



**Ontario Masters  
Athletics**

# 2014 Winter Mini-Meets

**Toronto Track & Field Centre - York University**

## **#1 Sunday, Jan 5 Noon**

50mH, 50m\*, 1500m, 150m, 600m, 3000m, 300m, 4X200m Relay  
Shot Put, Weight Throw, High Jump, Pole Vault, Long Jump, Triple Jump

**Shot Put Seminar** – Free with an entry

## **#2 Sunday, Jan 19 Noon**

60mH, 60m\*, 400m, 1000m, 1500mRW, 200m, 3000m, 4X400 Relay  
Shot Put, Weight Throw, High Jump, Pole Vault, Long Jump, Triple Jump

## **#3 Sunday, Feb 2 Noon**

60mH, 60m\*, 800m, 200m, 1500mRW, 400m, 5000m, Mile, 4X800m Relay  
Shot Put, Weight Throw, High Jump, Pole Vault, Long Jump

### **OMA Indoor Pentathlon Championship \*\***

(60mH, Long Jump, Shot Put, High Jump, 1000m)

\* The Sprints will have a **Semi Final** and **Final**, with the **Final** re-seeded by the Semi marks.

The Final may be entered at no extra cost.

\*\* Pentathlon must pre-enter by the Friday.

\*\*\* Contact Doug for entry [douglasj.smith@sympatico.ca](mailto:douglasj.smith@sympatico.ca)

*Pre-entries close at Noon on the Saturday*

*Race day entry fees - \$30 1<sup>st</sup> event + \$10 ea additional event*

*Pre-Register Online at [ontariomasters.ca](http://ontariomasters.ca)*

Part of the

## **Ontario Masters Mini Meet Club Series**

Age Group Event Scoring;

1<sup>st</sup> – 7 points, 2<sup>nd</sup> – 5pts, 3<sup>rd</sup> – 4pts, 4<sup>th</sup> – 3pts, 5<sup>th</sup> – 2pts, 6<sup>th</sup> – 1pt

# Only **\$18.00** for the first event - **\$5.00** for each extra event

Doors open at Noon - events start at 12:30pm

Steeles Ave, between Keele and Jane. Shower facilities. There is a fee for parking.

***Events and order listed may change - please check web site to confirm!***

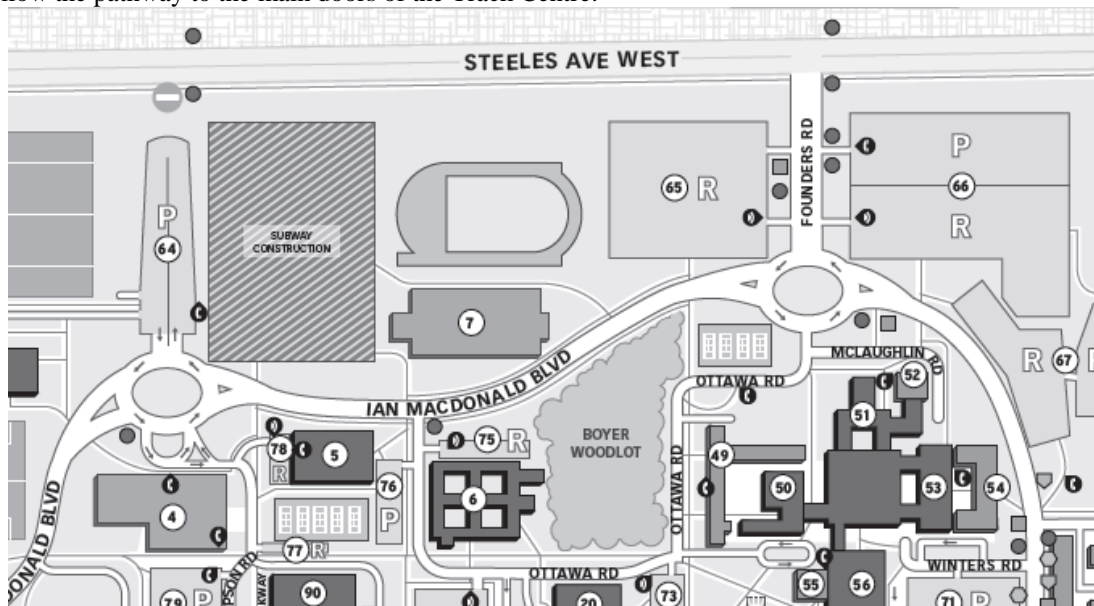
Due to the nature of the meets, performances may not be eligible for record breaking.



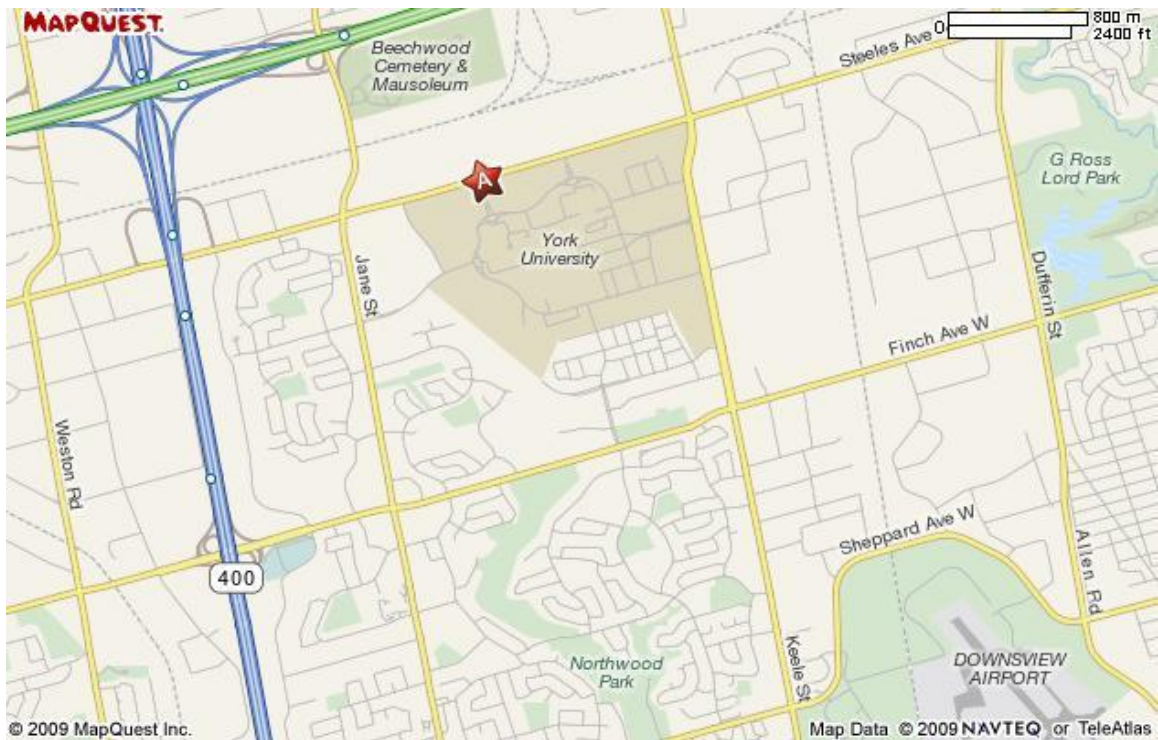
## Directions;

Due to subway construction, the parking lot adjacent to the west end of the Toronto Track and Field Centre will be closed as of January 4, 2011. Therefore, follow the instructions below to the new location.

1. Follow Highway 401 to Highway 400 North.
2. Follow Highway 400 North top 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.
6. Follow the pathway to the main doors of the Track Centre.



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, but this area is really small. Building #7 is the Indoor Track facilities.



### **Nearby Hotel Accommodations**

1. Comfort Inn  
66 Norfinch Dr. Toronto (400 and Finch area) 416-736-4700
2. Super-8 Motel  
400 and Steeles, Vaughan 905-760-2120
3. Travelodge Toronto North  
(North York) 50 Norfinch Dr. (400 and Finch area)  
416-663-9500
4. Ramada 400-401  
1677 Wilson Av. 416-249-8171 (401 and 400)
5. Howard Johnson  
North York 2737 Keele St. at 401 416-636-4656

### **Indoor Fieldhouse**

- Pin spikes only and with 5mm maximum length
- Only during the high jump events held at the indoor track are the high jump athletes permitted to wear 9mm pin spikes