

2011 Canadian Masters Track & Field Championships

Varsity Centre - Toronto

June 17-19

Hosted by Ontario Masters Athletics



Online entry at www.ontariomasters.ca



The stadium is steps from the St George Subway Station

<http://www3.ttc.ca/Subway/interactivemap.jsp>

Free parking at various subway stations.



Tentative Schedule

<u>Track</u>	<u>Friday</u>	<u>Field</u>	
	Pentathlon		Throws Pentathlon
<u>Track</u>	<u>Saturday</u>	<u>Field</u>	
8:30	10,000m	9:00	High Jump
9:45	Steeplechase (2000m then 3000m)	9:30	Hammer followed by
10:00	1500m Racewalk		Weight Throw
11:00	100m (Heats followed by Finals)		
1:00	Sprint Hurdles	1:00	Shot Put
1:30	1500m	1:00	Long Jump
2:15	400m		
	4 x 100m Relay (following the 400m)		
<u>Track</u>	<u>Sunday</u>	<u>Field</u>	
8:30	5,000m Racewalk	9:00	Discus
10:00	5000m	9:00	Pole Vault
11:30	200m (Heats followed by Finals)		
12:30		12:30	Javelin
1:30	Long Hurdles	12:30	Triple Jump
2:00	800m		
	4 x 400m Relay* (following the 800m)		

- Fees; \$30 for the first event. \$10 for each additional event.
Add \$5 for email/mail entries. Contact; douglasj.smith@sympatico.ca
Membership in one of the following associations required;
(Ontario Masters Athletics, Athletics Ontario, an Athletics Canada Provincial Branch, CMAA, or USATF)
- Awards; CMAA Championship medals to the first three Canadian athletes in each age group 30-34 and up.
Non-Canadian athletes in the top three will receive a duplicate medal.
All competitors must beat a competitor or meet the posted medal standards to be eligible for awards.
- Results; Complete results will be posted.
Medals will not be presented until the results are posted.
- Facilities; 400m - 8 lane polyurethane track. Mondo jump approaches and Javelin runway.
Cement throwing circles. Adjustable Steeple barriers.
- Hosted by; Ontario Masters Athletics www.ontariomasters.ca
Americans and other visitors to Canada are most welcome and eligible for duplicate medals.
- Entry Deadline; Online entry closes at Noon on Wednesday. ***NO RACE DAY ENTRIES***

Meet Director - Doug Smith douglasj.smith@sympatico.ca

Notes;

Women's sections first, followed by Men's heats. Oldest to youngest.

All track events except 100m and 200m are timed finals.

Weights of implements and hurdle heights may not be to current WMA standards.

If a competitor has two conflicting events, they must inform the field judge that they will be competing in the track event.

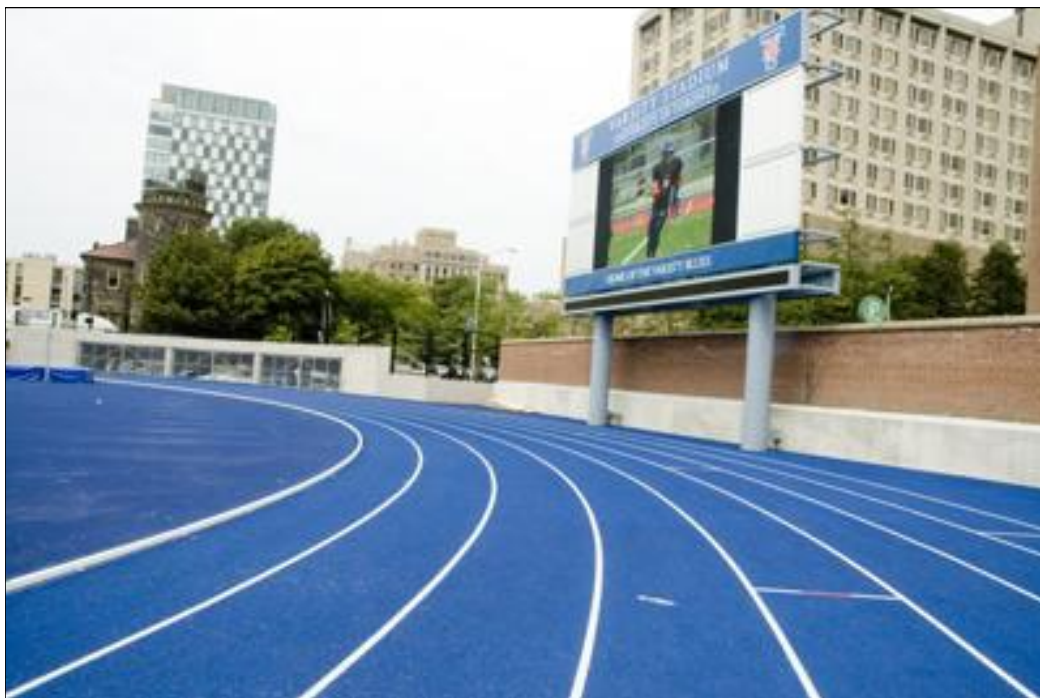
The Jury Of Appeal will hold the final authority in any appeal or dispute.

When numbers justify, throws and jumps will take place in flights.

Medical Services provided by Panno Therapeutic

Varsity Centre's state-of-the-art 400-metre, eight-lane track features Polytan M surface – the first Polytan track in Canada – and meets International Association Athletics Federations (IAAF) Class-2 standards. Widely viewed as the ideal surface for both training and competition, the Polytan M surface has produced a wealth of world records. The track features a two-layer base for unsurpassed cushioning and extraordinary running conditions, sparing excess strain on the joints, tendons and ligaments.

The jumping facilities, including the pole vault and long, high and triple jumping areas, are made of Polytan WS, a porous surface that lies underneath the artificial turf in the end zones of the field and will be exposed each spring for the track and field season. The jumping pits contain 18 inches of compacted gravel, topped by a filter cloth and are finished off with top quality, fine grain sand.



There is a hammer/circle with cage, two shot put circles and two all weather javelin runway. The throwing area is adjacent the track in a beautiful treed area. A full range of throwing implements will be available for competitors.

Possible **Meet Hotel**
Holiday Inn
Toronto - Bloor - Yorkville
280 Bloor Street W.



Social Headquarters

Duke Of York
39 Prince Arthur
One block from the track

Saturday
Meet Dinner

Sunday
Going Away Party



Bring The Family

The track is steps
from the
Royal Ontario Museum