

# FLYING ANGELS TRACK & FIELD CLUB

PRESENTS

## FLYING ANGELS GRAND PRIX MEET #3

*A Preliminary meet in the Flying Angels Grand Prix Series*

**Date:** Sunday, July 12, 2015

**Time:** 10:00 a.m.

**Venue:** Etobicoke Centennial Stadium  
56 Centennial Park Road, Etobicoke, Ontario, Canada M9C 5N3

### SPECIAL GRAND PRIX RULES

- This is a preliminary meet of the Flying Angels Grand Prix Series
- The top 16 athletes in each event after the preliminary meets get automatic entry into the Grand Prix Finals
- Athletes who are not ranked in the top 16 are allowed to compete in only one event at the Grand Prix Finals
- All athletes must compete in at least one preliminary meet to be eligible to compete in the Grand Prix Finals
- Athletes may compete in as many preliminary meets as they want
- The Grand Prix Finals is a team scoring meet. The team with the most points will win the Grand Prix Championship team trophy and all members of the winning team will get an individual trophy.
- There is also a team trophy for the top Divisional Teams in the Tyke, Atom, Bantam, Youth, Open, and Masters divisions. Divisional team champion members do not receive individual trophies.

### IMPORTANT DATES

May 31	Preliminary Meet #1 (Scarborough)
June 14	Preliminary Meet #2 (Etobicoke)
July 12	Preliminary Meet #3 (Etobicoke)
July 26	Preliminary Meet #4 (Etobicoke)
August 16	Grand Prix Finals (Etobicoke)

**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](http://www.trackiereg.com)

**Hy-Tek Entries** Complete entries using Hy-Tek Team Manager.  
The events file may be found at [athleticsontario.ca](http://athleticsontario.ca)  
Email the completed entries to [entries@flyingangels.ca](mailto:entries@flyingangels.ca)

**No Excel, Mail, or faxed entries accepted**

**Entry Deadline** Wednesday, July 8, 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**

## 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](http://athleticsontario.ca) website beginning Thursday, July 9, 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 North side of the stadium

## OFF LIMITS

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

## AWARDS

Flying Angels Grand Prix medals will be presented to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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

# 2015 FLYING ANGELS GRAND PRIX MEET #3

## SUNDAY, JULY 12, 2015

### SCHEDULE OF EVENTS

#### 10:00 AM - MORNING SESSION

TRACK EVENTS	FIELD EVENTS	DIVISION
1500m Finals	Long Jump (Pit 1)	YB
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM	Long Jump (Pit 2)	TB
	High Jump	MM
	High Jump	OM
	Shot Put	AB
	Shot Put	BB
100m Heats or Finals	Long Jump (Pit 1)	OM
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM	Long Jump (Pit 2)	AB
	High Jump	YB
	High Jump	BB
	Shot Put	TB
	Shot Put	MM
400m Finals	Long Jump (Pit 1)	MM
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM	Long Jump (Pit 2)	BB
	High Jump	AB
	High Jump	TB
	Shot Put	YB
	Shot Put	OM

#### LUNCH BREAK

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#### 2:00 PM - AFTERNOON SESSION

100m Finals (if necessary)	Long Jump (Pit 1)	YG
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM	Long Jump (Pit 2)	TG
	High Jump	MW
800m Timed Finals	High Jump	OW
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM	Shot Put	AG
	Shot Put	BG
200m Timed Finals	Long Jump (Pit 1)	OW
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM	Long Jump (Pit 2)	AG
	High Jump	YG
	High Jump	BG
4x100 Relay	Shot Put	TG
TG, AG, BG, YG, OW, MW, TB, AB, BB, YB, OM, MM	Shot Put	MW
4x400 Relay	Long Jump (Pit 1)	MW
OW, OM	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**

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

**2015 Flying Angels Grand Prix Meet #3**

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.)
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_____ Date	_____ Print Name	_____ Signature of Legal Guardian
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