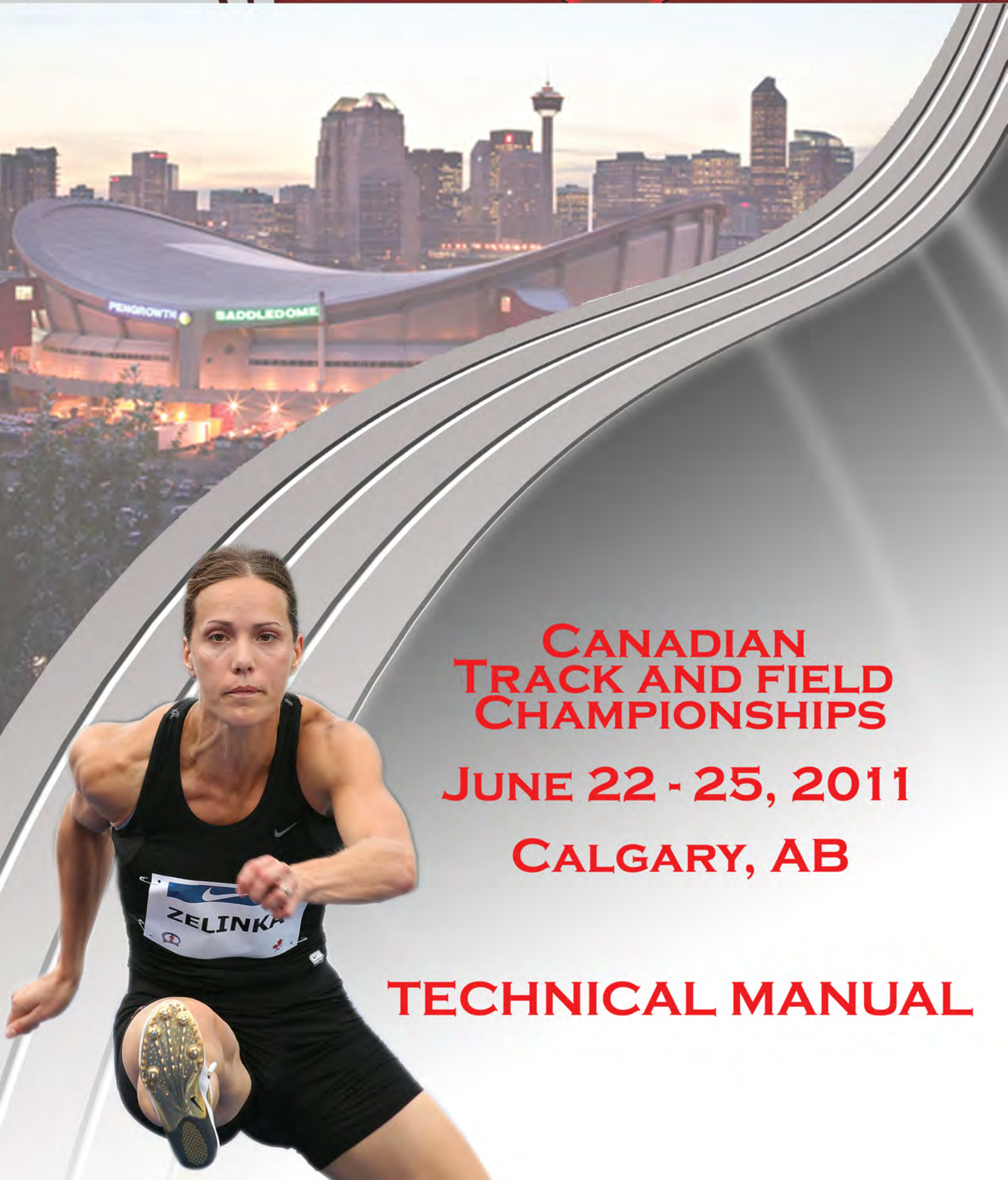




ATHLETICS CANADA  ATHLÉTISME CANADA



CANADIAN TRACK AND FIELD CHAMPIONSHIPS


JUNE 22 - 25, 2011

CALGARY, AB

TECHNICAL MANUAL

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1.0 Welcome to Calgary 2011!

On behalf of Athletics Canada we welcome you to Calgary and the 2011 Canadian Track and Field Championships.

In 2011 we will continue with the new format for the Championships. All Athletics Canada members are eligible to compete at the Canadian Championships. For those athletes who have made standard, they will automatically advance to the Championship portion of the meet (generally Days 3 & 4). For those athletes who do not have standard, they will compete in the Qualifier Days (generally Days 1 & 2). There will be at least 1 spot per event available for athletes to advance from the Qualifier Days to the Championship portion.

I would also like to take this opportunity to make note of this new document. In past years there has always been a technical and registration package. In order to streamline information, and keep it all in one place, we have combined those documents into the new Technical Manual. This document will contain all pertinent information for the Championships.

The 2011 Championships will serve as the Selection Trials for the 2011 Summer Universiade to be held in Shenzhen, CHN (August 12 – 23), the 2011 IAAF World Championships in Athletics to be held in Daegu, KOR (August 27 – September 4), and the 2011 Pan Am / Parapanamerican Games to be held in Guadalajara, MEX (October 14 – 30 / November 12 – 20).

The Calgary Track Council (CTC) is playing host to the 2011 Championships at Foothills Athletic Park, located near the University of Calgary campus. The CTC has hosted numerous Provincial Championships, the 2000 Canadian Junior Track and Field Championships, and the annual CALTAF Track Classic.

Calgary is a captivating cosmopolitan city and a world-class meeting and convention destination. Hospitality and friendly attitude prevail throughout the city and that's not just because we average more days of sunshine per year than anywhere else in Canada. Calgary is a safe and dynamic city of over a million people, and is surrounded by some of the world's most extraordinary natural beauty. For more information on Calgary, visit <http://www.visitcalgary.com/>

2.0 Championship Contacts

Host Organizing Committee

Christine Laverty

HOC Chair

tracknationals@gmail.com

Athletics Canada (Entries / Technical)

Nicole Clarke

Coordinator, Events & Membership

nclarke@athletics.ca

613.260.5580 x.3309

Athletics Canada (Media)

Emily Hooper

Coordinator, PR & Marketing

ehooper@athletics.ca

613.260.550 x3332



3.0 Arrival in Calgary

3.1 Airport

The Calgary International Airport (YYC) is Canada's third busiest airport. YYC boasts more than 1400 weekly departures and operates 24 hours a day, seven days a week.

Approximate Air Travel Times to Calgary from:

Halifax	7 hours
Montreal	4.5 hours
Ottawa	4.5 hours
Toronto	4 hours
Regina	1.5 hours
Vancouver	1 hour

YYC is located 20km, or approximately 20 minutes driving, from the competition stadium. Visit <http://www.calgaryairport.com/> for additional information on the airport.

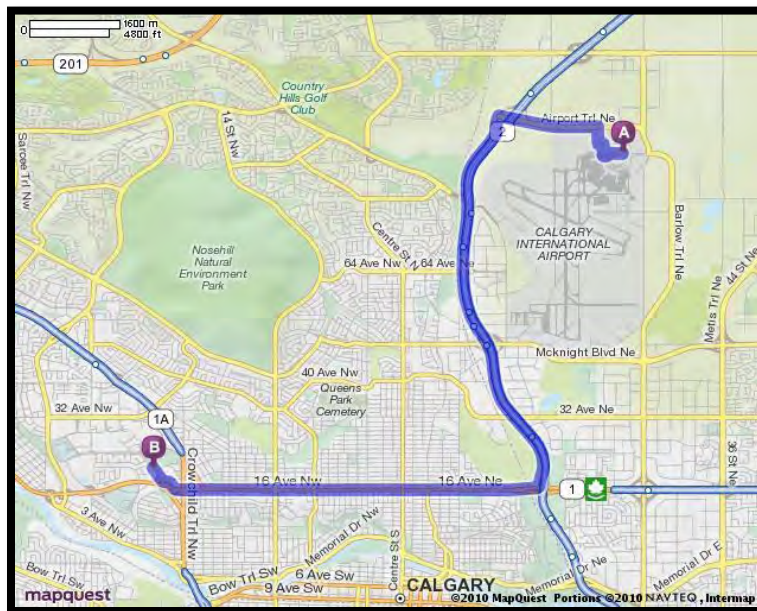


Figure 1: Map from YYC to Foothills

3.2 Transportation of Sport Equipment

Clubs are responsible for the transportation of their own equipment. Below we have outlined some basic information for assisting in the transportation of sporting equipment, such as pole vault poles.

1. Travel with your equipment on your air carrier and transport to Foothills on your own. You will be able to store equipment at the Stadium.
2. Ship your poles directly to Foothills – using the following address:

Foothills Athletic Facility
c/o 2011 Canadian Track and Field Championships
Father David Bauer Arena
2424 University Drive NW
Calgary, AB T2N 3Y9

If you require a solution for the shipment of your equipment, please contact Joerg Hess and his company at the below coordinates:

BMCI Ltd.
Global Sports Logistics
P.O. Box 633
Mt. Forest, ON N0G 2L0
(T) 519.323.4028
(F) 519.323.2820
(C) 519.261.0546
www.bmciltd.com

4.0 Accommodations

UNIVERSITY OF CALGARY – HOTEL & CONFERENCE SERVICES

Hotel and Conference Services

169 University Gate NW

Calgary, AB T2N 1N4

Phone: (403) 220-2603

Fax: (403) 284-4184

<http://www.ucalgary.ca/hotelandconference/>

To make a reservation contact Elena Sinitsyna, Group Sales Manager – e.sinitsyna@ucalgary.ca.

Room block will be held until **Thursday, April 21, 2011**. After this date the block will be released and any team booking will be accepted based on general availability only.

ROOMING OPTIONS

Hotel Alma

Eurostyle Standard Rooms: includes queen size bed, washroom, 32 inch flat screen television, minifridge, microwave, coffeemaker, desk, Wi-fi connection and MP3 clock radio. Rate includes deluxe continental breakfast, local and long distance calls (within Canada and USA excluding Alaska and Hawaii), wired/wireless internet, and access to the University of Calgary Fitness Facilities.

One Bedroom Suite: includes king size bed, living room with sofa, washroom, two 32 inch flat screen televisions, DVD player, minifridge, microwave, coffeemaker, desk, Wi-fi connection and MP3 clock radio. Rate includes deluxe continental breakfast, local and long distance calls (within Canada and USA excluding Alaska and Hawaii), wired/wireless internet, and access to the University of Calgary Fitness Facilities.

Summer Housing

Two-Bedroom Summer Apartments in Alma Summer Residence: includes two bedrooms each with a lockable door. Bedrooms include double bed, desk and 32 inch flat screen television. Kitchenette with coffeemaker, fridge, sink and microwave. Rate includes local and long distance calls (within Canada and USA excluding Alaska and Hawaii), wired/wireless internet. Access to the University of Calgary Fitness Facilities can be purchased at the front desk for \$5.00.

Summer Housing Traditional Dormitory Double Rooms: includes two single beds, desks, dressers and minifridge. Washroom and shower facilities are shared by gender with other guests on each floor. Televisions and phones are not provided in these rooms. There is a television in a common lounge on floors 2 through 7.

Summer Housing Four-Bedroom Apartments: includes four single beds, two washrooms, kitchen and sitting area. Televisions and phones are not provided in these rooms.

Summer Housing Studio Apartment: includes two single beds, washroom, and kitchen. Televisions and phones are not provided in these rooms.

Phase VI – New Residence

Three-Bedroom Apartments: includes three bedrooms each with a lockable door. Bedrooms include double bed and desk. Kitchenette with fridge, sink and microwave. Rooms include complimentary Wi-fi service. Access to the University of Calgary Fitness Facilities can be purchased at the front desk for \$5.00.

RATES

HOTEL ALMA/SUMMER HOUSING 2011 GROUP RATES OFFERED FOR THE CHAMPIONSHIP							
Hotel Alma, Eurostyle Standard	Hotel Alma, One Bedroom Suite	Alma Summer Residence, Two Bedroom Summer Apartment-	Phase VI,* Three-bedroom Apartment –	*Summer Housing Traditional Dormitory	*Summer Housing, Four-Bedroom Apartment	*Summer Housing, Two - Bedroom Apartment	*Summer Housing, Studio Apartment
\$112.00	\$142.00	\$112.00	\$142.14	\$48.32	\$179.52	\$84.76	\$60.84
Rates, subject to 5% GST, 4% Alberta Tourism Levy and 3% Destination Marketing Fee * Summer Housing Studio Apartments, subject to 5% GST and 4% Alberta Tourism Levy Rates above are based on single, double, triple or quad occupancy Rates above are minimum price per room * \$10.00 extra person charge applies for all shared apartments. Two Bedroom Summer Apartments - Global Village - extra person charge applied for each person over 2 up to a maximum of 4. Three-bedroom apartments – Phase VI- extra person charge applied for each person over 3 up to a maximum of 6.							

TEAM BOOKING GUIDELINES

Upon confirming a team booking, each team shall pay 50% advanced payment of the estimate total for entire team at the time of signing the Team Booking Agreement. This advanced payment will be credited towards each team’s final payment. Rooming lists are due by Tuesday, June 7, 2011. If your rooming list is submitted after this date additional processing fees will apply. A final invoice will be issued to each team once their final rooming list is received. Final payment is required prior to arrival.

FOUR POINTS BY SHERATON CALGARY WEST (COP)

8220 Bowridge Crescent NW

Calgary, AB T3B 2V1

Phone: (403) 288-4441 or (877) 288-4441

Fax: (403) 288-4442

www.fourpointscalgarywest.com

To make a reservation please contact the hotel at the phone number above and state that you are with the Canadian Track and Field Championships. Room block will be held until **Thursday, May 5th, 2011**. After this date all remaining rooms will be released for general sale.

Guestroom Amenities: Complimentary high speed wireless internet & water bottle, in-room safe, fridge, microwave, coffee maker with coffee and tea, iron & board, hair dryer and bathroom amenities.

Hotel Amenities: Whirlpool, indoor pool, waterslide, fitness centre, gift shop, and Ember's Grill & Lounge. The hotel is located a 6 minute drive from Foothills Athletic Park.

RATES

Standard Rooms (2 Queen or 1 King) - \$119.00/night + tax

King or Queen Suites - \$139.00/night + tax

SHUTTLE SERVICE OPTIONS (Between Airport and Four Points Sheraton)

Option 1: Chartered Private Shuttle

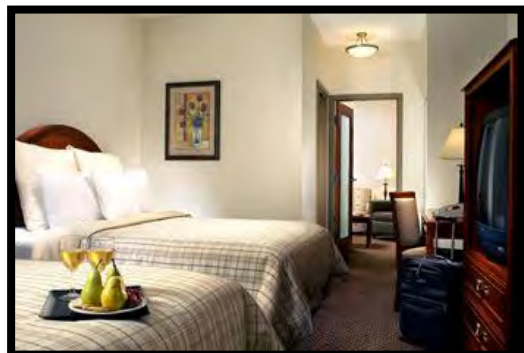
Phone: (403) 714-0148

- Pick up guest from airport and bring directly to the hotel
- Pick up guest from hotel and take directly to the airport
- Cost: Flat fee of \$45 each way for 4 passengers

Option 2: Alliance Limousine Alberta Ltd.

Phone: (866) 980-7778

- 4-47 Passenger vehicles
- Rates based on per person or hourly trips
- Rates range from \$25.00 to \$115.00
- Please call for further information



THE WESTIN CALGARY

320 4th Avenue SW

Calgary, AB T2P 2S6

Phone: (403) 266-1611 or (800) 937-8461

www.westincalgary.com

To make a reservation please contact the hotel at the phone number above and state that you are with the Canadian Track and Field Championships or book online –

<http://www.starwoodmeeting.com/StarGroupsWeb/res?id=1010137525&key=7100D>

Room block will be held until **Monday, May 23rd, 2011**. After this date all remaining rooms will be released for general sale.

RATES

Traditional Rooms (2 Double or 1 King) – \$159.00/night + tax



5.0 Transportation

5.1 Airport

Clubs will be responsible for their own transportation to/from the airport.

5.2 Stadium

The HOC will have a shuttle service from the Four Points by Sheraton to the stadium during competition (June 22–25). A shuttle schedule will be posted at the hotel and the Technical Information Centre (TIC). Schedules will also be available at registration. Hotel Alma and the University of Calgary residences are within walking distance to the stadium. There will be no shuttle service from The Westin.

5.3 Public Transportation

The CTrain is available (at a cost) for those participants staying at other locations within the city. There is a stop located at the stadium for easy access.

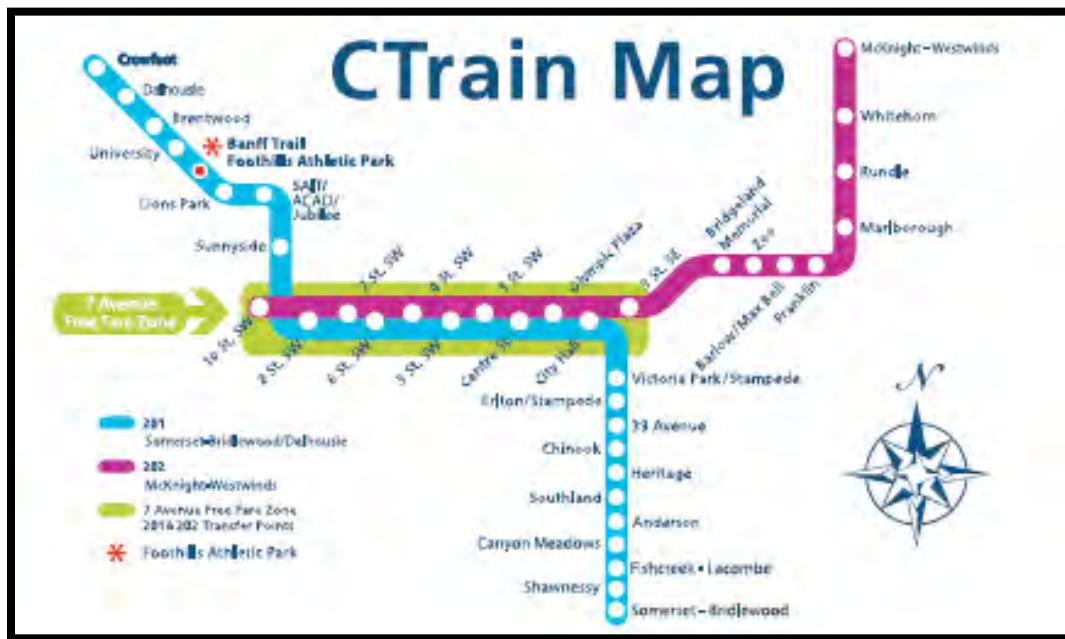


Figure 2: C-Train Map

6.0 Competition Information

6.1 Competition Venue

The Championships will take place at Foothills Athletics Facility on their new track. There will be seating for 3000 spectators.

Key Facts:

- 🏠 Lanes – 8
- 🏠 Surface – poured rubber polyurethane surface
- 🏠 LJ/TJ runways –poured rubber polyurethane surface
- 🏠 PV runways – poured rubber polyurethane surface
- 🏠 SP circles – Concrete
- 🏠 DT/HT circle and cage – Concrete
- 🏠 JT runways – poured rubber polyurethane surface
- 🏠 Spike lengths – 7mm (no Christmas tree spikes)

A map of the stadium can be found in [Appendix A](#)

6.2 Entry Rules

Athlete Citizenship Eligibility

The following athletes are eligible to compete in National Championships and/or Trials:

- i. Canadian Citizens who are Athletics Canada members and in the case of athletes who have dual Canadian Citizenship with another country, have not competed in the National Championships of that country during the previous competitive season.
- ii. (a) Canadian Permanent Residents (Landed Immigrants) who are Athletics Canada members and full-time residents of Canada;

(b) non-Canadian residents who are claiming refugee status, and foreign athletes who are temporary residents of Canada due to business, study or family reasons, providing that they are Athletics Canada members and have been

resident in Canada for at least six months prior to the date of the Championships, and are in compliance with IAAF Rule 4.3;

(c) foreign athletes who have been invited and, at the discretion of the Director, National Team Programs, have had their applications accepted, subject to the following conditions (please contact Nicole Clarke, nclarke@athletics.ca for an application); the deadline to submit an application is **Tuesday, May 31, 2011**

- iii. Athletes listed under ii) above will be allowed to compete at the Track and Field Championships, subject to the following conditions:
- a) in track events run in lanes (100m – 400m, sprint hurdles and 400m hurdles), said athletes may not advance to the final. In situations whereby no athletes with Canadian Citizenship are being displaced from the final (i.e. in the case of a straight final), non-Canadian citizens may compete in the final, but shall not receive preferential lane selection;
 - b) in events not run in lanes in their entirety, it will be a race-by-race decision as to whether said athlete(s) will be able to compete in the final. Final decision will be at the discretion of the Athletics Canada Technical Delegate, or a designated individual;
 - c) in the case of field events where there are less than twelve (12) competitors advancing to final, non-Canadian athletes may compete at the sole discretion of the Meet Director and Athletics Canada. Up to 2 non-Canadian athletes may advance to the final three rounds (throws and horizontal jumps), making the field size no larger than 10 athletes. Final approval must be given by Athletics Canada Technical Delegate, or a designated individual.
 - d) in the case of AWD events, foreign athletes are allowed to advance to finals, as long as at least 50% of the field is Canadian (e.g. in the 100m final, at least 4 need to be Canadian).

Note: All Foreign Athletes must submit their application to compete by Tuesday, May 31, 2011. Applications will then be processed and athletes will be notified, at the latest, by Monday, June 6th, 2011 if their application has been approved.

6.2.2 Entry Qualification Process

The following Entry Procedures to the National Senior Championships will apply to athletes who meet the citizenship eligibility criteria.

- a) Current 2011 Athletics Canada members, who have achieved the qualifying entry standards, during the Qualifying Period (see [Appendix B](#)). These athletes will go directly to the Championship portion of the meet.
- b) Athletics Canada members who have not made the qualifying entry standards are also eligible to compete (Olympic Stream). These athletes will be entered into the Qualifier portion of the meet. There will be at least 1 spot per event for athletes to advance to the Championship portion of the meet.

Carded athletes (2010/2011) are automatically eligible to compete in the Championships event in which they are carded. They must process their registration form with appropriate payment.

6.2.3 Eligibility of Entry Performances

Athlete performances will be pulled directly from the Athletics Canada ranking system. Only performances listed in the Athletics Canada ranking system will be eligible for entry standard into the Championships. If you have any questions regarding the ranking system, please contact results@athletics.ca

6.3 Entry Standards

The entry standards can be found in [Appendix B](#). Those without standard (Olympic Stream) will need to advance through the Qualifier portion of the Championships.

****New Entry Standards for Combined Events****

The entry standards for the heptathlon and decathlon has a new format in 2011. Entries will be limited to 16 in each event. Athletes that score a 4700 (Hep) and 6500 (Dec) from 2011 will automatically secure a spot in the Championships. The remaining spots will be filled based on the rankings up to 16 athletes (rankings will be based on performances within the May 1, 2010 – June 13, 2011 timeframe). A tracking list of performances will be posted in mid-May, with a FINAL list posted on June 11, 2011.

Alternates will be listed and notified if they are eligible to enter if someone for the Top 16 is unable to attend.

6.4 Entry System

Registration will open on Monday, May 2nd, 2011. All entries and confirmation are the responsibility of the athlete (including carded athletes). Entries are not completed until payment is received. Entries can be completed by club and should be done for each athlete. All coaches must register as well. The Early entry deadline is **June 6th, 2011 (4pm ET)**. The final entry deadline is Monday, June 13th (**4pm ET**). NO entries will be accepted after this date, **no exceptions**. All entries are non-refundable.

NOTE: Guide runners must be registered as a guide attached to a particular athlete, there is no fee for guides.

Qualifying performances will be pulled from the Athletics Canada ranking system. The Qualifying period is **May 1, 2010 to June 13, 2011**. If entry performances cannot be found, the athlete may be refused entry.

6.4.1 Entry Fees and Deadlines

Entries and Fees Received:	First event:	Second Event:	Additional Events:	Relays	Coach Entries:
By June 6, 2011*	\$45.00	\$40.00	\$5.00	\$45.00	\$15.00
By June 13, 2011*	\$55.00	\$50.00	\$10.00	\$50.00	\$20.00

** must be entered online and payment completed by 4:00 ET*

Visa, Mastercard, and American Express are the only acceptable methods for payment.

6.4.2 Confirmation of Entry

Entries will be posted on Athletics Canada website at: www.athletics.ca/Calgary2011

6.5 Schedule

The competition schedule can be found in [Appendix C](#). Please note that changes may still occur based on the final number of entries. The final schedule will be available after the Technical Meeting and distributed at the TIC and Registration.

6.6 Technical Meeting

6.6.1 Time and Venue

Para-Athletics Technical Meeting

Date: Tuesday, June 21, 2011

Time: 7:00pm

Location: Senate Room at Hotel Alma

Qualifier Technical Meeting (including Combined Events)

Date: Tuesday, June 21, 2011

Time: 8:00pm

Location: Senate Room at Hotel Alma

Championship Technical Meeting

Date: Thursday, June 23, 2011

Time: 3:30pm

Location: Red & White Club Volunteer Centre (adjacent to the track)

6.6.2 Written Questions

All questions concerning the conduct of the competition must be submitted using the form provided to coaches/clubs upon arrival at the TIC. This form must be returned to the TIC by Tuesday, June 21, 2011 at 5:30pm. If you are unable to submit the form to the TIC, you can email your questions to nclarke@athletics.ca

6.6.3 Scratches

Scratches will be taken at the TIC. The deadline for scratches in the Qualifier Section / Combined Events and the Para-Athletics Championships is Tuesday, June 21, 2011 at 5:30pm. The deadline for the Championship portion of the event is Wednesday, June 22, 2011 8:00pm.

6.6.4 Qualifying Heights, Distances and Progressions

The Technical Delegate, after the closing date for the final entries, will decide the qualification procedure for the track events, the qualification standards for the field events, and the starting heights and successive height progression for the high jump and the pole vault within the Qualifier portion of the meet.

For the Championship portion, qualification procedure for the track events will follow IAAF Rule 166. The following are the starting heights and height progressions for the high jump and the pole vault for the Championships portion.

Women's High Jump	Men's High Jump	Women's Pole Vault	Men's Pole Vault
1.70m	1.98m	3.80m	4.70m
1.75m	2.03m	3.90m	4.85m
1.78m	2.08m	4.00m	5.00m
And up by 3cm	2.13m	4.10m	5.15m
	2.16m	4.20m	5.25m
	2.19m	4.30m	5.30m
	2.22m	4.35m	5.35m
	2.25m	And up by 5cm	And up by 5cm
	2.28m		
	2.30m		
	And up by 2cm		

Starting heights and progressions for the Combined Events will be decided on, after entries are closed, by the Athletics Canada Technical Delegate and the Combined Events Referee. These will be announced at the Technical Meeting.

6.7 Implements

Implements will be made available by the Organizing Committee. Personal implements will also be allowed, and must be checked-in 4 hours prior to the event.

6.8 Bib Numbers

Each athlete will receive two bibs; one with their name and one with a number. All athletes must wear the name bib on their chest, and the number bib on their back, except in the high jump and/or pole vault where only one bib may be worn either on the chest or back.

Bib numbers will be distributed during the registration process. Hip numbers will be provided at the Call Room.

6.9 Technical Information Centre (TIC)

The TIC will be located in the Fieldhouse at Foothills Stadium in the SE corner of the track and will address the following:

1. Athletes and coaches will pick up their registration packages.
2. Questions for the Technical Meeting may be dropped off here.
3. Other questions as they arise over the weekend may also be answered at the TIC.

4. All protests will be filed at the TIC.
5. Results and start lists will also be available at the TIC.

Hours of Operation:

Tuesday	3:00pm – 8:00pm
Wednesday	9:00am – 10:00pm
Thursday	9:00am – 9:30pm
Friday	9:00am – 9:30pm
Saturday	8:00am – 6:00pm

6.10 Results

Results will be posted at the stadium, behind the timing tower. Results will also be available online at www.athletics.ca/Calgary2011

7.0 Competition Procedures

7.1 Warm-up

The warm-up area will be located in the north soccer fields adjacent to the stadium. There will be an additional warm-up area, located on the tennis courts north of the track that will be covered with track surface. For wheelchair athletes, a large parking lot (approximately 200m in length) will be available for warm-up, and it is located south of the soccer fields. As well there is a covered area available at McMahon Stadium (located south of the stadium).

Located 300m from the stadium will be an arena that athletes can use as part of their warm-up or cool-down.

7.2 Call Room






All athletes must present themselves at the Call Room according to the scheduled check-in times as noted below.

Athletes who fail to appear on time in the Call Room without a valid reason (e.g. medical certificate) may be excluded from participating in this and all further events in the Championships, including relays. Team Officials are not allowed to enter the Call Room.

Athletes' Call Room reporting times will be according to the following schedule. All times are prior to the actual start time of the event:

Event	Call Room Opens (minutes)	Call Room Closes (minutes)	Entry to Stadium
Track Events	30	20	10
High Jump	60	50	40
Pole Vault	80	70	60
Other Field Events	50	40	30
Relays	35	25	10

Once in the Call Room, athletes will be identified by their bib number. Call Room officials will check the following in accordance with AC rules:

-  Bib numbers
-  Shoes and spikes
-  Uniforms (Note: That in accordance with National Team policies, athletes are not permitted to wear their Team Canada uniforms during the Championships. Club, branch, or sponsor uniforms are to be worn)
-  Bags (identification on and content of)
-  Personal belongings: video and audio players, cameras, phones, radio transmitters, and electronic devices in general (except watches) are not admitted.

7.3 Protests and Appeals

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of the event. Official results will be displayed in the TIC.

Any protest shall, in the first instance, be made orally to the Referee by the athletes or by someone acting on their behalf. The Referee may decide on the protest or may refer the matter to the Jury.

An appeal to the Jury must be made within 30 minutes of the official announcement of the decision made by the Referee, in writing, signed by a responsible official on behalf of the athlete, and shall be accompanied by a deposit of CDN \$100, which will be forfeited if the protest is not upheld.

All appeals must be submitted on the appropriate form to the TIC from where they will be immediately forwarded to the Jury of Appeal.

7.4 Spike Length

The maximum spike length allowed on the track and in the field is 7mm. Spikes will be available for sale at the stadium.

8.0 Medical Services

Based on the Athletics Canada Medical Handbook, a medical team will provide the necessary healthcare for the participants of the Canadian Championships. The Organizing Committee is responsible for providing medical services and facilities for the Championships. The LOC will provide health care and sports medicine services.

Medical services will include the following:

- Medical personnel at track side during the event
- Medical tent where medical personnel are available during the event

For those athletes that wish to bring their own medical staff, there will be limited spots available in the medical tent. If you wish to apply for one of these spaces, please contact: Dr. Gord McMorland at gmcmorland@nationalspinecare.com

9.0 Doping Control

Doping control procedures will be in place according to AC/CCES policies. For more information on these policies, visit <http://www.athletics.ca/page.asp?id=27>

10.0 ****New in 2011**** Prize Money

New in 2011, prize money will be awarded to the Top 3 Male and Top 3 Female athletes of the meet. Prize money will be awarded to both Olympic and Paralympic stream athletes. The prize money structure will be as follows:





Para-Athletics*	Olympic Stream**
1st place Male and 1st place Female: \$ 1000	1st place Male and 1st place Female: \$ 1000
2nd place Male and 2nd place Female: \$ 500	2nd place Male and 2nd place Female: \$ 500
3rd place Male and 3rd place Female: \$ 250	3rd place Male and 3rd place Female: \$ 250

*Placing will be established by comparing performances against their respective World Records.

**Placing will be established by using the IAAF scoring tables.

11.0 National Team Selection

The 2011 Canadian Track and Field Championships will serve as selection for the following international events:

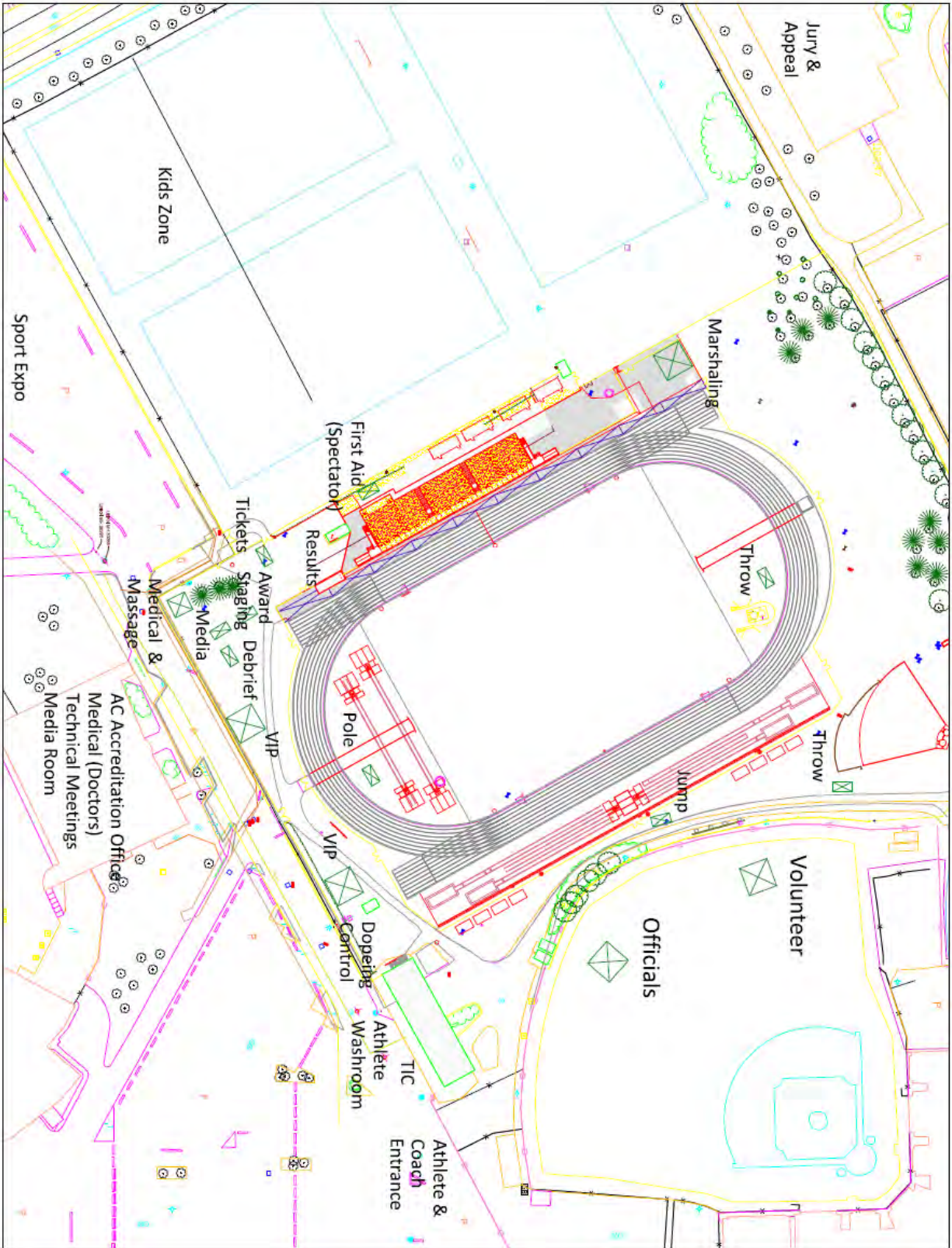
-  2011 Summer Universiade – Shenzhen, CHN – August 12–23
-  2011 IAAF World Championships in Athletics – Daegu, KOR – August 27–September 4
-  2011 Pan Am Games – Guadalajara, MEX – October 14–30
-  2011 Parapanamerican Games – Guadalajara, MEX – November 19–27

Selection criteria for these events can be found at

<http://www.athletics.ca/page.asp?id=22>

If you have any questions regarding selection for these international events, please contact Scott MacDonald at smacdonald@athletics.ca

APPENDIX A: VENUE MAP



APPENDIX B: QUALIFYING STANDARDS

Performances must have been achieved outdoors between May 1, 2010 and June 13, 2011

Men	Event	Women
10.60	100m	12.10
21.60	200m	24.50
48.30	400m	57.00
1:51.50	800m	2:10.50
3:49.00	1500m	4:27.00
14:25.00	5000m	17:00.00
31:00.00	10000m	36:50.00
14.80	110mH / 100mH	14.20
55.00	400mH	1:02.00
9:20.00	3000m SC	12:00.00
No Standard	20 km Walk	No Standard
2.00m Opening Height of 1.98m; 2.03m; 2.08m; 2.13m; 2.16m; 2.19m; 2.22m; 2.25m; 2.28; 2.30m; Up by 2cm;	High Jump Progressions*	1.73m Opening Height of 1.70m; 1.75m; 1.78m; 1.81m; 1.84m; 1.87m; 1.90m; Up by 3cm;
4.90m Opening Height of 4.70m 4.85m; 5.00m; 5.15m; 5.25m; 5.30m; 5.35m; Up by 5cm;	Pole Vault Progressions*	4.00m Opening Height of 3.80m 3.90m; 4.00m; 4.10m; 4.20m; 4.30m; 4.35m; Up by 5cm;
7.40m	Long Jump	5.90m
14.50m	Triple Jump	11.70m
15.80m	Shot Put	13.00m
48.00m	Discus	42.00m
59.00m	Hammer	55.00m
59.00m	Javelin	42.00m
6500	Decathlon	
	Heptathlon	4700

*Please note that all qualifying heights and progressions for field events have been established, they are located in the Technical Manual. All qualification results for entry into the Championships will be checked and verified. Any false claims could result in disciplinary actions and/or non-participation in the meet. The achievement of all performances must be recognized on the official Athletics Canada outdoor performance ranking lists. These results must have been achieved at competitions listed on the Athletics Canada or IAAF Member Federation fixtures lists. All results must be achieved in conformity with IAAF/Athletics Canada rules. Wind readings and implement certification must always be recorded on results to guarantee their validity.

EVENT	MEN			WOMEN		
	11	12	13	11	12	13
100m	14.79	14.30	14.25	16.03	16.43	15.96
200m	30.11	29.07	28.93	32.50	32.49	31.78
400m	1:07.17	1:03.21	1:02.24	1:30.00	1:16.00	1:16.00
800m	2:35.99	2:27.94	2:27.38	2:58.34	2:58.34	2:58.34
1500m	5:18.64	5:06.15	5:06.81	6:00.13	6:00.13	6:00.13
5000m	19:53.07	19:25.41	19:11.80			
10000m	42:20.60	44:17.86	41:12.40			
4x100m	No standard			No standard		
High Jump	1.21m	1.40m	1.54m			
Long Jump	5.00m	5.34m	5.58m	2.25m	3.75m	3.75m
Triple Jump	10.00m	11.00m	11.00m			
Shot	8.00m	8.00m	9.50m	6.00m	7.80m	7.80m
Discus	27.00m	30.00m	30.00m	22.00m	26.00m	26.00m
Javelin	24.00m	36.50m	36.50m	20.00m	20.00m	20.00m

EVENT	MEN						
	32	33	34	35	36	37	38
100m		28.10	21.20	17.12	15.99	15.52	14.92
200m		38.90	33.60	34.70	32.55	31.15	30.38
400m		1:15.30	1:03.30	1:18.00	1:14.85	1:11.06	1:05.39
800m					3:00.91	2:47.83	2:47.83
1500m			3:44.00		6:08.81	5:44.27	5:45.29
5000m						21:32.27	21:57.15
4x100m				No standard			
Long jump					3.08m	3.52m	3.83m
Shot	4.19m	5.77m	6.24m	8.00m	7.30m	7.10m	8.34m
Discus	10.77m	16.72m	22.10m	24.87m	21.64m	25.00m	24.74m
Javelin		13.75m	18.00m	23.95m	21.25m	27.47m	26.53m
Club	8.00m						

EVENT	WOMEN						
	32	33	34	35	36	37	38
100m		27.70	28.00	19.05		18.04	18.12
200m		50.00	50.00	54.30		36.95	37.67
400m		1:15.80	1:15.80	1:39.65		1:30.71	1:24.37
1500m			4:23.00				
Long Jump					2.15m	2.40m	2.60m
Shot	2.23m	3.00m	4.50m	4.50m	4.43m	5.53m	6.46m
Discus	5.16m	9.00m	8.00m	12.60m	12.44m	16.76m	16.22m
Javelin		7.70m	9.00m	10.96m	10.30m	13.50m	14.00m
Club	6.00m						

EVENT	MEN					WOMEN				
	40	42	43	44	46	40	42	43	44	46
100m		16.33		14.40	13.94		23.48		18.04	16.24
200m		35.05		29.52	28.38		52.26		37.14	33.59
400m		1:29.32		1:07.46	1:03.75				1:30.49	1:30.49
800m					2:29.34				3:39.94	2:52.15
1500m					5:09.73					
5000m					18:02.89					
10000m					25:32.30					
4x100m			No standard					No standard		
High jump		1.18m		1.25m	1.18m					
Long jump		3.34m		4.07m	4.22m		1.76m		3.00m	3.44m
Triple jump					8.51m					
Shot	6.34m	7.11m		8.98m	9.38m	4.20m	4.96m		6.74m	7.16m
Discus	15.00m	28.71m		32.92m	29.91m	13.31m	15.98m		20.10m	24.11m
Javelin	16.50m	31.64m		32.97m	35.63m	8.00m			23.65m	10.30m

EVENT	MEN				WOMEN			
	51	52	53	54	51	52	53	54
100m	28.10	21.20	18.50	18.00	36.50	27.70	20.70	20.30
200m	51.80	38.90	33.60	32.20	65.00	49.00	37.20	36.20
400m	1:41.00	1:15.30	1:03.30	59.80	2:00.00	1:37.00	1:11.80	1:07.00
800m	3:20.00	2:37.80	2:02.50	2:00.00		3:04.60	2:23.90	2:19.70
1500m	4:50.00	4:50.00	3:44.00				4:23.00	
5000m		16:45.00	12:36.00				15:40.50	
10000m			24:00.00					
4x100m			No standard				No standard	
Shot		5.45m	4.99m	5.70m		2.20m	3.53m	4.01m
Discus	6.26m	10.67m	13.82m	17.99m	5.70m	5.70m	11.50m	15.30m
Javelin		9.92m	11.60m	15.98m		4.83m	8.00m	11.53m
Club	8.00m				6.00m			

EVENT	MEN				WOMEN			
	55	56	57	58	55	56	57	58
Shot	6.95m	6.91m	8.03m	7.00m	5.39m	4.48m	5.27m	5.57m
Discus	22.33m	22.42m	27.74m	25.50m	16.49m	13.48m	14.72m	18.95m
Javelin	19.43m	19.87m	23.18m	25.95m	13.63m	13.99m	13.18m	15.58m

All qualification results for entry into the Championships will be checked and verified. Any false claims could result in disciplinary actions and/or non-participation in the meet. The achievement of all performances must be recognized on the official Athletics Canada outdoor performance ranking lists. These results must have been achieved at competitions listed on the Athletics Canada or IPC Member Federation fixtures lists. All results must be achieved in conformity with IPC/Athletics Canada rules. Wind readings and implement certification must always be recorded on results to guarantee their validity.

**PARA-ATHLETICS
IMPLEMENT WEIGHTS**

OPEN MEN

	SHOT	DISCUS	JAVELIN	CLUB
F11	7.26kg	2.00kg	800gm	
F12	7.26kg	2.00kg	800gm	
F13	7.26kg	2.00kg	800gm	
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	4.00kg	1.00kg	600gm	
F35	4.00kg	1.00kg	600gm	
F36	4.00kg	1.00kg	600gm	
F37	5.00kg	1.00kg	600gm	
F38	5.00kg	1.50kg	800gm	
F40	4.00kg	1.00kg	600gm	
F41	6.00kg	1.00kg	800gm	
F42	6.00kg	1.50kg	800gm	
F43	6.00kg	1.50kg	800gm	
F44	6.00kg	1.50kg	800gm	
F46	6.00kg	1.50kg	800gm	
F51		1.00kg		397gm
F52	2.00kg	1.00kg	600gm	
F53	3.00kg	1.00kg	600gm	
F54	4.00kg	1.00kg	600gm	
F55	4.00kg	1.00kg	600gm	
F56	4.00kg	1.00kg	600gm	
F57	4.00kg	1.00kg	600gm	
F58	5.00kg	1.00kg	600gm	

OPEN WOMEN

	SHOT	DISCUS	JAVELIN	CLUB
F11	4.00kg	1.00kg	600gm	
F12	4.00kg	1.00kg	600gm	
F13	4.00kg	1.00kg	600gm	
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	3.00kg	1.00kg	600gm	
F35	3.00kg	1.00kg	600gm	
F36	3.00kg	1.00kg	600gm	
F37	3.00kg	1.00kg	600gm	
F38	3.00kg	1.00kg	600gm	
F40	3.00kg	0.75kg	400gm	
F41	4.00kg	1.00kg	600gm	
F42	4.00kg	1.00kg	600gm	
F43	4.00kg	1.00kg	600gm	
F44	4.00kg	1.00kg	600gm	
F46	4.00kg	1.00kg	600gm	
F51		1.00kg		397gm
F52	2.00kg	1.00kg	600gm	
F53	3.00kg	1.00kg	600gm	
F54	3.00kg	1.00kg	600gm	
F55	3.00kg	1.00kg	600gm	
F56	3.00kg	1.00kg	600gm	
F57	3.00kg	1.00kg	600gm	
F58	4.00kg	1.00kg	600gm	

APPENDIX C: SCHEDULE

2011 CANADIAN TRACK & FIELD CHAMPIONSHIPS Meet Schedule (as of January 25, 2011)

****PLEASE NOTE THAT THE SCHEDULE MAY CHANGE IF QUALIFYING ROUNDS ARE NOT REQUIRED.
PLEASE REFER TO FINAL SCHEDULE THAT IS PUBLISHED AT THE TECHNICAL MEETING****

Wednesday, June 22, 2011 (Para-Athletics Events in Red)

Time	Event
	TRACK Events
12:45pm	200m Para Wheelchair Men T54 Heats
1:00pm	Decathlon Men 100m
1:25pm	100m Hurdles Women qualifying
1:40pm	Heptathlon Women 100m Hurdles
1:50pm	100m women/men qualifying
2:15pm	1500m women/men qualifying + Para T11-13, 37-38, 44-46 FINAL
2:30pm	200m Para Wheelchair women/men Para T32-34, 51-58 FINAL
5:30pm	400m Hurdles women/men qualifying
5:50pm	Heptathlon Women 200m
6:05pm	800m Para Wheelchair Men T54 Heats
6:15pm	800m women/men qualifying + Para T11-13, 35-38, 42-46 FINAL
6:45pm	200m women/men qualifying
7:15pm	Decathlon Men 400m
7:25pm	800m Para Wheelchair women/men T32-34, 52-58 FINAL
7:35pm	10,000m Men FINAL + Para T11-13, 37-38, 44-46
8:15pm	10,000m Women FINAL
	FIELD Events
12:30pm	Pole Vault Men qualifying
12:45pm	Javelin Women qualifying + Para F11-13, 35-38, 42-46 FINAL
1:00pm	Long Jump Women qualifying + Para F11-13, 35-38, 42-46 FINAL
1:00pm	Discus Men qualifying
1:50pm	Decathlon Men Long Jump
2:15pm	Heptathlon Women High Jump (2 pits if needed)
3:00pm	Discus Men Para F11-13, 35-38, 42-46 FINAL
3:00pm	Decathlon Men Shot Put
4:30pm	Heptathlon Women Shot Put
5:00pm	Javelin & Club throw Tie down Para 32-34, 52-58 FINAL
5:00pm	Decathlon High Jump (2 pits if needed)
5:15pm	Discus Women qualifying + Para F11-13, 35-38, 42-46 FINAL
5:30pm	Long Jump Men qualifying + Para F11-13, 35-38, 42-46 FINAL
6:45pm	Javelin Men qualifying + Para F11-13, 35-38, 42-46 FINAL

Thursday, June 23, 2011 (Para-Athletics Events in Red)

Time	Event
	TRACK Events
12:45pm	100m Para Wheelchair Men T54 Heats
1:10pm	Decathlon men 110m Hurdles
1:20pm	110m Hurdles men qualifying
1:40pm	400m women/men qualifying
2:10pm	100m Para Wheelchair women/men T32-34, 52-54 FINAL
5:30pm	400m Para Wheelchair Men T54 Heats
5:40pm	400m Para Wheelchair women/men T33-34 FINAL
6:00pm	200m Ambulatory women/men Para T11-13, 35-38, 42-46 FINAL
6:30pm	100m women/men semis
7:00pm	Decathlon Men 1500m
7:15pm	5000m Para Wheelchair men/women T54 FINAL
7:45pm	800m women/men semis
8:15pm	Heptathlon Women 800m
	FIELD Events
12:30pm	Pole Vault Women qualifying
12:45pm	Shot Put Women qualifying + Para F11-13, 35-38, 42-46 FINAL
1:00pm	Hammer Men qualifying
1:00pm	Triple Jump Men qualifying
2:00pm	Decathlon Men Discus
3:00pm	Discus tie-down Para FINAL
3:30pm	Decathlon Men Pole vault (2 pits if needed)
5:00pm	Hammer Women qualifying
5:00pm	Shot Put Men Para F11-13, 35-38, 42-46 FINAL
5:15pm	High Jump Women qualifying
5:15pm	High Jump Men qualifying
5:30pm	Heptathlon Women Long jump
5:30pm	Decathlon Men Javelin
6:45pm	Triple Jump Women qualifying
6:45pm	Shot Put Men qualifying
7:00pm	Heptathlon Women Javelin

Friday, June 24, 2011 (Para-Athletics Events in Red)

Time	Event
	TRACK Events
1:00pm	400m Para Wheelchair women/men T52-54 FINAL
1:20pm	400m Para Ambulatory women/men T11-13, 35-38, 42-46 FINAL
1:40pm	400m women/men semis
2:00pm	1500m women/men semis
2:20pm	1500m Para Wheelchair men T54 Heats
3:30pm	<i>Corporate Relay Practice</i>
4:00pm	<i>Corporate Relay</i>
4:30pm	<i>School Relay Final</i>
4:40pm	<i>Opening Ceremonies</i>
5:30pm	400m Hurdles women/men semis
6:00pm	3000m Steeplechase Women FINAL
6:25pm	3000m Steeplechase Men FINAL
6:40pm	100m Women / Men FINAL
6:55pm	5000m Women FINAL
7:25pm	5000m Men FINAL
	FIELD Events
12:00pm	Discus Men FINAL
12:30pm	Para High Jump FINAL F11-13, 35-38, 42-46
1:00pm	Pole Vault Men FINAL
1:30pm	Long Jump Men FINAL
1:45pm	Javelin Women FINAL
5:30pm	Discus Women FINAL
5:30pm	Long Jump Women FINAL
5:30pm	High Jump Women FINAL
7:00pm	Javelin Men FINAL

Saturday, June 25, 2011 (Para-Athletics Events in Red)

Time	Event
	TRACK Events
7:00am	10km & 20km Race Walk Men/Women FINAL
11:00am	100m Hurdles Women semis
11:10am	110m Hurdles Men semis
11:20am	400m Women/Men Para T35-38, 42-46 FINAL
11:30am	400m Women Para T11-13 FINAL
11:45am	400m Hurdles Women/Men FINAL
12:00pm	200m Women/Men semis
12:20pm	100m Women/Men Para T11-13, 35-38, 42-46 FINAL
12:35pm	1500m Wheelchair Women Para T54 FINAL
2:05pm	400m Men Para T11-13 FINAL
2:15pm	1500m Wheelchair Men Para T54 FINAL
2:30pm	400m Women FINAL
2:40pm	400m Men FINAL
2:50pm	800m Women FINAL
3:00pm	800m Men FINAL
3:10pm	1500m Women FINAL
3:20pm	1500m Men FINAL
3:30pm	200m Women FINAL
3:35pm	200m Men FINAL
3:40pm	110m Hurdles Men FINAL
3:50pm	100m Hurdles Women FINAL
4:10pm	4 x 100m relays Women/Men FINAL
	FIELD Events
10:00am	Shot put tie-down women/men Para FINAL
11:00am	Pole Vault Women FINAL
11:15am	Triple Jump Men FINAL
11:15am	Shot Put Men FINAL
11:30am	Hammer Women FINAL
1:45pm	High Jump Men FINAL
2:00pm	Triple Jump Women FINAL
2:15pm	Hammer Men FINAL
2:30pm	Shot Women FINAL