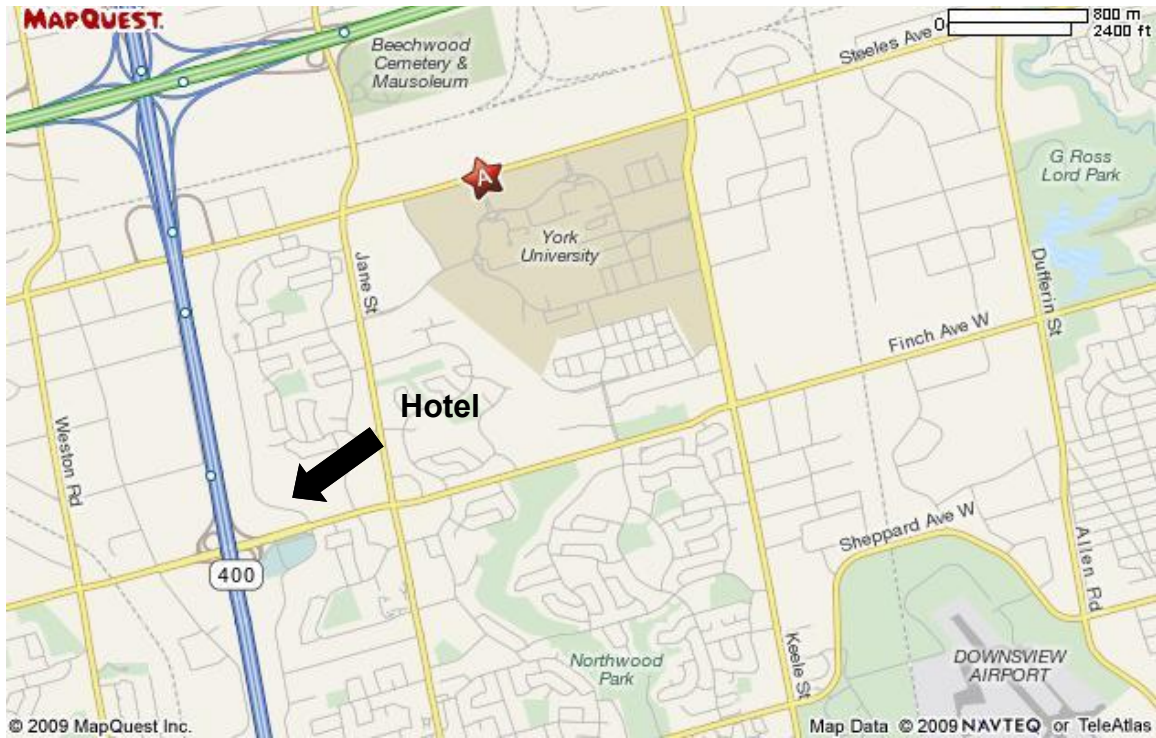
Tentative Schedule of Events

Facility opens at 8:00am

	<u>Straight</u>	<u>Oval</u>	<u>Field</u>
9:30am		3000m Racewalk	Shot Put & Pole Vault
10:30am	60m		High Jump
11:00am		1500m	Weight Throw <i>(following the SP & PV)</i>
11:30am		400m	
Noon	Lunch		
1:00pm	60m Hurdles*		Long Jump
1:15pm		3000m	Triple Jump <i>(following the LJ)</i>
2:00pm		200m	
2:30pm		800m	
		4X200m Relay	
		4X400m Relay	

- Notes;**
- *Check in for Hurdles required by Noon
 - Women's heats run first. - Younger groups will normally follow older groups.
 - 60m is a Final unless there are more than 8 in an age-group where a Semi will be required
 - Timed finals in the 200m and longer events.
 - Pin spikes only—5mm maximum. High Jumpers may wear 9mm spikes.
 - If a competitor has clashing events, the straight takes precedence over the oval event, and the oval takes precedence over the field events. Officials will not hold up events.
 - All implements must be weighed in, marked and deemed safe for use.
 - Once an implement is entered into competition, it must remain at the event site until the officials release it.
 - Please direct any appeals to the Meet Director and not the officials.
 - The equipment in some events may not meet WMA standards.

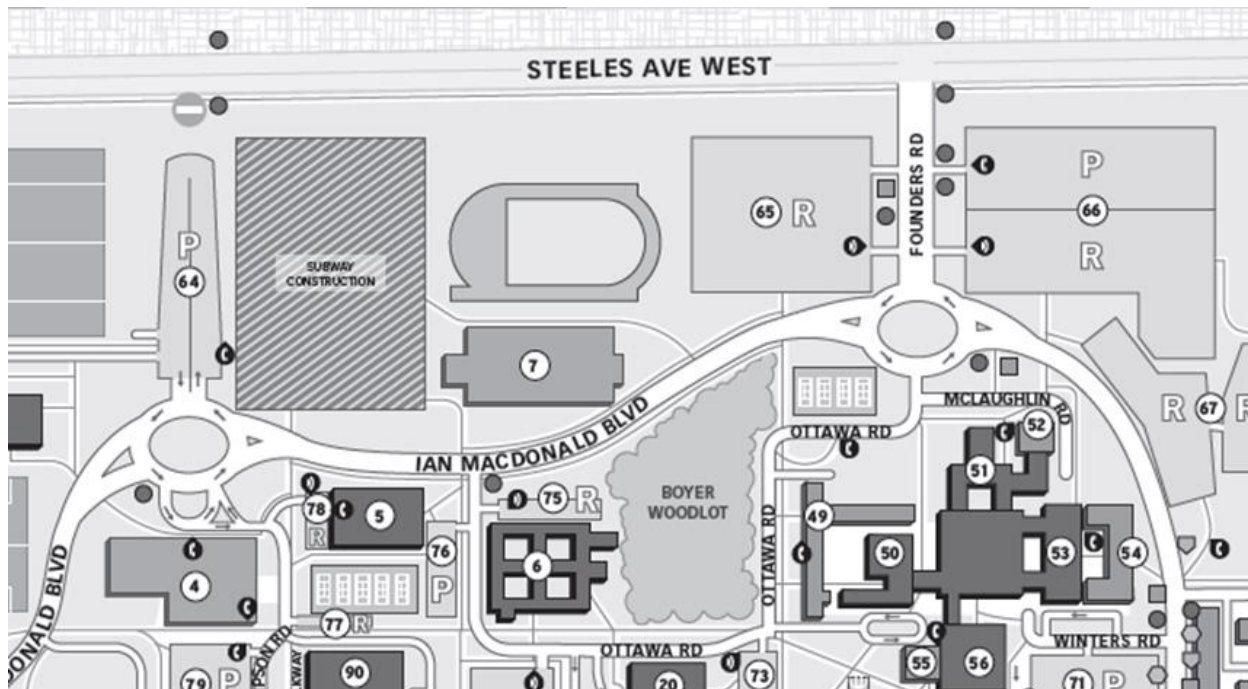
Spectators are limited to the upper viewing stands



Directions;

Due to subway construction, the parking lot adjacent to the west end of the Toronto Track and Field Centre will be closed. Therefore, follow the instructions below to the new location.

1. 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 and the University Northwest Gate to the next set of lights.
4. Turn right on Founders Road
5. Take immediate first left entrance to parking lot (#66)
6. Follow the pathway to the main doors of the Track Centre (Building #7)
7. Parking lot #64 is also still open



Paid parking is in 66P, and in 65 and 66 R if you have a pass, or on the west side of the track, just west of the construction area 64P, but this area is really small. Building #7 is the Indoor Track facilities.

Meet Hotel

Travelodge Toronto North

50 Norfinch Dr. (400 and Finch)

416-663-9500

