



7th Canadian Masters Athletics Indoor Track & Field Championships

Toronto Track & Field Centre
York University, Toronto
Saturday, March 19 - Sunday, March 20, 2016

*Athletics Canada, USATF or WMA Affiliate membership required
No qualifying standards for entry*

Age Classes: Men and Women, five year age groups from 30-34 to 90+ (as of March 19, 2015)

Fees: \$35 for the first event. An additional \$10 for each extra events.
Add \$10 for email/mail entries. Contact douglasj.smith@sympatico.ca
There is a late entry fee. There may be a day fee—to be determined.

Awards: Canadian Masters Championship medals to the first three CMA athletes in each age group.
Non-Canadians in the top-three will receive a duplicate medal.

Facilities: 200m five lane banked rubberized track and jumping surfaces.
Small pins or flats only. Athletes and officials must not wear street shoes in the fieldhouse.
Change & Shower rooms with lockers.

Hosted by: Ontario Masters Athletics
Americans and other visitors to Canada are most welcome and eligible for duplicate medals.

Notes; - Women's heats run first. - Younger groups will normally follow older groups.
- Timed finals in the 400m and longer events.
- If there are 8 or less in the 50m, 60m, 200m (5), there is no semi in that age group - the race is a final.
- If a competitor has clashing events, the straight takes precedence over the oval event,
and the oval takes precedence over the field events. Officials will not hold up events.
- Pin spikes only—5mm maximum. High Jumpers may wear 9mm spikes.
- All implements must be weighed in, marked and deemed safe for use.
Once an implement is entered into competition, it must remain at the event site until the officials release it.
- Please direct any appeals to the Meet Director and not the officials.
- The equipment in some events may not meet WMA standards.
- Canadians breaking CMA Indoor Records will not have to process record application forms.

Spectators are limited to the upper viewing area.

Tentative Schedule

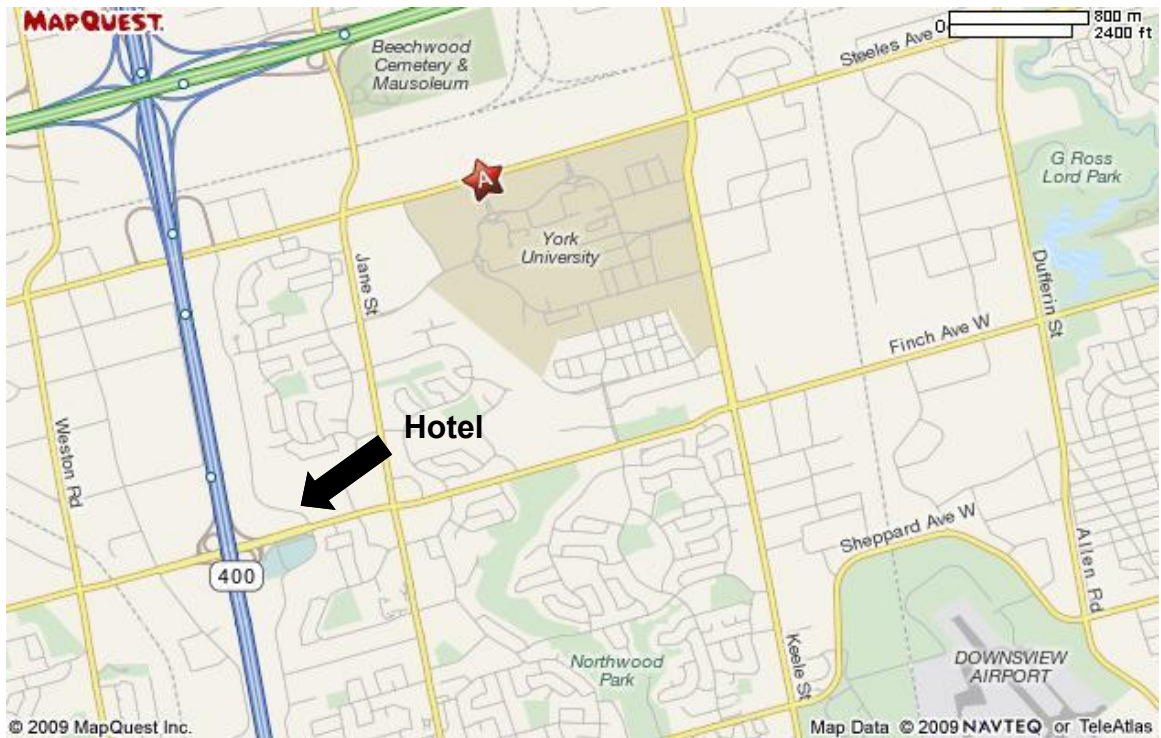
Times may be adjusted after final seeding

Saturday	Track	Throwing Cage	Infield
10:00	1500m RW	Shot Put	Pole Vault
10:15			
10:30	Pent - 60mH - M & W		Pent - High Jump - W
10:35	60m Hurdles		Pent - Long Jump - M
11:15	50m (Heats and Finals)	Pent - Shot Put - W	Long Jump
11:40	800m	Pent - Shot Put - M	
12:00			
12:15			Pent - Long Jump - W
12:30			
12:45			Pent - High Jump - M
1:00	Pent - 800m - W		
1:15	200m (Heats and Finals)		
1:40	Pent - 1000m - M		
1:45	3000m		
2:00			
2:15			
2:30	4 X 200m Relay**		
2:45	4 X 800m Relay		
Sunday	Track	Throwing Cage	Infield
10:00	3000mRW		High Jump
10:15			
10:30			
10:45	50m Hurdles		
11:15	60m (Heats and Finals)		
11:30			
11:45	400m		Triple Jump
12:00			
12:30	1500m		
1:00pm	4X 400m Relay		
1:15pm		Weight Throw***	

** there is no charge for the relays, and no awards. Must be entered in the meet. Sign up on the day.

*** the fieldhouse must be vacated during the Weight Throw

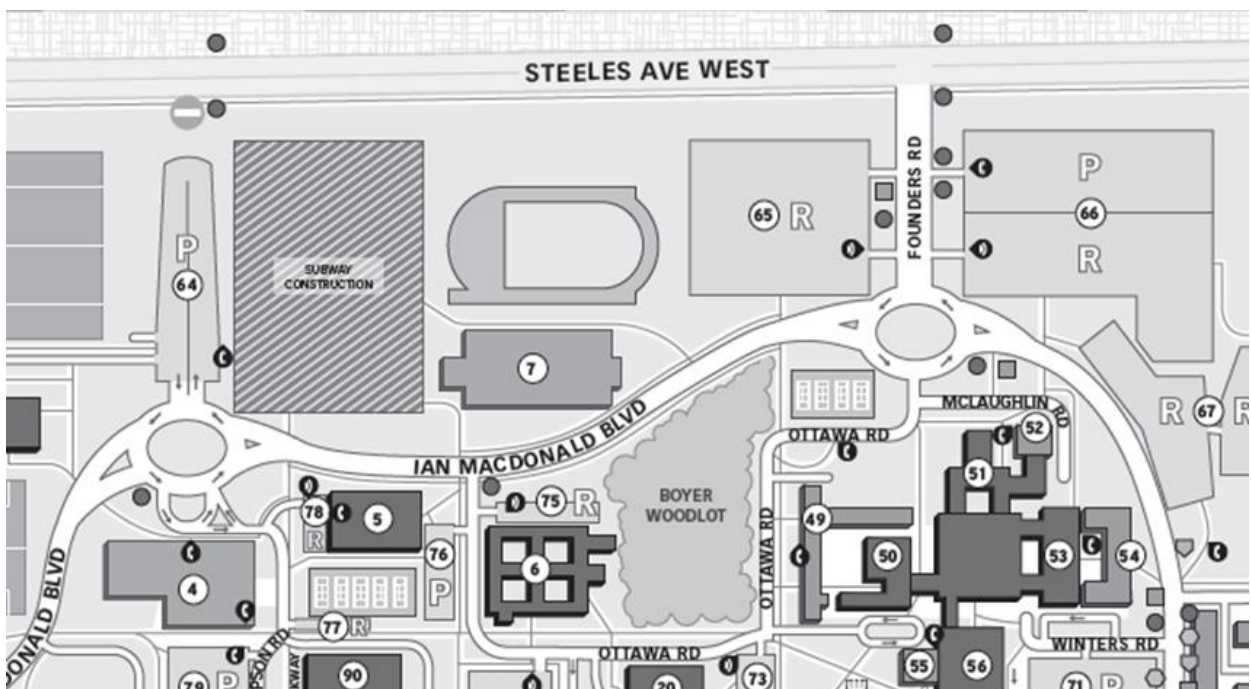
Times for Pentathlon events are approximate



Directions;

Due to subway construction, the parking lot adjacent to the west end of the Toronto Track and Field Centre will be closed. Therefore, follow the instructions below to the new location.

1. Follow Highway 401 to Highway 400 North.
2. Follow Highway 400 North to the Steeles Avenue exit.
3. Go East (left) on Steeles, past Jane Street and the University Northwest Gate to the next set of lights.
4. Turn right on Founders Road
5. Take immediate first left entrance to parking lot (#66)
6. Follow the pathway to the main doors of the Track Centre (Building #7)



Paid parking is in 66P, and in 65 and 66 R if you have a pass, or on the west side of the track, just west of the construction area, but this area is really small. Building #7 is the Indoor Track facilities.

Meet Hotel

**Best Western Plus
Toronto North York Hotel & Suites**

50 Norfinch Dr. (400 and Finch)

416-663-9500

Toll Free Reservations:

877-831-9966

Web Site

