

6th ANNUAL FLYING ANGELS INTERNATIONAL CLASSIC TRACK MEET

Toronto Track & Field Centre
231 Ian MacDonald
Toronto, Ontario, Canada, M3J 3L9
July 2-3, 2016

Hosted by: Flying Angels Track & Field Academy

Sanctioned by: Athletics Ontario &
Minor Track Association of Ontario

Website: flyingangels.ca

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

ENTRY INFORMATION AND INSTRUCTIONS

Entries must be completed Online at www.trackiereg.com
Select "Find Event" and enter "Flying Angels" in the Filter by Event Box
You will then see the Flying Angels International Classic
Click "Register" and follow the steps to complete your entries.

Relay-Only Athletes

The names of all possible runners on all relay teams must be included with the entries, including athletes who are only competing in relay events. This will allow the athletes to receive a competition number and wristband to enter the stadium. However, the names of the four runners on each team and the running order need not be provided until the day of the meet.

Entry Deadline Monday, June 27, 2016 @ 11:59 pm

Entry Fees \$10.00 per individual event
\$20.00 per relay
Late entries are not accepted
Make cheque or money order payable to **Flying Angels Track & Field**

AGE DIVISIONS

The athlete's year of birth shall determine the age division in which he/she will compete for individual events:

AGE GROUPS	CLASSIFICATION	YEAR OF BIRTH
6 & Under	6G / 6B	2010 & After
7 & 8 Year Olds	7-8G / 7-8B	2008-2009
9 & 10 Year Olds	9-10G / 9-10B	2006-2007
11 & 12 Year Olds	11-12G / 11-12B	2004-2005
13 & 14 Year Olds	13-14G / 13-14B	2002-2003
15 Year Olds	15G / 15B	2001
16 & 17 Year Olds	16-17G / 16-17B	1999-2000
18 & 19 Year Olds	18-19G / 18-19B	1997 & 1998
Open	OW / OM	1996-1987
30-39 Year Olds	30-39W / 30-39M	1986-1977
40-49 Year Olds	40-49W / 40-49M	1976-1967
50 & Older	50W / 50M	1966 & Before

EVENTS OFFERED

100 Meters	All Divisions
200 Meters	All Divisions
400 Meters	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M, 40-49W, 40-49M, 50W, 50M
800 Meters	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M, 40-49W, 40-49M, 50W, 50M
1200 Meters	9-10G, 9-10B
1500 Meters	11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M, 40-49W, 40-49M, 50W, 50M
2000 Meters	15G, 15B
3000 Meters	16-17G, 16-17B, 18-19G, 18-19B, OW, OM
80m Hurdles	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G
100m Hurdles	15B, 16-17G, 18-19G, OW
110m Hurdles	16-17B, 18-19B, OM
200m Hurdles	11-12G, 11-12B, 13-14G, 13-14B
300m Hurdles	15G, 15B, 16-17G, 16-17B
400m Hurdles	18-19G, 18-19B, OW, OM
Long Jump	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M, 40-49W, 40-49M, 50W, 50M
Triple Jump	11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM
High Jump	9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M
Shot Put	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M, 40-49W, 40-49M, 50W, 50M
Discus Throw	11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M
4 x 100	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M
4 X 400	13-14G, 13-14B, 16-17G, 16-17B, OW, OM

FACILITY

All-weather polytan surface on 8-lane track.
Washroom facilities are available.

FACILITY RULES

Only officials are permitted onto the competition areas. All others must go to the spectator viewing area.

PACKET PICKUP

Coaches must pick up their team packet at the Registration Tent located at the entrance to the stadium. The coach picking up the packet must pay for and take the entire packet.
Coaches must pay for ALL entries submitted.

MEET ADMISSION

Entry to the stadium will be by wrist bands only. Wrist bands for athletes and coaches will be included with the team's packet. Each team will be allotted 1 coach wrist band for every 6 athletes registered. Wristbands for spectators and additional coaches will be sold at the tent located at the entrance to the stadium.
Spectator General Admission passes are \$5 each day. Children aged 12 and under are free

SCHEDULE

A copy of the tentative schedule is attached. Event times are approximate. A revised schedule will be in your packet and will be posted online at www.flyingangels.ca on Thursday, July 3, 2013.

PERFORMANCE LIST & RESULTS

Performance lists and results will be posted online at www.flyingangels.ca.

ATHLETE CONTROL CENTRE / CHECK-IN PROCEDURE

Athletes must check in at the Athlete Control Centre when the event is called.
Athletes will be marshaled to their event by the meet staff.

AWARDS

An Overall Team trophy will be presented to the ten (10) teams with the most combined team points
Medals will be presented to the first eight (8) finishers in each event
Plaques will be presented to athletes who break a meet record
A trophy will be presented to the team with the most points in each division
A trophy will be presented to the athlete with the most points in each division

SCORING

This is a scoring meet.

The points are awarded as follows: 1st – 10 points, 2nd – 8 points, 3rd – 6 points, 4th – 5 points, 5th – 4 points, 6th – 3 points, 7th – 2 points, 8th place – 1 point

IMPLEMENTS AND WEIGH-IN

Throwing implements will be provided by the meet management.

Personal implements will be allowed and once checked-in, will be entered into the competition equipment pool.

WARM UP AREA

Absolutely no warm up is allowed on the track or the infield.

ATHLETE ADVANCEMENT TO FINALS

In the 100m & 200m events, the top 8 times from the qualifying round will advance to the Finals. If there are 8 or fewer athletes that run in the first round, then that round will be run as a Final.

FALSE START RULE

False start rules follow those of the IAAF, with the following exception: in events staged for 6&U, 7-8, 9-10, 11-12, and 13-14 divisions, one false start will be allowed per race without disqualification of an athlete. Any further false starts shall result in the disqualification of the athlete making a false start.

PROTEST

All protest must be filed within 30 minutes of the official announcement or release of the results. If no protest is received within the above mentioned time limit, the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeal to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The protest fee of \$50.00 will be returned if the protest is upheld.

DIRECTION TO TORONTO TRACK AND FIELD CENTRE

- Follow Highway 400 north to the Steeles Avenue exit.
- Go East (left) on Steeles, past Jane Street to the second set of lights.
- Turn right on Founders Road
- Take immediate first left entrance to parking lot.
- Follow the sidewalk west to the front of the Track and Field Centre.

PARKING

There is parking available just off of Founders Rd. There is additional parking west of the Toronto Track and Field Centre beside the subway extension construction site. Parking is a flat rate of \$5/day on weekends.

MEET HOTELS

Courtyard Marriott Vaughan

150 Interchange Way
Vaughan, Ontario, L4K 5P7
Phone: 905-660-3988
Price: \$129 / room
Includes breakfast

Holiday Inn Express Vaughan-Southwest

6100 Highway 7
Vaughan, Ontario, L4H 0R2
Phone:
Price: \$129 / room
Includes breakfast

Comfort Inn

66 Norfinch Drive
North York, Ontario, M3N 1X1
Phone: 416-736-4700
Price: \$99.00 / room
Includes breakfast

Ask for: **Flying Angels Track & Field**

FURTHER INFORMATION

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

**FLYING ANGELS INTERNATIONAL CLASSIC
SCHEDULE OF EVENTS – DAY 1**

TRACK EVENTS		
10:00	1200m Finals	9-10G, 9-10B
10:15	1500m Finals	11-12G, 13-14G, 15G, 16-17G, 18-19G, OW, 30-39W, 40-49W, 50W 11-12B, 13-14B, 15B, 16-17B, 18-19B, OM, 30-39M, 40-49M, 50M
11:15	80m Hurdles Heats	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G
	100m Hurdles Heats	15B, 16-17G, 18-19G, OW
	110m Hurdles Heats	16-17B, 18-19B, OM
12:30		OPENING CEREMONIES
1:00	100m Heats	6G, 6B, 7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M, 40-49W, 40-49M, 50W, 50M
3:15	400m Timed Finals	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M, 40-49W, 40-49M, 50W, 50M
4:45	80m Hurdles Finals	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G
	100m Hurdles Finals	15B, 16-17G, 18-19G, OW
	110m Hurdles Finals	16-17B, 18-19B, OM
5:30	100m Finals	6G, 6B, 7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M, 40-49W, 40-49M, 50W, 50M
6:15	4 x 100m Relay Finals	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M
FIELD EVENTS		
10:00	Long Jump (Pit 1) Long Jump (Pit 2) Long Jump (Pit 3) Shot Put (Pit 1) Shot Put (Pit 2) High Jump	15B / 16-17B 18-19B / OM 30-39M / 40-49M / 50M 18-19G / OW 18-19B / OM 9-10G
11:00	Shot Put (Pit 1) Shot Put (Pit 2) High Jump	15G / 16-17G 15B / 16-17B 9-10B
11:30	Long Jump (Pit 1) Long Jump (Pit 2) Long Jump (Pit 3)	15G / 16-17G 18-19B / OW 30-39W / 40-49W / 50W
12:00	Shot Put (Pit 1) Shot Put (Pit 2) High Jump	13-14G 13-14B 11-12G
1:30	Long Jump (Pit 1) Long Jump (Pit 2) Long Jump (Pit 3) Shot Put (Pit 1) Shot Put (Pit 2) High Jump	7-8B / 9-10B 11-12B 13-14B 11-12G 11-12B 11-12B
2:30	Shot Put (Pit 1) Shot Put (Pit 2) High Jump	9-10G 9-10B 13-14G
3:00	Long Jump (Pit 1) Long Jump (Pit 2) Long Jump (Pit 3)	7-8G / 9-10G 11-12G 13-14G
3:30	Shot Put (Pit 1) Shot Put (Pit 2) High Jump	11-12B 13-14B 13-14B
4:30	Shot Put (Pit 1) Shot Put (Pit 2)	7-8G / 30-39W / 40-49W / 50W 7-8B / 30-39M / 40-49M / 50M

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SCHEDULE OF EVENTS – DAY 2

TRACK EVENTS		
10:00	200m Hurdles Timed Finals	11-12G, 11-12B, 13-14G, 13-14B
	300m Hurdles Timed Finals	15G, 15B, 16-17G, 16-17B
	400m Hurdles Timed Finals	18-19G, 18-19B, OW, OM
11:00	200m Heats	6G, 6B , 7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M, 40-49W, 40-49M, 50W, 50M
1:30	800m Finals	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M, 40-49W, 40-49M, 50W, 50M
3:30	200m Finals	6G, 6B , 7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15G, 15B, 16-17G, 16-17B, 18-19G, 18-19B, OW, OM, 30-39W, 30-39M, 40-49W, 40-49M, 50W, 50M
4:30	2000m Finals	15G, 15B
5:00	3000m Finals	16-17G, 16-17B, 18-19G, 18-19B, OW, OM
5:30	4 x 400m Relay Finals	13-14G, 13-14B, 16-17G, 16-17B, OW, OM
FIELD EVENTS		
10:00	Triple Jump (pit 1) Triple Jump (pit 2) Discus Throw High Jump	15B / 16-17B 18-19B / OM 16-17G / 18-19G / OW / 30-39W 15G / 16-17G
11:00	Discus Throw High Jump	16-17B / 18-19B / OM / 30-39M 15B / 16-17B
11:30	Triple Jump (Pit 1) Triple Jump (Pit 2)	15G / 16-17G 18-19G / OW
12:00	Discus Throw High Jump	11-12G / 13-14G / 15G 18-19G / OW / 30-39W
1:00	High Jump	18-19B / OM / 30-39M
1:30	Discus Throw Triple Jump (Pit 1) Triple Jump (Pit 2)	11-12B / 13-14B / 15B 11-12B 13-14B
2:45	Triple Jump (Pit 1) Triple Jump (Pit 2)	11-12G 13-14G