

## **FLYING ANGELS INTERNATIONAL CLASSIC**

Toronto Track & Field Centre (York University)

231 Ian MacDonald

Toronto, Ontario, Canada, M3J 3L9

**July 8-10, 2022**

**Hosted by** Flying Angels Track & Field Academy

**Sanctioned by** Athletics Ontario & Minor Track Association

**Website** [www.flyingangels.ca](http://www.flyingangels.ca)

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### **ENTRY INFORMATION AND INSTRUCTIONS**

Online Registration is available through **trackiereg.com** using the following link:

[www.Trackiereg.com/FlyingAngelsClassic](http://www.Trackiereg.com/FlyingAngelsClassic)

**Entry Deadline** Monday, July 4, 2022 @ 11:59 pm

**No entries accepted after the Entry Deadline**

**Entry Fees** \$15 per individual event  
\$15 for combined events  
\$25 per relay  
Late entries are not accepted

<b>Age Divisions &amp; Events</b>	<p><b>U9 (Born 2014-2015)</b> 100m, 200m, 400m, 800m, 4x100, Sprint Medley Relay Long Jump, Shot Put</p> <p><b>U11 (Born 2012-2013)</b> 100m, 200m, 400m, 800m, 1200m, 4x100, Sprint Medley Relay Long Jump, Shot Put, High Jump</p> <p><b>U13 (Born 2010-2011)</b> 100m, 200m, 400m, 800m, 1500m, 4x100, Sprint Medley Relay Long Jump, Triple Jump, High Jump, Shot Put, Discus</p> <p><b>U15 (Born 2008-2009)</b> 100m, 200m, 400m, 800m, 1500m, 4x100, Sprint Medley Relay Long Jump, Triple Jump, High Jump, Shot Put, Discus</p> <p><b>U16 (Born 2007 &amp; 2008)</b> 100m, 200m, 400m, 800m, 1500m, 2000m, 1500m Steeplechase, 80m Hurdles (Girls), 100m Hurdles (Boys), 200m Hurdles, 4x100  Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer Pentathlon</p> <p><b>U18 (Born 2005 &amp; 2006)</b> 100m, 200m, 400m, 800m, 1500m, 3000m, 2000m Steeplechase, 100m Hurdles (Girls), 110m Hurdles (Boys), 400m Hurdles, 4x100  Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer Heptathlon (Girls), Decathlon (Boys)</p> <p><b>U20 (Born 2003 &amp; 2004)</b> 100m, 200m, 400m, 800m, 1500m, 5000m, 2000m Steeplechase (Girls), 3000m Steeplechase (Boys), 100m Hurdles (Girls), 110m Hurdles (Boys), 400m Hurdles, 4x100, 4x400, Mixed 4x400  Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin, Hammer Heptathlon (Girls), Decathlon (Boys)</p> <p><b>Parents &amp; Coaches</b> 100m, Mixed 4x100</p>
<b>Event Notes</b>	<p>Athletes may compete in an event in an older division Sprint Medley Relay is run 400m-200m-200m-800m 4x400 and Mixed 4x400 are Open. Teams may use athletes of any age to compete</p>
<b>Results</b>	<p>Will be posted at <a href="http://flyingangels.ca">flyingangels.ca</a> and <a href="http://trackie.ca">trackie.ca</a></p>
<b>Relay-Only Athletes</b>	<p>The names of all possible competitors 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 facility. However, the names of the four runners on each team and the running order need not be provided until the day of the meet.</p>

<b>Facility</b>	<p>Outdoor track for competition and indoor track for athlete warm ups  Outdoor track has all-weather polytan surface on 8-lane track  Four long jump/triple jump pits  Three shot put circles, discus cage, hammer cage, and javelin runway  Indoor track has five lane oval and eight lane straightaway and access to two long jump/triple jump pits</p> <p>Washroom facilities are available</p>
<b>Facility Rules</b>	<p>Only coaches, officials, volunteers and competitors are permitted into the Field House. Spectators must go to the spectator gallery upstairs to view the awards ceremony.</p> <p>All competition and official working areas are off limits to non-competitors at all times.</p> <p>Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length. No pin style spikes are allowed on the track. Only pyramid spikes will be allowed.</p>
<b>Packet Pickup</b>	Coaches must pick up their team packet from the Hospitality Room located upstairs at the indoor track.
<b>Meet Admission</b>	<p>Entry to the stadium is by wristband only. Wristbands for athletes and coaches are included in the team's packet. Each team is allotted 1 coach wristband for every 8 athletes registered.</p> <p>Wristbands for spectators are sold at the tent located at the entrance to the stadium. <b>General Admission Spectator passes are \$5 each day.</b> Children 6 years old and under are free.</p>
<b>Schedule</b>	A copy of the <u>Tentative</u> schedule is attached. Event times are approximate. The <u>Final</u> schedule will be posted online at <a href="http://www.flyingangels.ca">www.flyingangels.ca</a> on Tuesday, July 5, 2022.
<b>Warm Up Area</b>	<p>The indoor track is open for athletes to warm up.  No warm up is allowed on the competition track or the infield.  Teams are not allowed to camp at the warm up track</p>
<b>ACC / Check-In Procedure</b>	<p>The Athlete Control Centre (ACC) is located at the indoor track  The entrance to the indoor track is located at the southwest end of the stadium  Athletes must check in at the Athlete Control Centre for all events when the event is called  Athletes will be escorted to their events by the Marshall</p>
<b>Scoring</b>	The top 8 athletes in each event will earn points for their teams as follows: 1 <sup>st</sup> (10), 2 <sup>nd</sup> (8), 3 <sup>rd</sup> (6), 4 <sup>th</sup> (5), 5 <sup>th</sup> (4), 6 <sup>th</sup> (3), 7 <sup>th</sup> (2), 8 <sup>th</sup> (1)
<b>Awards</b>	<p>The Awards Ceremony will take place in the Fieldhouse  The top eight finishers in each event must make their way to the awards ceremony immediately following the conclusion of their event.  There will be a medal presentation ceremony at the conclusion of each event.  The top 8 finishers in each event will receive a medal</p> <p>The 10 teams with the most accumulated points at the end of the meet will receive a team trophy</p> <p>Outstanding performers will receive an individual trophy</p>
<b>Implements</b>	<p>Throwing implements are provided by the Meet Management.  Personal implements are allowed and once checked-in, are entered into the competition equipment pool.</p>
<b>False Start Rule</b>	The false start rule follows those of the IAAF, with the following exception: in events staged for U9, U11, and U13 divisions, one false start is charged to the field and all further false starts will result in the disqualification of the athlete making the false start.

<b>Advancement to Finals</b>	<p>The advancement procedure from the qualifying round of the 100m Dash, 200m Dash, and sprint hurdles will be communicated after the Entry Deadline.</p> <p>All other running events will be run as Timed Finals.</p> <p>If there are 8 or fewer athletes entered in the first round of the 100m, 200m, or sprint hurdles event, then that race will be run as a Final at the scheduled time for the finals.</p>
<b>Parents &amp; Coaches Race</b>	<p>There will be a Parents and Coaches 100m and Co-Ed 4x100 relay (Coaches &amp; parents must be 30 years old or older to participate)</p> <p>There must be at least two females on the 4x100 relay team.</p> <p>These events are not scored and no points will count toward the total team points.</p>
<b>Protest</b>	<p>All protests must be filed within 15 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.</p> <p>If a protest changes a result, 15 minutes will be allowed following the announcement or release of the decision for an appeal to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final.</p> <p>The protest fee of \$50.00 will be returned if the protest is upheld.</p>
<b>Directions</b>	<p><b>DIRECTION TO TORONTO TRACK AND FIELD CENTRE</b></p> <ul style="list-style-type: none"> <li>● Follow Highway 400 north to the Steeles Avenue exit.</li> <li>● Go East (left) on Steeles, past Jane Street to the third set of lights.</li> <li>● Turn right on Founders Road</li> <li>● Take the immediate first left entrance to the parking lot.</li> <li>● Follow the sidewalk west to the front of the Track and Field Centre.</li> </ul>
<b>Parking</b>	<p>There is parking available just off of Founders Rd.</p> <p>Parking is a flat rate of \$5/day at the Founders East parking lot on the weekends.</p>
<b>Hotels</b>	<p><b>The meet hotel is:</b></p> <p>Courtyard by Marriott Vaughan Hotel  150 Interchange Way  Vaughan, Ontario L4K 5P7  (905) 660-9938</p> <p>There are many hotels that are within a 30-minute drive to York University. Google "York University" to see the list of nearby hotels.</p>

**IMPLEMENT SPECIFICATIONS**

<b>DIVISION</b>	<b>SHOT PUT</b>	<b>DISCUS</b>	<b>JAVELIN</b>	<b>HAMMER</b>
U9 Girls	1.50kg			
U9 Boys	1.50kg			
U11 Girls	2.00 kg			
U11 Boys	2.00 kg			
U13 Girls	2.73 kg			
U13 Boys	2.73 kg			
U15 Girls	3.00 kg	0.75 kg	400g	
U15 Boys	3.00 kg	0.75 kg	400g	
U16 Girls	3.00 kg	1.00 kg	500g	3.00 kg
U16 Boys	4.00 kg	1.00 kg	600g	4.00 kg
U18 Girls	3.00 kg	1.00 kg	500g	3.00 kg
U18 Boys	5.00 kg	1.50 kg	700g	5.00 kg
U20 Girls	4.00 kg	1.00 kg	600g	4.00 kg
U20 Boys	6.00 kg	1.75 kg	800g	6.00 kg

**HURDLES SPECIFICATIONS**

<b>Division</b>	<b>Distance</b>	<b># of Hurdles</b>	<b>Height</b>	<b>Dist. to 1<sup>st</sup> Hurdle</b>	<b>Dist. between Hurdles</b>
U16 Girls	80m	8	0.762m	12.00m	8.00m
U16 Boys	100m	10	0.840m	13.00m	8.50m
U18 Girls	100m	10	0.762m	13.00m	8.50m
U18 Boys	110m	10	0.914m	13.72m	9.14m
U20 Girls	100m	10	0.840m	13.00m	8.50m
U20 Boys	110m	10	0.990m	13.72m	9.14m
U16 Girls	200m	5	0.762m	20.00m	35.00m
U16 Boys	200m	5	0.762m	20.00m	35.00m
U18 Girls	400m	10	0.762m	45.00m	35.00m
U18 Boys	400m	10	0.914m	45.00m	35.00m
U20 Girls	400m	10	0.762m	45.00m	35.00m
U20 Boys	400m	10	0.914m	45.00m	35.00m

# FLYING ANGELS INTERNATIONAL CLASSIC - TENTATIVE SCHEDULE

## DAY 1 - FRIDAY, JULY 9, 2022

### TRACK EVENTS

03:00	80m Hurdles	Heats	U16 Girls
	100m Hurdles	Heats	U16 Boys
	100m Hurdles	Heats	U18 Girls, U20 Women
	110m Hurdles	Heats	U18 Boys, U20 Men
04:00	1500m Steeplechase	Finals	U16 Girls, U16 Boys
	2000m Steeplechase	Finals	U18 Girls, U18 Boys, U20 Girls
	3000m Steeplechase	Finals	U20 Boys
05:00	80m Hurdles	Finals	U16 Girls
	100m Hurdles	Finals	U16 Boys
	100m Hurdles	Finals	U18 Girls, U20 Women
	110m Hurdles	Finals	U18 Boys, U20 Men
05:30	800m	Timed Finals	U20, U18, U16, U15, U13, U11, U9

### U16 GIRLS PENTATHLON

10:00	80m Hurdles	Pentathlon	U16 Girls
10:30	Long Jump	Pentathlon	U16 Girls
11:30	Shot Put	Pentathlon	U16 Girls
12:30	High Jump	Pentathlon	U16 Girls
01:30	800m	Pentathlon	U16 Girls

### U16 BOYS PENTATHLON

10:00	100m Hurdles	Pentathlon	U16 Boys
10:30	Long Jump	Pentathlon	U16 Boys
11:30	Shot Put	Pentathlon	U16 Boys
12:30	High Jump	Pentathlon	U16 Boys
01:30	1000m	Pentathlon	U16 Boys

### U18 & U20 GIRLS HEPTATHLON

10:00	100m Hurdles	Heptathlon	U18 Girls & U20 Girls
10:30	High Jump	Heptathlon	U18 Girls & U20 Girls
11:30	Shot Put	Heptathlon	U18 Girls & U20 Girls
12:30	200m	Heptathlon	U18 Girls & U20 Girls

### U18 & U20 BOYS DECATHLON

10:00	100m	Decathlon	U18 Boys & U20 Boys
10:30	Long Jump	Decathlon	U18 Boys & U20 Boys
11:30	Shot Put	Decathlon	U18 Boys & U20 Boys
12:30	High Jump	Decathlon	U18 Boys & U20 Boys
01:30	400m	Decathlon	U18 Boys & U20 Boys

### FIELD EVENTS

09:00	Hammer	U16 Boys
10:00	Hammer	U18 Boys
11:00	Hammer	U20 Boys
12:00	Shot Put	U16 Girls
12:00	Shot Put	U18 Girls
12:00	Shot Put	U20 Girls
01:00	High Jump	U16 Girls
01:00	Discus	U16 Boys
02:00	Long Jump	U20 Girls
02:00	Long Jump	U20 Boys
02:00	High Jump	U18 Girls
02:00	Discus	U18 Boys
04:00	Long Jump	U18 Girls
04:00	Long Jump	U18 Boys
04:00	High Jump	U16 Boys
04:00	Discus	U20 Boys
05:00	High Jump	U18 Boys
05:00	Javelin	U16 Girls
06:00	Long Jump	U16 Girls
06:00	Long Jump	U16 Boys
06:00	Javelin	U18 Girls
07:00	Javelin	U20 Girls

**Note:** The Combined Event athletes will have at least 30 minutes rest from the end of their previous event before the beginning of their next event.

## DAY 2 - SATURDAY, JULY 9, 2022

### TRACK EVENTS

09:15	1200m	Timed Finals	U11 Girls, U11 Boys
09:45	1500m	Timed Finals	U13 Girls, U13 Boys, U15 Girls, U15 Boys
11:15	1500m	Timed Finals	U16 Girls, U16 Boys
12:00	<b>OPENING CEREMONIES</b>		
12:30	100m	Heats	U9, U11, U13, U15
02:15	100m	Heats	U16, U18, U20
03:45	1500m	Timed Finals	U18 Girls, U18 Boys
04:30	100m	Finals	U9, U11, U13, U15, U16, U18, U20
05:15	1500m	Timed Finals	U20 Girls, U20 Boys
06:00	400m	Timed Finals	U9, U11, U13, U15
07:15	400m	Timed Finals	U16, U18, U20
08:00	4x100 Relay	Timed Finals	U9, U11, U13, U15, U16, U18, U20

### U18 & U20 GIRLS HEPTATHLON

09:15	Long Jump	Heptathlon	U18 Girls & U20 Girls
TBD	Javelin Throw	Heptathlon	U18 Girls & U20 Girls
TBD	800m	Heptathlon	U18 Girls & U20 Girls

### U18 & U20 BOYS DECATHLON

09:00	110m Hurdles	Decathlon	U18 Boys & U20 Boys
TBD	Discus Throw	Decathlon	U18 Boys & U20 Boys
TBD	Pole Vault	Decathlon	U18 Boys & U20 Boys
TBD	Javelin Throw	Decathlon	U18 Boys & U20 Boys
TBD	1500m	Decathlon	U18 Boys & U20 Boys

### FIELD EVENTS

10:00	Long Jump	U13 Girls
10:00	Long Jump	U13 Boys
09:00	Hammer	U16 Girls
10:00	High Jump	U11 Girls
10:00	Hammer	U18 Girls
12:30	Long Jump	U15 Girls
12:30	Long Jump	U15 Boys
11:00	High Jump	U11 Boys
11:00	Hammer	U20 Girls
12:30	High Jump	U13 Girls
12:30	Shot Put	U16 Boys
12:30	Shot Put	U18 Boys
12:30	Shot Put	U20 Boys
02:30	Triple Jump	U16 Girls
02:30	Triple Jump	U16 Boys
01:30	Discus	U16 Girls
01:30	High Jump	U13 Boys
02:30	Discus	U18 Girls
02:30	High Jump	U15 Girls
04:30	Triple Jump	U18 Girls
04:30	Triple Jump	U18 Boys
03:30	Discus	U20 Girls
04:00	High Jump	U15 Boys
04:30	Javelin	U16 Boys
05:00	High Jump	U20 Girls
06:30	Triple Jump	U20 Girls
06:30	Triple Jump	U20 Boys
05:30	Javelin	U18 Boys
06:00	High Jump	U20 Boys
06:30	Javelin	U20 Boys

## DAY 3 - SUNDAY, JULY 10, 2022

### TRACK EVENTS

09:00	2000m	Finals	U16
09:15	3000m	Finals	U18
09:45	200m Hurdles	Timed Finals	U16
10:00	400m Hurdles	Timed Finals	U18, U20
10:30	200m	Heats	U9, U11, U13, U15, U16, U18, U20
01:45	5000m	Finals	U20 Boys
02:15	200m	Finals	U9, U11, U13, U15, U16, U18, U20
02:45	Sprint Medley Relay	Finals	U9, U11, U13, U15
03:15	4x400 Relay	Finals	Open Girls, Open Boys
03:30	Mixed 4x400 Relay	Finals	Open Mixed

04:00 **Team Awards Presentation**

### FIELD EVENTS

09:00	Long Jump	U9 Girls
09:00	Long Jump	U9 Boys
09:00	Pole Vault	U16 Girls & U18 Girls & U20 Girls
09:00	Shot Put	U15 Girls
09:00	Shot Put	U15 Boys
09:00	Shot Put	U13 Girls
10:00	Shot Put	U13 Boys
10:00	Shot Put	U11 Girls
10:00	Shot Put	U11 Boys
10:30	Long Jump	U11 Girls
10:30	Long Jump	U11 Boys
11:00	Shot Put	U9 Girls
11:00	Shot Put	U9 Boys
11:30	Pole Vault	U16 Boys & U18 Boys & U20 Boys
12:00	Triple Jump	U13 Girls
12:00	Triple Jump	U13 Boys
12:00	Discus	U13 Girls & U15 Girls
01:00	Discus	U13 Boys & U15 Boys
02:00	Triple Jump	U15 Girls
02:00	Triple Jump	U15 Boys