



Presents

Ontario Masters Athletics Indoor Championships

February 25, 2024

**Toronto Track and Field Centre
231 Ian MacDonald Blvd.
Toronto, ON
M7A 2C5**

Technical Package

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Registration

Entry Deadline: Regular Deadline: 11:59pm, Friday, February 16, 2024

Age Categories: Open Born in 2003 or before (non-championship)
Masters All events are in 5-year age groups, starting from 30 – 34, 35 to 39, etc., and progressing to the age of the oldest athlete. Age is calculated as of the first day of the Championship, February 25, 2024.

Eligibility: There are no entry standards for this meet.

Athletes residing in Ontario that want to register for a championship event must be registered, and their clubs affiliated, for the current competitive year with Athletics Canada before the athlete registers for their championship event(s). Athletes registered with Athletics Canada as “Unattached” or “Disassociated” do not require a club affiliation.

Athletes residing in Ontario but representing a club from outside the province must be registered with their association and must be entered by their respective clubs.

Athletes residing outside of Ontario must be registered for the current competitive year with their provincial/state/national associations.

Out of country athletes must contact Athletics Ontario at operations@athleticsontario.ca to be entered into championship events. Please ensure you provide your membership number from your respective athletics federation, date of birth, events you wish to register for, and all respective seed performances.

Fees: **Regular Deadline Fees:** \$35 for first event – Masters Only
Until Feb 16 @ 11:59pm EST \$15 for every additional event – Masters Only
\$35/event – Open Athletes Only

Relays: \$40 per relay
Only event paid by cash. Must be declared and paid at the competition, no later than 60 minutes before the relay is scheduled.

*Trackie fees are added to each entry fee. HST is inclusive of the fee.
HST# 10400235RT

Method of Payment: Trackie Online: <https://www.trackie.com/event/2024-masters-indoor>. All individual event entry payments are made via Trackie.

Relay entries are paid at the competition and must be submitted no later than 60 minutes prior to the start of each respective relay event.

Confirmation: Participants in each age division can be viewed on the Trackie. Please ensure that you or your athletes are checking the confirmation list on Trackie to ensure your entry was processed properly.

After the regular entry deadline, a printable pdf of entries will be available on the championship event page here: <https://www.trackie.com/event/2024-masters-indoor>.

Post Entries: Entries received after this deadline will be accepted at the discretion of Athletics Ontario and only if it does not cause a disruption to the conduct of the meet.

Competition Details

Schedule: The schedule is subject to minor adjustments. Please refer to the championship webpage for all up-to-date information: <https://athleticsontario.ca/event/ontario-masters-indoor-championships/>. A final schedule will be posted by Tuesday, February 19 at 12:00pm EST.

Bibs and Packages: Bibs can be picked up at the Toronto Track and Field Centre on Saturday from 8:00am – 4:00pm, and Sunday from 8:00am – 2:30pm. Athletes are encouraged to pick up their packages as early as possible.

Check-In Procedure: Athletes entered in field events must check in with officials at their event site before their respective event begins. Failure to check in with officials before the event starts will result in them being removed from that specific event. Picking up bib numbers does not constitute a check-in.

Athletes in track events simply need to arrive at the start line before their event to be organized and placed on the start line by officials. Heat sheets will be posted by the start line area for each track event, so they know what heat and lane they have been assigned.

Track athletes in distance races should arrive 15 – 30 minutes before the start of the event to pickup their hip number from officials. Two hip numbers will be given to athletes and must be worn on the right hip and the upper left side of the chest.

Awards: Gold, silver, and bronze medals will be awarded to the first three Ontario finishers in each Masters age division events. There are no awards for the Open division (20 – 29).

Non-Ontarian athletes will be eligible for medals. These non-Ontarian athletes will not offset medal placements for registered Ontario athletes (example: a non-Ontarian athlete that places first in an event will receive a gold medal. If second overall was a registered Ontario athlete, him/her would also receive a gold medal as they were the first overall registered Ontario athlete. The process continues until three registered Ontario athletes are awarded medals).

Awards will be available to pick up by the awards tent near the entrance to the facility about 30 – 45 minutes after the completion of each event. Unclaimed awards will not be mailed out.

The Brian Keaveney Trophy will be presented at the conclusion of the meet to the listed Ontario Club which receives the highest number of points in the championship. See “Scoring” below to see the club point allocation.

Starting Blocks: Athletes must use competition provided starting blocks. Personal starting blocks will not be allowed unless they match the model and make of the starting blocks being provided.

Facility:

- Synthetic surface on a 5-lane 200m banked oval and 8-lane sprint straight and field approaches.
- Concrete throwing circle.
- Change room facilities and showers are available.
- Bring your own lock and towel
- All competition and official working areas are always off limits to non-competitors. Spectators can view events from the gallery on the second floor of the facility.

Facility Regulations:

Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length.

Only athletes with bib numbers, coaches registered for the current competition year, officials and meet volunteers will be permitted into the fieldhouse. All others must go to the spectator viewing area. Meet organizers will provide passes for AO coaches registered by the meet entry deadline.

No street shoes or boots on the track surface. Please ensure you bring running shoes to change into as you will not be allowed into the facility without them. No electronic devices are allowed in the competition area.

Results:

Start lists, heats, and full results will be posted at the Toronto Track and Field Centre by the awards tent, and online at <https://bit.ly/2024-ontario-masters-indoor-champs>.

Final results will be posted on Monday, following the completion of the meet.

Please click on the following link for the meet results.

<https://athleticsontario.ca/stats/results/>

Photos:

Photos captured by the Athletics Ontario team will be posted on the Athletics Ontario social media sites (Facebook, Twitter, Instagram, etc.) during and following the meet. All athletes are given the opportunity to sign a waiver/release form regarding photography.

Facebook page: <https://www.facebook.com/Athletics-Ontario-135196239850966/?fref=ts>

Protests:

All Protests must be made as outlined in WA rule 146. In all cases, protests 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 appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The cost of \$25.00 will be returned if the protest is upheld or not considered frivolous by the Jury.

Technical Details

Events Offered:

60m, 200m, 400m, 800m, 1500m, 3000m, 1500mRW, 3000mRW, 60mH, 4x200m, 4x400m, 4x800m, High Jump, Pole Vault, Long Jump, Triple Jump, Show Put, Weight Throw (Masters Division Only)

Championship Rules:

- World Athletics Rules, as varied by World Masters Athletics.
- All track events will be run oldest to youngest, with women competing first in each age group.
- Canadian age group records set at the Championships will be accepted by the CMA without requiring a completed application form. However, WMA application documents are required for World age group records.
- In simultaneous events, straightaway events take precedence over the oval, the oval events take precedence over the field events. Athletes must inform officials of the conflicting events. Officials will not hold up events to accommodate individual athletes, but may rejoin a field event, if doing so doesn't interfere with its progress.
- For all events, age groups and genders may be combined, when competitor numbers make it convenient to do so.
- Relay teams may be club teams from different clubs or unattached. They may be a combination of age groups but not genders and must compete in the age group of their youngest member.

Scoring:

The top 6 athletes in male and female ranked by age graded %, in each event will score for their Ontario Clubs for the Brian Keaveney Trophy. Unattached athletes will not receive points/will not displace club athletes for club trophy points:

1 st – 7 points	2 nd – 5 points	3 rd – 4 points	4 th – 3 points
5 th – 2 points	6 th – 1 point		

Lane & Heat Assignment:

Lanes, heats, and sections will be assigned according to the rules of WA/AC/AO.

A list of heats and lane assignments will be posted at the start area for each event.

Implements:

All throwing implements will be provided by meet management. Personal implements will be allowed and once checked in, will be added to the competition equipment pool.

	Female			Male	
	Shot	Weight		Shot	Weight
20 – 29	4.00kg	9.08kg (20lb)	30 – 49	7.26kg	15.88kg (35lb)
30 – 49	4.00kg	9.08kg (20lb)	30 – 49	7.26kg	15.88kg (35lb)
50 – 59	3.00kg	7.26kg (16lb)	50 – 59	6.00kg	11.34kg (25lb)
60 – 74	3.00kg	5.45kg (12lb)	60 – 69	5.00kg	9.08kg (20lb)
75+	2.00kg	4.00kg (8.8lb)	70 – 79	4.00kg	7.26kg (16lb)
			80+	3.00kg	5.45kg (12lb)

Hurdle Specifications:

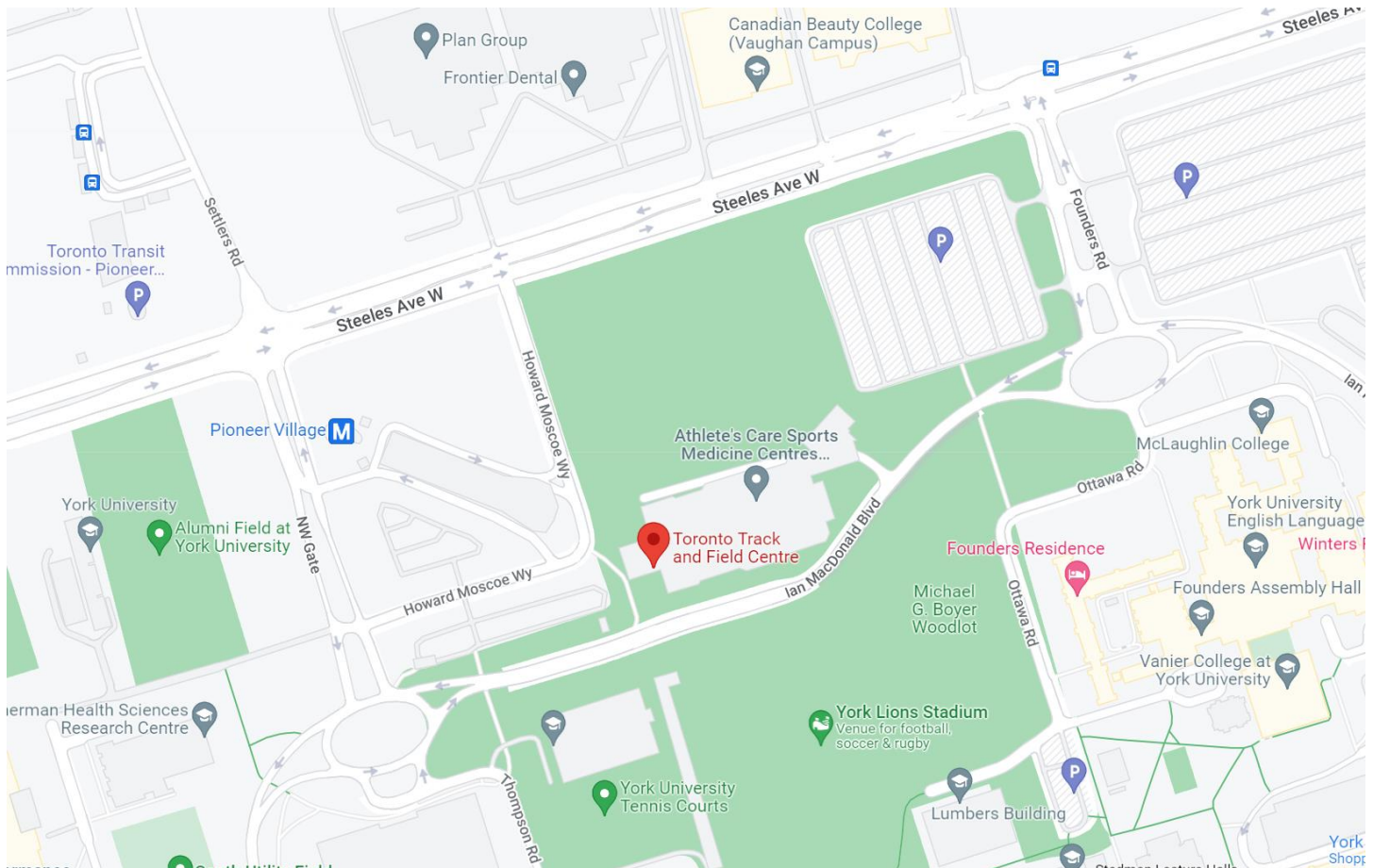
All specifications for throwing and hurdling events can be found on Appendix A of the WMA Rules of Competition: <https://world-masters-athletics.com/wp-content/uploads/2020/11/2020-2021-WMA-RULES-OF-COMPETITION-as-20-November-2020.pdf>

Full 27" hurdles are available to accommodate all necessary heights.

	Distance (m)	Height (m)	Start to 1st Hurdle (m)	Distance Between
Female				
20 – 29	60	0.840	13.00	8.50
30 – 35	60	0.840	13.00	8.50
40 – 49	60	0.762	12.00	8.00
50 – 59	60	0.762	12.00	7.00
60+	60	0.686	12.00	7.00
Male				
20 - 29	60	1.067	13.72	9.14
30 - 49	60	0.991	13.72	9.14
50 – 59	60	0.914	13.00	8.50
60 – 69	60	0.840	12.00	8.00
70 – 79	60	0.762	12.00	7.00
80+	60	0.686	12.00	7.00

General Information

Location: Toronto Track and Field Centre
231 Ian MacDonald Blvd
M7A 2C5
Ph# (416) 392-2812



Directions: Take the 401 into the city of Toronto and take exit 359 to merge onto ON-400 N toward Barrie. Take the Steeles Avenue W. exit, and head East. The university will be on the right-hand side (South side) of the road. Turn into Founders Road towards the roundabout and make another right onto Ian MacDonald Boulevard. The Toronto Track and Field Centre will be the first building on the right-hand side (North side) of Ian MacDonald Boulevard.

Parking: There is parking available on the east side of Founders Road as you turn into the York University campus from Steeles Ave W. As well as 2 parking lots surrounding Pioneer Village subway station on the south side of Steeles Ave W. Another parking spot is available on the south side of Howard Moscoe Way, just west of the main entrance to the Toronto Track and Field Centre. There is TFC parking lot north of Steeles Ave W which is also free during weekends.

Via TTC: Northbound, line 1 goes directly to Pioneer Village Station, located right beside the Toronto Track and Field Centre. Alternatively, the TTC 60 bus comes from both directions along Steeles Ave W., which is directly north of the Toronto Track and Field Centre.

Contacts:

Meet Director	Doug Smith	doug@ontariomasters.ca
Operations Manager	Randolph Fajardo	randolphfajardo@athleticsontario.ca
Officials Coordinator	Kathryn Dertinger	aooavailability@gmail.com
Facility Manager	Karen Halovanic	karen.halovanic@toronto.ca

First Aid:

Medical Personnel will be on-site. The closest hospital is as follows:

North York General Hospital
555 Finch Ave W.
Toronto, Ontario
M2R 1N5
(416) 633-9420

Hotels:

There are plenty hotel options around the Toronto Track and Field Centre. The facility is right beside the city's subway system which connects it to the downtown core. Travel time between the core and the facility via subway is between 30 – 45 minutes. Local hotels around the facility are about a 5 – 15min drive. See below for some hotel recommendations.

Downtown Hotel Recommendations



30 Carlton Street, Toronto, ON M5B 2E9
Ph#: +1 416-977-6655

[Website](#)

- 2-minutes from College subway station.
- 45-minute subway ride to competition site.



145 Richmond Street West, Toronto, ON M5H 2L2
Ph#: +1 416-869-3456

[Website](#)

- 2-minutes from Osgoode subway station.
- 40-minute subway ride to competition site.

North York (near the Toronto Track and Field Centre) Hotel Recommendations



50 Norfinch Drive, Toronto, ON M3N 1X1
Ph#: +1 416-663-9500

[Website](#)

- 25-minutes bus ride to facility.
- 15-minute car ride to competition site.



3400 Steeles Avenue West, Vaughn, ON L4K 1A2
Ph#: +1 905-760-2120

[Website](#)

- 10-minutes bus ride to facility.
- 6-minute car ride to competition site.