

2015 FLYING ANGELS SCARBOROUGH GRAND PRIX MEET

Birchmount Stadium
93 Birchmount Road
Scarborough, Ontario, Canada M1T 2M5
Sunday, May 31, 2015

Hosted by: Flying Angels Track & Field Club

Sanctioned by: Athletics Ontario

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

Eligibility: Clubs, Schools, Associations, Federations, Teams, and Individuals are eligible to compete.
Association membership is not mandatory to participate.

AGE DIVISIONS

Tyke	(TG, TB)	born in 2006 & younger
Atom	(AG, AB)	born in 2004-2005
Bantam	(BG, BB)	born in 2002-2003
Youth	(SG, SB)	born in 2001-1998
Open	(OW, OM)	born in 1997-1985
Masters	(MW, MM)	born in 1984 & older

DIVISION

EVENTS OFFERED

Tyke	100m, 200m, 400m, 800m, 1500m, LJ, HJ, SP, 4x100
Atom	100m, 200m, 400m, 800m, 1500m, LJ, HJ, SP, 4x100
Bantam	100m, 200m, 400m, 800m, 1500m, LJ, HJ, SP, 4x100
Youth	100m, 200m, 400m, 800m, 1500m, LJ, HJ, SP, 4x100
Open	100m, 200m, 400m, 800m, 1500m, LJ, HJ, SP, 4x100, 4x400
Masters	100m, 200m, 400m, 800m, 1500m, LJ, HJ, SP 4x100

ENTRY INFORMATION AND INSTRUCTIONS

Online Entries Complete online entries at www.trackiereg.com

Hy-Tek Entries Complete entries using Hy-Tek Team Manager.
The events file may be found at athleticsontario.ca
Email the completed entries to entries@flyingangels.ca

No Excel, Mail, or faxed entries accepted

Entry Deadline Wednesday, May 27, 2015 @ 11:59 pm

Entry Fees \$10.00 per individual event
\$20.00 per relay

NO RACE DAY ENTRIES!

Late entries are not accepted

Please make cheque payable to **Flying Angels Track & Field Academy**

2015 FLYING ANGELS GRAND PRIX MEET

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 and the afternoon session starting at approximately 2:00 pm

Events will begin immediately at the conclusion of the previous event.

HEAT SHEETS & RESULTS

Performance lists will be posted on the athleticsontario.ca website beginning Thursday, May 28, 2015.

Heat Sheets and results will be posted on the west wall outside the stadium.

ATHLETE CHECK-IN

All athletes must check in to the Athlete Control Center (ACC) at the time the event is called.

Athletes will be marched to their event area prior to the start of the event.

The ACC is located at the west side of the stadium

OFF LIMITS

The infield is off limits at all times for coaches, athletes, and spectators at all times.

AWARDS

Flying Angels Grand Prix medals will be presented to the 1st, 2nd, and 3rd place finishers in each event

FIELD EVENTS

Athletes in the long jump, triple jump, and shot put get three attempts in the preliminary round.

The top 8 athletes after the preliminary rounds will receive three additional attempts.

All athletes in the long jump and triple jump, regardless of age, must use the take off board.

SHOT PUT SPECIFICATIONS

DIVISION	Weight	DIVISION	Weight
Tyke Girls	2.00 kg	Youth Girls	3.00 kg
Tyke Boys	2.00 kg	Youth Boys	5.00 kg
Atom Girls	2.73 kg	Open Women	4.00 kg
Atom Boys	2.73 kg	Open Men	7.26 kg
Bantam Girls	3.00 kg	Masters Women	4.00 kg
Bantam Boys	3.00 kg	Masters Men	7.26 kg

DIRECTION TO BIRCHMOUNT STADIUM

- Follow Highway 401 to Kennedy Road
- Travel south on Kennedy Road to Danforth Road
- Go West (right) on Danforth Road to Birchmount Road
- Go South (left) on Birchmount Road
- Travel on Birchmount pass the first stop light
- Stadium will be on the left side of the street in the same parking lot as the Community Centre and arena

PARKING

There is ample free parking in the parking lot.

FURTHER INFORMATION

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

**2015 FLYING ANGELS SCARBOROUGH GRAND PRIX MEET
SUNDAY, MAY 31, 2015**

SCHEDULE OF EVENTS

10:00 AM - MORNING SESSION

TRACK EVENTS

1500m Finals
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM

100m Heats or Finals
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM

400m Finals
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM

FIELD EVENTS

	DIVISION
Long Jump (Pit 1)	YB
Long Jump (Pit 2)	TB
High Jump	MM
High Jump	OM
Shot Put	AB
Shot Put	BB

Long Jump (Pit 1)	OM
Long Jump (Pit 2)	AB
High Jump	YB
High Jump	BB
Shot Put	TB
Shot Put	MM

Long Jump (Pit 1)	MM
Long Jump (Pit 2)	BB
High Jump	AB
High Jump	TB
Shot Put	YB
Shot Put	OM

LUNCH BREAK

LUNCH BREAK

2:00 PM - AFTERNOON SESSION

100m Finals (if necessary)
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM

800m Timed Finals
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM

200m Timed Finals
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM

4x100 Relay
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM

4x400 Relay
OW, OM

Long Jump (Pit 1)	YG
Long Jump (Pit 2)	TG
High Jump	MW
High Jump	OW
Shot Put	AG
Shot Put	BG

Long Jump (Pit 1)	OW
Long Jump (Pit 2)	AG
High Jump	YG
High Jump	BG
Shot Put	TG
Shot Put	MW

Long Jump (Pit 1)	MW
Long Jump (Pit 2)	BG
High Jump	AG
High Jump	TG
Shot Put	YG
Shot Put	OW



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

2015 Flying Angels Scarborough Grand Prix Track Meet

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